

# Calm Your Anxiety In 15 Min

Cognitive Behavioral  
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**Anxiety Relief Update Open Now**

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## Anxiety Relief Update Open Now:

**New Approaches for Improving Equity in Mental Health Research, Treatment, and Policy** Edmund Howe, Virginia A. Brown, Lexi C. White, Julia Knopes, Joanne Suarez, 2025-10-14 Centering the perspectives of people living with serious mental illness from the research question to data analysis to dissemination of findings can improve our understanding of how to best meet the needs of those living with a range of psychiatric conditions. Thus elevating the voices of persons with lived experience is central to closing the discovery gap from the bench to the bedside to the community thereby improving the health and health care of all involved. In this Research Topic we seek to explore research that focuses on mental health policy and clinical and community health based interventions intended to better meet the needs of persons whose experiences are too frequently omitted. We invite submissions that assess ethical challenges and opportunities around the inclusion of people with serious mental illness in all stages of the research process including design, data collection, analysis and dissemination of findings. Furthermore this call seeks to include persons living with mental health conditions that are invisible to others. From underrepresented communities e.g. Black, Latinx, LGBTQ. Whose values and experiences around mental illness are informed by cultural beliefs beyond biomedicine. Whose access to care is limited by either geography i.e. urban, suburban, rural or whose access to care can vary depending on their regional, national or international setting. The guest editors for this upcoming issue of *Frontiers in Psychiatry* are committed to the inclusion of underrepresented issues, authors, and perspectives to further public discourse as we strive to improve the health and health care of people living with mental illness. We encourage authors to submit a range of article types including original research, editorials, brief research report, and mini reviews focusing on cutting edge innovations in preventing, treating, and improving mental health care for persons living with mental illness. These contributions may include recent therapeutic developments at the forefront of psychiatric care as well as emerging topics. As guest editors we strive for inclusion we welcome all identities, appreciate and respect individual values and convictions and welcome authors with diverse perspectives, experiences, and backgrounds. We hope to offer new challenges and insights for policymakers and mental health providers alike that will guide their work both now and into the future.

**Digital Therapeutics: Using Software to Treat, Manage, and Prevent Disease** Louis N. Awad, Kirsten Smayda, Sabrina R. Taylor, Terry D. Ellis, Tim Campellone, 2023-10-20 Behavior Today, 1974 Allen's Indian mail and register of intelligence for British and foreign India, 1884 Munsey's Magazine, 1899 George Broomhall's Corn Trade News, 1950 Munsey's Weekly, 1899 The Parliamentary Debates Great Britain. Parliament, 1892 Health Promotion in the Universities and Other Educational Settings Miguel Corbí, Antoni Aguilo, Carmen Gallardo Pino, Mario Del Libano, Carlos Emanuel Rodriguez-Díaz, Hiram V. Arroyo Acevedo, 2025-09-17 The promotion of health in universities is of great importance as it allows for the encouragement of healthy lifestyles and the prevention of diseases among students, teaching staff and administrative personnel. The university is a conductive environment for the promotion of healthy habits.

since firstly it is usually the moment when the students make decisions under their responsibility and secondly it is a place where academic sports and social activities take place so it is also an ideal moment to promote changes that can be transferred to society and the rest of the individual's life. Health promotion in universities can cover several areas such as healthy eating, physical exercise, prevention of addictions, emotional and social mental health among others. It can also involve the entire university community from students to administrative and teaching staff. In the case of students, it is essential as it is a period of change and habit formation, and the fact that they will be the future decision makers of society.

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