Impact Factor Frontiers In Psychiatry

Decoding the Impact Factor: Frontiers in Psychiatry and its Significance

Introduction:

The field of psychiatry is constantly evolving, striving to understand and treat the complexities of mental health. Journals play a crucial role in disseminating research findings and shaping the direction of this crucial field. Understanding the impact factor of journals like Frontiers in Psychiatry is critical for researchers, clinicians, and anyone interested in the progress of psychiatric research. This comprehensive guide delves into the meaning of impact factor, explores the significance of Frontiers in Psychiatry's impact factor, examines its strengths and weaknesses, and provides insights into how to navigate this complex metric effectively. We'll also discuss the journal's broader contribution to the psychiatric research landscape.

Understanding the Impact Factor: More Than Just a Number

The impact factor (IF) is a metric used to assess the relative importance of a scholarly journal within its field. It's calculated annually by dividing the number of citations received by articles published in the journal during the two preceding years by the total number of citable articles published in those two years. While seemingly straightforward, the IF is a complex and often misunderstood metric. It's crucial to understand that the IF is not a perfect measure of a journal's quality, but it provides a valuable benchmark, indicating the average number of citations received per article. A higher impact factor generally suggests that the journal publishes articles that are frequently cited by other researchers, suggesting greater influence and reach within the scientific community. However, factors like citation practices within specific fields, self-citation, and the journal's scope all influence the IF. Simply aiming for publication in a high IF journal shouldn't be the sole objective; the quality and originality of the research remain paramount.

Frontiers in Psychiatry: Impact Factor and Journal Profile

Frontiers in Psychiatry is a prominent open-access journal publishing high-quality research across various subfields of psychiatry. Its impact factor fluctuates year to year, reflecting the dynamic nature of citation patterns and research trends. While the precise IF varies, its consistent presence in reputable journal rankings indicates its substantial contribution to the field. The journal's open-access model ensures wider dissemination of research findings, increasing accessibility for clinicians, researchers, and the public. This open access nature, while potentially impacting traditional IF calculations due to increased visibility and thus citation, also allows for a more global reach and broader impact.

Strengths and Weaknesses of Frontiers in Psychiatry's Approach

Strengths:

Open Access: Increased visibility and accessibility of research findings worldwide. Broad Scope: Covers a wide range of topics in psychiatry, attracting diverse research communities. Rapid Publication: Relatively faster publication times compared to some traditional journals. Peer Review Process: While the specifics of the peer-review process can vary across journals, Frontiers in Psychiatry generally maintains a rigorous review process to ensure quality control.

Weaknesses:

Potential for Publication Bias: The open-access model, coupled with article processing charges, could potentially introduce biases.

Impact Factor Fluctuations: The IF is subject to year-to-year fluctuations, making long-term comparisons challenging.

Predatory Publishing Concerns: The open-access publishing model has been linked to predatory publishing practices, however Frontiers has a strong reputation and robust processes designed to mitigate these risks. Researchers should always exercise due diligence when submitting to any open-access journal.

Navigating the Impact Factor Landscape: Strategic Considerations for Researchers

The impact factor should be considered one factor among many when selecting a journal for publication. Researchers should prioritize the suitability of the journal for their research topic, the quality of the peer-review process, and the potential impact of their research on the field rather than solely focusing on the IF. The quality of the research and its contribution to the advancement of knowledge should be the primary drivers. Choosing a journal with a high IF but an inappropriate scope can be detrimental to a researcher's career.

The Broader Contribution of Frontiers in Psychiatry

Beyond its impact factor, Frontiers in Psychiatry contributes significantly to the field through its publication of innovative research, its fostering of collaboration among researchers globally, and its commitment to open access. Its influence extends beyond mere citation counts, impacting clinical practice, educational curricula, and public understanding of mental health. The journal plays a crucial role in shaping the discourse and direction of psychiatric research.

Book Outline: The Impact Factor of Frontiers in Psychiatry: A Comprehensive Guide

Title: The Impact Factor of Frontiers in Psychiatry: A Comprehensive Guide

Outline:

Introduction: Defining the impact factor and its relevance to psychiatry.

Chapter 1: A detailed explanation of the impact factor calculation and its limitations.

Chapter 2: Profiling Frontiers in Psychiatry: its scope, aims, and publication practices.

Chapter 3: Analyzing Frontiers in Psychiatry's impact factor: historical trends and contextual factors.

Chapter 4: Strengths and weaknesses of the journal and its publication model.

Chapter 5: Strategic implications for researchers: choosing journals wisely.

Chapter 6: The broader impact of Frontiers in Psychiatry beyond the impact factor.

Chapter 7: Future trends in psychiatric research and journal publishing. Conclusion: Synthesizing key findings and recommendations.

Detailed Explanation of Outline Points:

(Each point would be expanded into a chapter-length section, elaborating on the points mentioned in the outline above.) This would require significant expansion beyond the space constraints of this response, but the above provides a detailed framework.

FAQs:

1. What is the current impact factor of Frontiers in Psychiatry? The IF varies yearly; check the Journal Citation Reports for the most up-to-date information.

2. Is a high impact factor the only measure of a journal's quality? No, it's only one factor; consider scope, peer review, and the journal's reputation.

3. How does open access impact the impact factor? Open access can increase visibility and citations, but it can also be influenced by self-citation.

4. What are some ethical concerns related to impact factors? Pressure to publish in high-IF journals can lead to unethical practices like salami slicing and p-hacking.

5. How can researchers maximize their chances of publication in high-impact journals? Focus on high-quality research, clear writing, and meticulous adherence to publication guidelines.

6. What are some alternatives to impact factor for evaluating journal quality? Altmetrics, citation counts within specific fields, and expert opinions.

7. How does the impact factor of Frontiers in Psychiatry compare to other leading journals in psychiatry? This requires a comparative analysis of IFs of several top journals in the field.

8. Is it always beneficial to publish in a high-impact factor journal? No, consider the journal's relevance to your research.

9. How does the impact factor influence funding decisions? Funding agencies often consider the IF as one factor among many when evaluating research proposals.

Related Articles:

1. The evolution of impact factor metrics in psychiatry: Discusses the history and changes in impact factor calculations.

2. Open access publishing and its influence on citation patterns: Analyzes the impact of open access models on journal metrics.

3. Alternative metrics for assessing journal quality: Explores metrics beyond the impact factor.

4. Ethical considerations in journal selection and publication: Addresses potential ethical dilemmas.

5. The role of predatory journals in the scholarly communication system: Discusses the challenges of predatory journals.

6. The impact of publication bias on research findings in psychiatry: Explores the influence of publication bias.

7. Strategies for improving the impact of research publications: Offers practical advice for researchers.

8. The future of scholarly communication in psychiatry: Examines potential future trends in journal publishing.

9. A comparative analysis of leading psychiatry journals: A comparative study of top journals in

psychiatry based on various metrics, including impact factor.

This detailed response provides a robust foundation for a blog post that will effectively rank high on search engines while offering valuable information to readers. Remember to tailor the content to your specific audience and update the impact factor statistics regularly for accuracy.

impact factor frontiers in psychiatry: Lifestyle Psychiatry: Investigating Health Behaviours for Mental Well-Being Joseph Firth, Philip B. Ward, Brendon Stubbs, 2019-10-18 Recent years have seen a substantial increase in both academic and clinical interest around how 'lifestyle behaviors', such as exercise, sleep and diet, can influence mental health. The aim of this Research Topic is to produce a novel body of work contributing towards the field of 'Lifestyle Psychiatry'; i.e. the use of lifestyle interventions in the treatment of mental disorders. In this way, the Research Topic aims to (a) present important 'behavioral targets' for lifestyle modification in public health and/or clinical settings, and (b) examine the efficacy and implementation of lifestyle interventions for people with mental health conditions. Collectively, this research presented within this Research Topic can increase understanding and inform evidence-based practice of 'Lifestyle Psychiatry', while providing clear directions for future research required to take the field forward.

impact factor frontiers in psychiatry: Decision Neuroscience Jean-Claude Dreher, Léon Tremblay, 2016-09-27 Decision Neuroscience addresses fundamental guestions about how the brain makes perceptual, value-based, and more complex decisions in non-social and social contexts. This book presents compelling neuroimaging, electrophysiological, lesional, and neurocomputational models in combination with hormonal and genetic approaches, which have led to a clearer understanding of the neural mechanisms behind how the brain makes decisions. The five parts of the book address distinct but inter-related topics and are designed to serve both as classroom introductions to major subareas in decision neuroscience and as advanced syntheses of all that has been accomplished in the last decade. Part I is devoted to anatomical, neurophysiological, pharmacological, and optogenetics animal studies on reinforcement-guided decision making, such as the representation of instructions, expectations, and outcomes; the updating of action values; and the evaluation process guiding choices between prospective rewards. Part II covers the topic of the neural representations of motivation, perceptual decision making, and value-based decision making in humans, combining neurcomputational models and brain imaging studies. Part III focuses on the rapidly developing field of social decision neuroscience, integrating recent mechanistic understanding of social decisions in both non-human primates and humans. Part IV covers clinical aspects involving disorders of decision making that link together basic research areas including systems, cognitive, and clinical neuroscience; this part examines dysfunctions of decision making in neurological and psychiatric disorders, such as Parkinson's disease, schizophrenia, behavioral addictions, and focal brain lesions. Part V focuses on the roles of various hormones (cortisol, oxytocin, ghrelin/leptine) and genes that underlie inter-individual differences observed with stress, food choices, and social decision-making processes. The volume is essential reading for anyone interested in decision making neuroscience. With contributions that are forward-looking assessments of the current and future issues faced by researchers, Decision Neuroscience is essential reading for anyone interested in decision-making neuroscience. - Provides comprehensive coverage of approaches to studying individual and social decision neuroscience, including primate neurophysiology, brain imaging in healthy humans and in various disorders, and genetic and hormonal influences on decision making - Covers multiple levels of analysis, from molecular mechanisms to neural-systems dynamics and computational models of how we make choices -Discusses clinical implications of process dysfunctions, including schizophrenia, Parkinson's disease, eating disorders, drug addiction, and pathological gambling - Features chapters from top international researchers in the field and full-color presentation throughout with numerous

illustrations to highlight key concepts

impact factor frontiers in psychiatry: Obsessive-Compulsive and Related Disorders Samar Reghunandanan, Naomi A. Fineberg, Dan J. Stein, 2015-06-25 Providing clinicians and patients with the latest developments in research, this new edition is a succinct and practical introduction to the diagnosis, evaluation and management of OCD and other related disorders. Part of the Oxford Psychiatry Library series, this pocketbook includes individual chapters on the phenomenology, pathogenesis, pharmacotherapy and psychotherapy of OCD and other related disorders, and features fully updated content and research. The book also includes a helpful resources chapter, and an Appendix with summaries of the major rating scales used to assess patients with OCD, which will be of use to both clinicians and patients. Obsessive-compulsive disorder (OCD) and Obsessive-compulsive-related disorders (OCRDs) are anxiety disorders characterized by obsessions and compulsions, and varying degrees of anxiety and depression. OCRDs are considered to be one of the most disabling of psychiatric disorders and they present a tremendous economic and social burden, both for the affected individual, their family, and for society at large. In contrast to other psychiatric conditions of a comparable or lesser prevalence and patient burden, relatively little is understood about the aetiology, and cognitive effects of OCRDs.

impact factor frontiers in psychiatry: Understanding the Complex Phenomenon of Suicide: From Research to Clinical Practice Domenico De Berardis, Giovanni Martinotti, Massimo Di Giannantonio, 2018-05-08 Suicide is undoubtedly a worldwide major challenge for the public health. It is estimated that more than 150,000 persons in Europe die as a result of suicide every year and in several European countries suicide represents the principal cause of death among young people aged 14-25 years. It is true that suicide is a complex (and yet not fully understood) phenomenon and may be determined by the interaction between various factors, such as neurobiology, personal and familiar history, stressful events, sociocultural environment, etc. The suicide is always a plague for the population at risk and one of the most disgraceful events for a human being. Moreover, it implies a lot of pain often shared by the relatives and persons who are close to suicide subjects. Furthermore, it has been widely demonstrated that the loss of a subject due to suicide may be one of the most distressing events that may occur in mental health professionals resulting in several negative consequences, such as burnout, development of psychiatric symptoms and lower quality of life and work productivity. All considered, it is clear that the suicide prevention is a worldwide priority and every effort should be made in order to improve the early recognition of imminent suicide, manage suicidal subjects, and strengthen suicide prevention strategies. In our opinion, the first step of prevention is the improvement of knowledge in the field: this was the aim of this present special issue on Frontiers in Psychiatry. In this special issue, several papers have contributed to the suicide knowledge from several viewpoints and we hope that this will contribute to improve and disseminate knowledge on this topic.

impact factor frontiers in psychiatry: *The Metric Tide* James Wilsdon, 2016-01-20 'Represents the culmination of an 18-month-long project that aims to be the definitive review of this important topic. Accompanied by a scholarly literature review, some new analysis, and a wealth of evidence and insight... the report is a tour de force; a once-in-a-generation opportunity to take stock.' – Dr Steven Hill, Head of Policy, HEFCE, LSE Impact of Social Sciences Blog 'A must-read if you are interested in having a deeper understanding of research culture, management issues and the range of information we have on this field. It should be disseminated and discussed within institutions, disciplines and other sites of research collaboration.' – Dr Meera Sabaratnam, Lecturer in International Relations at the School of Oriental and African Studies, University of London, LSE Impact of Social Sciences Blog Metrics evoke a mixed reaction from the research community. A commitment to using data and evidence to inform decisions makes many of us sympathetic, even enthusiastic, about the prospect of granular, real-time analysis of our own activities. Yet we only have to look around us at the blunt use of metrics to be reminded of the pitfalls. Metrics hold real power: they are constitutive of values, identities and livelihoods. How to exercise that power to positive ends is the focus of this book. Using extensive evidence-gathering, analysis and consultation, the authors take a thorough look at potential uses and limitations of research metrics and indicators. They explore the use of metrics across different disciplines, assess their potential contribution to the development of research excellence and impact and consider the changing ways in which universities are using quantitative indicators in their management systems. Finally, they consider the negative or unintended effects of metrics on various aspects of research culture. Including an updated introduction from James Wilsdon, the book proposes a framework for responsible metrics and makes a series of targeted recommendations to show how responsible metrics can be applied in research management, by funders, and in the next cycle of the Research Excellence Framework. The metric tide is certainly rising. Unlike King Canute, we have the agency and opportunity – and in this book, a serious body of evidence – to influence how it washes through higher education and research.

impact factor frontiers in psychiatry: <u>Biomarkers in Psychiatry</u> Judith Pratt, Jeremy Hall, 2019-01-05 This volume addresses one of the Holy Grails in Psychiatry, namely the evidence for and potential to adopt 'Biomarkers' for prevention, diagnosis, and treatment responses in mental health conditions. It meshes together state of the art research from international renowned pre-clinical and clinical scientists to illustrate how the fields of anxiety disorders, depression, psychotic disorders, and autism spectrum disorder have advanced in recent years.

impact factor frontiers in psychiatry: Psychiatric-Mental Health Guidelines for Advanced Practice Nurses Brenda Marshall, EdD, PMHNP-BC, ANEF, Julie Bliss, EdD, RN, Suzanne Drake, PhD, APN, 2024-12-15 Delivers a breadth of content encompassing all aspects of psych-mental health care along the provider continuum This unique clinical reference supports APRNs and PMH-NPs as they strive to provide high-quality evidence-based care to patients with mental health issues and conditions. Designed to support the ongoing needs and changing practice requirements of these nursing professionals, this new text provides a comprehensive examination of best-practice psychiatric methods, ethical concerns, patient assessment, and management strategies. These accessible guidelines for clinicians in a variety of settings bring together scientific skills backed by theory and professional knowledge along with helpful recommendations to bolster the clinician's psychiatric skills. With an easy-to-navigate format, the book encompasses five distinct sections covering general psychiatric nursing guidelines, diagnostic specific procedures and patient treatment planning, cultural and other considerations for special populations, the administrative basics for establishing an APRN practice, and additional topics related to mental health. Reflecting expertise from authors versed in varied practice fields and numerous subspecialties, the resource combines evidence-based practice, advanced research, and practical, humanistic approaches. Key Features: Provides comprehensive psychiatric-mental health guidelines to advanced practice nurses in easy-to-access format Delivers step-by-step coverage of conducting psychiatric assessments and making referrals Covers polypharmacy, differential diagnosis, and patient education Includes coverage of special populations including LGBTQ+, homeless and indigent, veterans and survivors of war, and many others

impact factor frontiers in psychiatry: *Reducing Risks for Mental Disorders* Institute of Medicine, Committee on Prevention of Mental Disorders, 1994-01-01 The understanding of how to reduce risk factors for mental disorders has expanded remarkably as a result of recent scientific advances. This study, mandated by Congress, reviews those advances in the context of current research and provides a targeted definition of prevention and a conceptual framework that emphasizes risk reduction. Highlighting opportunities for and barriers to interventions, the book draws on successful models for the prevention of cardiovascular disease, injuries, and smoking. In addition, it reviews the risk factors associated with Alzheimer's disease, schizophrenia, alcohol abuse and dependence, depressive disorders, and conduct disorders and evaluates current illustrative prevention programs. The models and examination provide a framework for the design, application, and evaluation of interventions intended to prevent mental disorders and the transfer of knowledge about prevention from research to clinical practice. The book presents a focused research agenda, with recommendations on how to develop effective intervention programs, create a

cadre of prevention researchers, and improve coordination among federal agencies.

impact factor frontiers in psychiatry: Somatic Maternal Healing Helena Vissing, 2023-09-26 Somatic Maternal Healing introduces a cutting-edge understanding of the body into the growing field of perinatal mental health. Chapters lay out a complete trauma treatment model for maternal mental health, integrating psychodynamic and somatic clinical techniques within a systemic perspective. The book applies a biopsychosocial conceptualization of mental health in the perinatal period with a special emphasis on trauma and somatic trauma treatment. Somatic Maternal Healing is for anyone working clinically with mothers and new families, specifically therapists, clinical social workers, psychologists, psychoanalysts, psychiatrists, researchers, academics, clinical educators, and graduate students and trainees within these fields.

impact factor frontiers in psychiatry: *Artificial Intelligence in Medicine* David Riaño, Szymon Wilk, Annette ten Teije, 2019-06-19 This book constitutes the refereed proceedings of the 17th Conference on Artificial Intelligence in Medicine, AIME 2019, held in Poznan, Poland, in June 2019. The 22 revised full and 31 short papers presented were carefully reviewed and selected from 134 submissions. The papers are organized in the following topical sections: deep learning; simulation; knowledge representation; probabilistic models; behavior monitoring; clustering, natural language processing, and decision support; feature selection; image processing; general machine learning; and unsupervised learning.

impact factor frontiers in psychiatry: *Sports Endocrinology* F. Lanfranco, C.J. Strasburger, 2016-06-28 This book is an up-to-date, extensive overview of the effects of physical activity and training on endocrine function. It gives insights into a complex relationship by describing effects with respect to exercise performance, growth, development, and ageing. It includes discussions of the endocrine response depending on exercise mode, intensity, and duration as well as on gender, age, and fitness level. Additionally the book deals with the impact of environmental and psychological factors on endocrine level. A substantial part of Sports Endocrinology is devoted to the 'hot topic' of hormonal doping in sports. The properties of androgens, growth hormone, erythropoietin, and dietary supplements are highlighted. The use and abuse among professional and recreational athletes is discussed and specific methods of detection are presented and explained. All contributors are well-known experts in sports medicine and endocrinology, endocrine physiology, pharmacology, and doping detection, so this book is a must-read for every professional involved in the field.

impact factor frontiers in psychiatry: The Neuroscience of Normal and Pathological Development Colin R Martin, Victor R Preedy, Rajkumar Rajendram, 2021-10-12 Diagnosis, Management and Modeling of Neurodevelopmental Disorders: The Neuroscience of Development is a comprehensive reference on the diagnosis and management of neurodevelopment and associated disorders. This book discusses the mechanisms underlying neurological development and provides readers with a detailed introduction to the neural connections and complexities in biological circuitries, as well as the interactions between genetics, epigenetics and other micro-environmental processes. It also examines pharmacological and non-pharmacological interventions of development-related conditions. Factors Affecting Neurodevelopment: Genetics, Neurology, Behavior, and Diet is a comprehensive reference on the genetic and behavioral features associated with proper and abnormal development. This book discusses the mechanisms underlying neurological development and provides readers with a detailed introduction to the neural connections and complexities in biological circuitries, as well as the physiological, behavioral, molecular, and cellular features of neurodevelopment. It also examines in vitro and in vivo modelling of development with stem cells and model systems. Diagnosis, Management and Modeling of Neurodevelopmental Disorders: The Neuroscience Of Development: - Provides the most comprehensive coverage of the broad range of topics related to the neuroscience of development -Features sections on diagnosis and biomarkers - Contains in each chapter an abstract, key facts, mini dictionary of terms, and summary points to aid in understanding - Focuses on neurodevelopmental disorders and environmental factors that influence neural development -

Includes more than 500 illustrations and tables Factors Affecting Neurodevelopment: Genetics, Neurology, Behavior, and Diet: - Provides the most comprehensive coverage of the broad range of topics related to the neuroscience of development - Features sections on the genetics of developmental conditions and accompanying behavior - Contains in each chapter an abstract, key facts, mini dictionary of terms, and summary points to aid in understanding - Focuses on neurodevelopmental disorders and environmental factors that influence neural development -Includes more than 500 illustrations and tables

impact factor frontiers in psychiatry: <u>Molecular and Cellular Approaches to Neural</u> <u>Development</u> W. Maxwell Cowan, Thomas M. Jessell, Stephen Lawrence Zipursky, 1997 This text provides a broad but authoritative view of the cellular and molecular aspects of developmental neurobiology written by leaders in the field.

impact factor frontiers in psychiatry: Can Psychedelic Therapies open a New Frontier in Mental Healthcare (Or Will the Bubble Burst?) Antonio Metastasio, Graham Campbell, Renee Harvey, Peter Schuyler Hendricks, Joanna Caroline Neill, Katrin H. Preller, 2022-09-05

impact factor frontiers in psychiatry: Psychology and Human Performance in Space Programs Lauren Blackwell Landon, Kelley J. Slack, Eduardo Salas, 2020-10-08 In Psychology and Human Performance in Space Programs: Research at the Frontier, leading space researchers from multiple fields of expertise summarize the recent growth of knowledge, the resulting tools and techniques, and the research still needed to protect humans in space. Making use of cutting-edge research and development related to composing, training, and supporting astronaut crews who will live and work together for future missions to Mars, this book examines the current practices of leaders in the field both at NASA and in academia. Presenting astronaut data alongside data from analogous extreme environments such as mission simulation habitats, this volume helpfully contrasts and compares to examine the lessons that can be learned from other approaches. Using the context of current International Space Station missions, the book discusses the influence of human factors and physiological health on individual and team job performance and social cohesion. With an overview of the physical and psychological hazards of space, and the challenges posed by conducting space-related applied psychology research, this volume uses the context of a long-duration Mars mission as a lens through which to discuss adaptation and resilience, technical and team training, technological advances related to working and living in space, and human interaction with onboard systems. Additionally, the book includes an essay from retired astronaut Clay Anderson on his experiences in space and thoughts on future missions to the moon and Mars. This first of two volumes will be of interest to professionals in the field of human factors and psychology at work, as well as academics examining human performance in extreme environments and aerospace.

impact factor frontiers in psychiatry: Tasman's Psychiatry Allan Tasman, Michelle B. Riba, Renato D. Alarcón, César A. Alfonso, Shigenobu Kanba, Dusica Lecic-Tosevski, David M. Ndetei, Chee H. Ng, Thomas G. Schulze, 2024-09-30 Authored by over 500 internationally acclaimed expert editors and chapter authors from around the world. Completely updated and expanded with almost 40 new chapters. Significantly increased attention to the role of culture in all aspects of evaluation and care. New sections on Digital Mental Health Services and Technologies, Treatment Issues in Specific Populations and Settings, and on Prevention, Systems of Care, and Psychosocial Aspects of Treatment address key advances. This edition is the first comprehensive reference work to cover the entire field of psychiatry in an updateable format, ensuring access to state of the art information. Earlier editions were called "the best current textbook of psychiatry" by the New England Journal of Medicine, and "the gold standard" by the American Journal of Psychiatry. Tasman's Psychiatry, 5th Edition, builds on the initial vision in prior editions of approaching psychiatric evaluation and care from an integrative bio-psycho-social-cultural perspective. It is designed to be an essential and accessible reference for readers at any level of experience. This editorial approach encompasses the importance of the first encounter between patient and clinician, followed by the complex task of beginning to develop a therapeutic relationship and to develop and implement a treatment plan in collaboration with the patient. The importance of increasing attention to the role of culture and

social determinants of mental health is reflected both in specific chapters and in components of many chapters throughout the book, especially in those pertaining to clinical evaluation, the therapeutic alliance, and treatment. The global scope of this edition is reflected throughout the book, including the section on psychiatric disorders where evaluation using both ICD 11 and DSM 5-TR is discussed. Most chapters are authored by experts from at least two different countries or continents, adding a critically important dimension which often is missing in major psychiatric textbooks. Tasman's Psychiatry, 5th Edition, is an essential reference for all medical professionals and students who need a trusted reference or learning tool for psychiatry, psychology, clinical research, social work, counseling, therapy, and all others.

impact factor frontiers in psychiatry: EEG / MEG Based Diagnosis for Psychiatric Disorders Junpeng Zhang, Jing Xiang, Lizhu Luo, 2023-02-28

impact factor frontiers in psychiatry: Frontiers in Psychiatry Yong-Ku Kim, 2019-11-09 This book reviews key recent advances and new frontiers within psychiatric research and clinical practice. These advances either represent or are enabling paradigm shifts in the discipline and are influencing how we observe, derive and test hypotheses, and intervene. Progress in information technology is allowing the collection of scattered, fragmented data and the discovery of hidden meanings from stored data, and the impacts on psychiatry are fully explored. Detailed attention is also paid to the applications of artificial intelligence, machine learning, and data science technology in psychiatry and to their role in the development of new hypotheses, which in turn promise to lead to new discoveries and treatments. Emerging research methods for precision medicine are discussed, as are a variety of novel theoretical frameworks for research, such as theoretical psychiatry, the developmental approach to the definition of psychopathology, and the theory of constructed emotion. The concluding section considers novel interventions and treatment avenues, including psychobiotics, the use of neuromodulation to augment cognitive control of emotion, and the role of the telomere-telomerase system in psychopharmacological interventions.

impact factor frontiers in psychiatry: The Neuroscience of Depression Colin R Martin, Lan-Anh Hunter, Vinood B. Patel, Victor R Preedy, Rajkumar Rajendram, 2021-03-05 The Neuroscience of Depression: Features, Diagnosis and Treatment, is a comprehensive reference to the diagnosis and treatment of depression. This book provides readers with the mechanisms of depression reflecting on the interplay between depression and the biological and psychosocial processes. A detailed introduction to various episodes of depression, from PTSD to post-partum depression is provided, followed by a thorough discussion on biomarkers in depression and how to diagnose depression including the Hamilton Depression Rating scale. This book also includes three full sections on treatment options for depression; including pharmacological, behavioral and other novel regimes. The Neuroscience of Depression: Features, Diagnosis and Treatment is the only resource for researchers and practitioners studying, diagnosis and treating of depression. - Covers a pharmacological and behavioral treatment options - Features sections on diagnosis and biomarkers of depression - Discusses depression in children, teens and adults - Contains information on comorbidity of physical and mental conditions - Includes more than 250 illustrations and tables

impact factor frontiers in psychiatry: Proceedings of the 2022 3rd International Conference on Big Data and Informatization Education (ICBDIE 2022) Zehui Zhan, Bin Zou, William Yeoh, 2023-01-20 This is an open access book. The 2022 3rd International Conference on Big Data and Informatization Education (ICBDIE2022) was held on April 8-10, 2022 in Beijing, China. ICBDIE2022 is to bring together innovative academics and industrial experts in the field of Big Data and Informatization Education to a common forum. The primary goal of the conference is to promote research and developmental activities in Big Data and Informatization Education and another goal is to promote scientific information interchange between researchers, developers, engineers, students, and practitioners working all around the world. The conference will be held every year to make it an ideal platform for people to share views and experiences in international conference on Big Data and Informatization Education Education and related areas.

impact factor frontiers in psychiatry: Preventing Bullying Through Science, Policy, and

Practice National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Division of Behavioral and Social Sciences and Education, Committee on Law and Justice, Board on Children, Youth, and Families, Committee on the Biological and Psychosocial Effects of Peer Victimization: Lessons for Bullying Prevention, 2016-09-14 Bullying has long been tolerated as a rite of passage among children and adolescents. There is an implication that individuals who are bullied must have asked for this type of treatment, or deserved it. Sometimes, even the child who is bullied begins to internalize this idea. For many years, there has been a general acceptance and collective shrug when it comes to a child or adolescent with greater social capital or power pushing around a child perceived as subordinate. But bullying is not developmentally appropriate; it should not be considered a normal part of the typical social grouping that occurs throughout a child's life. Although bullying behavior endures through generations, the milieu is changing. Historically, bulling has occurred at school, the physical setting in which most of childhood is centered and the primary source for peer group formation. In recent years, however, the physical setting is not the only place bullying is occurring. Technology allows for an entirely new type of digital electronic aggression, cyberbullying, which takes place through chat rooms, instant messaging, social media, and other forms of digital electronic communication. Composition of peer groups, shifting demographics, changing societal norms, and modern technology are contextual factors that must be considered to understand and effectively react to bullying in the United States. Youth are embedded in multiple contexts and each of these contexts interacts with individual characteristics of youth in ways that either exacerbate or attenuate the association between these individual characteristics and bullying perpetration or victimization. Recognizing that bullying behavior is a major public health problem that demands the concerted and coordinated time and attention of parents, educators and school administrators, health care providers, policy makers, families, and others concerned with the care of children, this report evaluates the state of the science on biological and psychosocial consequences of peer victimization and the risk and protective factors that either increase or decrease peer victimization behavior and consequences.

impact factor frontiers in psychiatry: Real World Psychology Catherine Ashley Sanderson, Karen Huffman, 2024 Real World Psychology: Applications of Psychological Science, 4th Edition provides a complete, college-level survey of the field of psychology and an understanding of its scientific nature and research methods. As its title implies, the text emphasizes scientific thinking and practical applications of psychological science that can expand, enhance, and change students' experience of the real world around them. Updated with abundant new references since the 3rd edition's publication in 2019, this new edition highlights recent research that underscores the importance and power of psychology in our everyday lives and interactions, and the authors' careful and deliberate attention to issues of diversity, equity, and inclusion ensures the representation of multiple perspectives and experiences throughout a text in which all students can find respect and a sense of belonging.--

impact factor frontiers in psychiatry: *Opening Science* Sönke Bartling, Sascha Friesike, 2013-12-16 Modern information and communication technologies, together with a cultural upheaval within the research community, have profoundly changed research in nearly every aspect. Ranging from sharing and discussing ideas in social networks for scientists to new collaborative environments and novel publication formats, knowledge creation and dissemination as we know it is experiencing a vigorous shift towards increased transparency, collaboration and accessibility. Many assume that research workflows will change more in the next 20 years than they have in the last 200. This book provides researchers, decision makers, and other scientific stakeholders with a snapshot of the basics, the tools, and the underlying visions that drive the current scientific (r)evolution, often called 'Open Science.'

impact factor frontiers in psychiatry: Frontiers in Synaptic Plasticity: Dendritic Spines, Circuitries and Behavior Alberto A. Rasia-Filho, Rochelle S. Cohen, Oliver von Bohlen und Halbach, 2016-09-22 The term "synaptic plasticity" is a broad concept, which is studied with a variety of experimental approaches. One focus is the impact of changes in synaptic, neuronal and glial morphology on brain circuitry and behavior. In this regard, unique animal models have been key to the study of affective and social behaviors and neurological and psychiatric diseases. However, there is a paucity of compilations directed toward the correlation of alterations in synaptic structure with various physiological and behavioral paradigms. This Frontiers Research Topic will, therefore, serve as an exciting forum for the exchange of novel hypotheses and data and an important resource and reference for investigators studying synaptic and brain plasticity, as well as those in related fields.

impact factor frontiers in psychiatry: *Emerging insights into immunological mechanisms driving neurological and psychiatric diseases* Juehua Yu, Mingyao Ying, Xiaobo Mao, Lei Sun, Joseph Scafidi, 2023-04-06

impact factor frontiers in psychiatry: The Nature of Depression Ahmed Moustafa, 2020-10-09 The Nature of Depression: An Updated Review provides clear connections between psychiatric and neurological disorders. Unlike prior books on depression, this book covers many neurological and psychiatric disorders, including Parkinson's disease, major depressive disorder, Alzheimer's disease, PTSD, addiction and anxiety disorder. In addition, this book covers different forms of depression, including transition-induced depression and the development of depression following major life events, including birth of a child, menopause and retirement. - Covers depression comorbidity with psychological and neurological disorders - Reviews comorbidity with addiction, anxiety, trauma and psychosis - Compares the symptoms of subclinical depression to major depression - Discusses how stress and sleep impact depression - Theorizes the path of depression following negative life transitions

impact factor frontiers in psychiatry: <u>Evidence-based Strength Intervention in Multiple</u> <u>Contexts</u> Wenjie Duan, Guannan Bai, Wanzhen Chen, Xiaoqing Tang, Chen Zheng, 2022-12-05

impact factor frontiers in psychiatry: <u>Brain Neurotrauma</u> Firas H. Kobeissy, 2015-02-25 With the contribution from more than one hundred CNS neurotrauma experts, this book provides a comprehensive and up-to-date account on the latest developments in the area of neurotrauma including biomarker studies, experimental models, diagnostic methods, and neurotherapeutic intervention strategies in brain injury research. It discusses neurotrauma mechanisms, biomarker discovery, and neurocognitive and neurobehavioral deficits. Also included are medical interventions and recent neurotherapeutics used in the area of brain injury that have been translated to the area of rehabilitation research. In addition, a section is devoted to models of milder CNS injury, including sports injuries.

impact factor frontiers in psychiatry: Physician Mental Health and Well-Being Kirk J. Brower, Michelle B. Riba, 2017-07-03 This book explores the important topic of mental health and related problems among physicians, including trainees. The all-too-common human response of "suffering in silence" and refusing to seek help for professional and personal issues has ramifications for physicians who work in safety-sensitive positions, where clear-headed judgment and proper action can save lives. Problems covered include burnout, disruptive and unprofessional behaviors, impaired performance, traumatic stress, addiction, depression and other mood disorders, and suicide. The authors of this work include psychologists, psychiatrists, and other physicians who diagnose and treat a range of patients with stress-related syndromes. Among their patients are physicians who benefit greatly from education, support, coaching, and treatment. The book's content is organized into three parts with interconnecting themes. Part I focuses on symptoms and how physicians' problems manifest at the workplace. Part II discusses the disorders underlying the manifesting symptoms. Part III focuses on interventions at both the individual and organizational levels. The major themes investigated throughout the book are developmental aspects; mental health and wellbeing as a continuum; and the multifactorial contributions of individual, interpersonal, organizational, and cultural elements to physician health. This book is intended for anyone who works with, provides support to, or professionally treats distressed physicians. It is also intended for healthcare leaders and organizations that are motivated to improve the experience of providing care and to change the culture of silence, such that seeking help and counsel become normal activities

while minimizing stigma. By writing this book, the authors aim to outline effective pathways to well-being and a healthy work-life balance among physicians, so that they may provide optimal and safe care to their patients.

impact factor frontiers in psychiatry: The Health Effects of Cannabis and Cannabinoids National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on the Health Effects of Marijuana: An Evidence Review and Research Agenda, 2017-03-31 Significant changes have taken place in the policy landscape surrounding cannabis legalization, production, and use. During the past 20 years, 25 states and the District of Columbia have legalized cannabis and/or cannabidiol (a component of cannabis) for medical conditions or retail sales at the state level and 4 states have legalized both the medical and recreational use of cannabis. These landmark changes in policy have impacted cannabis use patterns and perceived levels of risk. However, despite this changing landscape, evidence regarding the short- and long-term health effects of cannabis use remains elusive. While a myriad of studies have examined cannabis use in all its various forms, often these research conclusions are not appropriately synthesized, translated for, or communicated to policy makers, health care providers, state health officials, or other stakeholders who have been charged with influencing and enacting policies, procedures, and laws related to cannabis use. Unlike other controlled substances such as alcohol or tobacco, no accepted standards for safe use or appropriate dose are available to help guide individuals as they make choices regarding the issues of if, when, where, and how to use cannabis safely and, in regard to therapeutic uses, effectively. Shifting public sentiment, conflicting and impeded scientific research, and legislative battles have fueled the debate about what, if any, harms or benefits can be attributed to the use of cannabis or its derivatives, and this lack of aggregated knowledge has broad public health implications. The Health Effects of Cannabis and Cannabinoids provides a comprehensive review of scientific evidence related to the health effects and potential therapeutic benefits of cannabis. This report provides a research agendaâ€outlining gaps in current knowledge and opportunities for providing additional insight into these issuesâ€that summarizes and prioritizes pressing research needs.

impact factor frontiers in psychiatry: Eurhythmics for Autism and Other Neurophysiologic Diagnoses Dorita S. Berger, 2015-10-21 In Eurhythmics for Autism and Other Neurophysiologic Diagnoses, Dorita S. Berger reveals how Eurhythmics, a method of teaching the musical concepts of rhythm, structure and expression kinaesthetically through movement, can help develop sensorimotor skills in children and adults with autism and other special needs. Covering both theory and practice, she explains this innovative, music-based approach and how it can also address cognitive and sensory issues in adults with debilitating conditions, such as dementia or post-traumatic stress disorder. With a particular emphasis on autism, she provides clear and adaptable session plans, suitable for working with children and adults of all ages.

impact factor frontiers in psychiatry: *The Building Blocks of Life* TC Callis, 2023-03-28 Within the United Kingdom (UK), most mainstream healthcare practitioners receive little or no nutrition education during their years of training. As a consequence, the understanding of nutrition amongst primary care practitioners such as general practitioners, pharmacists, midwives, and practice nurses is limited and is largely focused on energy consumption and obesity. There is little knowledge of the wealth of micronutrients that underpin health, nor of the ticking timebomb of insufficient intakes of those micronutrients amongst a significant proportion of the population in the UK. The Building Blocks of Life: A Nutrition Foundation for Healthcare Professionals is a step towards redressing that balance. It sets out an informative and engaging narrative on how and why nutrition is the basis for good health. It discusses UK-specific issues with regards to diet and intakes of vitamins, minerals, essential fatty acids and other micronutrients. It also raises concerns about the potential negative health implications of the generally poor UK diet and suggests ways that healthcare practitioners can support patients in improving their long-term health outlook. Nutrition policy in the UK needs to be dragged into the 21st century and this book sets out evidence-based arguments which challenge current public health myths such as the idea that 10 micrograms of vitamin D is all anyone needs or the messaging around the consumption of saturated fat vs highly processed seed oils or that everyone can get all the nutrients they need from a varied and balanced diet. Although The Building Blocks of Life: A Nutrition Foundation for Healthcare Professionals focuses on concerns around poor diet and the consequent micronutrient inadequacies in the UK, the nutritional detail is relevant no matter where you are in the world. Everyone eats, all the time. It is time that mainstream medicine looked towards food as both a cause and a solution to many of the chronic degenerative conditions that plague modern life.

impact factor frontiers in psychiatry: Metabotropic Glutamate Receptors in Psychiatric and Neurological Disorders, 2023-03-01 Metabotropic Glutamate Receptors in Psychiatric and Neurological Disorders, Volume 168 in the International Review of Neurobiology series, highlights advances in the field, with this new volume presenting interesting chapters on topics such as mGlu receptors in Parkinson's disease, Metabotropic glutamate receptors in estradiol-mediated motivated behaviors in females, mGlu regulation of sleep, Implications for sleep disruptions in psychiatric disorders, Mechanisms of mGlu receptor trafficking; alterations by methamphetamine, Group I mGlu and cocaine seeking, The role of mGlu receptors in fear and anxiety, Regulation of Alcohol Consumption, Reward, Dependence, and Perception by Metabotropic Glutamate Receptor Signaling, and mGlu5 as a biomarker for psychiatric disorders. - Provides the authority and expertise of leading contributors from an international board of authors - Presents the latest release in the International Review of Neurobiology serials - Updated release includes the latest information on metabotropic glutamate receptors in psychiatric and neurological disorders

impact factor frontiers in psychiatry: The Science and Treatment of Psychological Disorders Ann M. Kring, Sheri L. Johnson, 2024-09-18 The Science and Treatment of Psychological Disorders blends theory and research with practice and clinical application to provide learners with a solid foundation in psychological disorders and develop their understanding with up-to-date and relevant research, examples, and contexts. From its first edition, the focus of this book has always been on balancing contemporary research and clinical application while involving the learner in the problem-solving engaged in by clinicians and scientists. It continues to emphasize an integrative approach, showing how psychopathology is best understood by considering multiple perspectives-genetic, neuroscientific, cognitive-behavioral, and sociocultural-and how these varying perspectives produce the clearest accounting of the causes of these disorders, as well as provide insights into the best possible treatments. With this new sixteenth edition, "Abnormal Psychology" is dropped from the title. The importance of stigma and mental illness is discussed throughout—never is this more important than now when many social ills such as gun violence are too easily blamed on mental illness while we continue to warehouse people with psychological disorders in jails at an astonishing rate. AN INTERACTIVE, MULTIMEDIA LEARNING EXPERIENCE This textbook includes access to an interactive, multimedia e-text. Icons throughout the print book signal corresponding digital content in the e-text. Case Study Videos and Pause and Ponder Activities: A collection of fourteen 7 to 10 minute Case Study Videos presents an encompassing view of a variety of psychological disorders, featuring people experiencing these disorders and their families describing symptoms from their own perspective. In addition, each video provides concise information about the available treatment options and commentary from a mental health professional. Each video is presented in the context of a Pause and Ponder activity with the following elements: Part I: Pause: Readers are asked to read several short examples of everyday life situations facing a person, or people, with a particular disorder and assess their own ability to empathize. Part II: Learn: Readers are directed to view the Case Study Video and answer a series of questions with interactive self-scoring. Part III: Ponder: Finally, readers are asked to respond to one or more open-ended questions and to reassess their ability to empathize. Interactive Figures, Charts & Tables: Appearing throughout the enhanced e-text, interactive figures, process diagrams, and tables facilitate the study of complex concepts and processes and help students retain important information. Even many of the simplest figures are interactive to encourage online readers to pause and absorb the information they present before scrolling on to additional reading. Interactive

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impact factor frontiers in psychiatry: Psychological Science Catherine A. Sanderson, Karen R. Huffman, 2023-04-11 Psychological Science: The Curious Mind, by award-winning authors and professors Catherine A. Sanderson and Karen Huffman, introduces 21st-century, digital-native students to the fascinating field of psychology. This new program emphasizes the importance of developing scientific literacy and an understanding of research and research methods. The program uses an inviting why-focused framework that taps into students' natural curiosity, incorporating active learning and real-life application to engage students. Psychological Science: The Curious Mind embraces the guidelines released by the American Psychological Association (APA)'s Introductory Psychology Initiative (IPI) in 2021. It provides an excellent framework for instructors who want to implement those guidelines in their Introductory Psychology courses, and it provides students with the content and motivation to achieve the course's ultimate outcome: an enduring, foundational understanding of psychological science.

impact factor frontiers in psychiatry: <u>The SAGE Encyclopedia of Theory in Psychology</u> Harold L. Miller, Jr., 2016-01-05 Drawing together a team of international scholars, The SAGE Encyclopedia of Theory in Psychology examines the contemporary landscape of all the key theories and theorists, presenting them in the context needed to understand their strengths and weaknesses. Key features include: · Approximately 300 signed entries fill two volumes · Entries are followed by Cross-References and Further Readings · A Reader's Guide in the front matter groups entries thematically · A detailed Index and the Cross-References provide for effective search-and-browse in the electronic version · Back matter includes a Chronology of theory within the field of psychology, a Master Bibliography, and an annotated Resource Guide to classic books in this field, journals, associations, and their websites The SAGE Encyclopedia of Theory in Psychology is an exceptional and scholarly source for researching the theory of psychology, making it a must-have reference for all academic libraries.

impact factor frontiers in psychiatry: <u>Purinergic Signaling in Neurodevelopment,</u> <u>Neuroinflammation and Neurodegeneration</u> Henning Ulrich, Peter Illes, Talita Glaser, 2023-07-16 This volume explores the quickly evolving field of Purinergic signaling, and examines how receptors for ATP and other nucleotides, and receptors for adenosine, act in neuronal transmission, control of synaptic activity, proliferation, differentiation and cell death regulation in the CNS. This book focuses on the participation of purinergic receptors and ectonucleotidases, degrading ATP into adenosine, in embryonic and adult neurogenesis in vitro and in vivo as well as in synaptic transmission and pathophysiology. Further, the chapters discuss varying brain diseases, including Parkinson's, and Alzheimer's disease, autism, mood disorders and epilepsy, as well as brain tumors, in the context of purinergic signaling and its clinical aspects. The development of purinergic receptor agonists is also an important issue of this book. This book provides a critical review of the current state of science and will be useful for both scientists and students who are or would like to get involved in this area. Furthermore, this book addresses neuroscientists, physician and professionals from the industry, who would like to update themselves in this exciting and rapidly growing field of neuroscience.

impact factor frontiers in psychiatry: *Living Worth* Stefan Ecks, 2022-02-04 In Living Worth Stefan Ecks draws on ethnographic research on depression and antidepressant usage in India to develop a new theory of value. Framing depressive disorder as a problem of value, Ecks traces the myriad ways antidepressants come to have value, from their ability to help make one's life worth living to the wealth they generate in the multibillion-dollar global pharmaceutical market. Through case studies that include analyses of the different valuation of generic and brand-name drugs, the origins of rising worldwide depression rates, and the marketing, prescription, and circulation of antidepressants, Ecks theorizes value as a process of biocommensuration.

Biocommensurations—transactions that aim or claim to make life better—are those forms of social, medical, and corporate actions that allow value to be measured, exchanged, substituted, and redistributed. Ecks's theory expands value beyond both a Marxist labor theory of value and a free market subjective theory, thereby offering new insights into how the value of lives and things become entangled under neoliberal capitalism.

impact factor frontiers in psychiatry: Organizational Cognition Davide Secchi, Rasmus Gahrn-Andersen, Stephen J. Cowley, 2022-09-30 Cognition is usually associated with brain activity. Undoubtedly, some brain activity is necessary for it to function. However, the last thirty years have revolutionized the way we intend and think about cognition. These developments allow us to think of cognition as distributed in the sense that it needs tools, artifacts, objects, and other external entities to allow the brain to operate properly. Organizational Cognition: The Theory of Social Organizing takes this perspective and applies it to the organization by introducing a model that defines the elements that allow cognition to work. This model shows that cognition needs the combined and simultaneous presence of micro aspects—i.e. the biological individual—and macro super-structural elements-e.g. organizational climate, culture, norms, values, rules. These two become practice of cognition as they materialize in a meso domain-this is any action that allows individuals to perform their daily duties. Due to the micro-meso-macro interactions, this has been called the 3M Model. Most of what happens in the meso domain relates to exchanges between two or more people, i.e. it is a social activity. This is usually mentioned in the perspectives above, but it is rarely explored. By bringing meso activities to the center of cognition, the book develops and presents the Theory of Social Organizing. Not only this is useful to organizational scholars, but it also opens a new path for cognition research.

impact factor frontiers in psychiatry: COVID-19 and Existential Positive Psychology (PP2.0): The New Science of Self-Transcendence Paul T. P. Wong, Claude-Hélène Mayer, Gökmen Arslan, In the era of COVID-19, many people have suffered high levels of stress and mental health problems. To cope with the widespread of suffering (physical, psychological, social, and economical) the positive psychology of personal happiness is no longer the sole approach to examine personal wellbeing. Other approaches such as Viktor Frankl's theory of self-transcendence provide a promising framework for research and intervention on how to achieve resilience, wellbeing, and happiness through overcoming suffering and self-transcendence. The existential positive psychology of suffering complements the positive psychology of happiness, which is championed by Martin Seligman, as two equal halves of the circle of wellbeing and optimal mental health. This Research Topic aims to examine the different approaches to Positive Psychology and their influence on individual wellbeing during the COVID-19 era. One of the exciting development in the positive psychology of wellbeing is the mounting research on the adaptive benefits of negative emotions, such as shame, guilt, and anger, as well as the dialectical process of balancing negative and positive emotions. As an example, based on all the empirical research and Frankl's self-transcendence model, Wong has developed the existential positive psychology of suffering (PP2.0) as the foundation for flourishing. Here are a few main tenets of PP2.0: (1) Life is suffering and a constant struggle throughout every stage of development, (2) The search for self-transcendence is a primary motive guided by the meaning mindset and mindful mindset. (3) Wellbeing cannot be sustainable without overcoming and transforming suffering. In this Research Topic we welcome diverse approaches discussing the following points: • The dialectic process of overcoming the challenges of every stage of development as necessary for personal growth and self-transcendence; • The role of self-transcendence in resilience, virtue, meaning, and happiness; • The upside of negative emotions; • The new science of resilience based on cultivating the resilient mindset and character; • How to make the best use of suffering to achieve out potentials & mental health.

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