







JMIR Mental Health

Internet interventions, technologies, and digital innovations for mental health and behavior change.

Open access | Peer reviewed | PubMed Central and PubMed, MEDLINE, Scopus, Sherpa/Romeo, DOAJ, EBSCO/EBSCO Essentials, SCIE, PsycINFO and CABI indexed

Q1

Psychiatry

* Highest quartile ranking in top-ranked JCR category

JMIR Mental Health focuses on digital health and internet/mobile interventions, technologies, and electronic innovations for mental health, addictions, online counseling, and behavior change. The mission of JMIR Mental Health is to remain a premier journal that advances evidence-based care, improves accessibility, and enhances the effectiveness of digital mental health solutions. The journal also explores innovations in digital psychiatry, e-mental health, and clinical informatics in psychiatry and psychology, with an emphasis on improving patient outcomes and expanding access to care.

We welcome rigorous evaluations that demonstrate the real-world impact of digital solutions in mental health. *JMIR Mental Health* serves as a vital platform for researchers worldwide to share their contributions and shape the future of mental health care.

1 JMIR Mental Health is the official publication of the Society of Digital Psychiatry.



SUBMIT YOUR PAPER TODAY

Visit our website to learn more!

jmir.org/author



JMIR Mental Health has a unique focus on digital interventions for mental health.

Amy Oliver,University College London



Top articles



Delivering Cognitive Behavior Therapy to Young Adults With Symptoms of Depression and Anxiety Using a Fully Automated Conversational Agent (Woebot): A Randomized Controlled Trial 964

Digital Games and Mindfulness Apps: Comparison of Effects on Post Work Recovery

Collins E, Cox A, Wilcock C, Sethu-Jones G



Online Positive Affect Journaling in the Improvement of Mental Distress and Well-Being in General Medical Patients With Elevated Anxiety Symptoms:

A Preliminary Randomized Controlled Trial

Smyth JM, Johnson JA, Auer BJ, Lehman E, Talamo G, Sciamanna CN

Get to Know the JMIR Mental Health Editorial Board



Editor in Chief
John Torous
MD, MBI

Director of the Division of Digital Psychiatry, Beth Israel Deaconess Medical Center Harvard Medical School, USA

Elevate Your Impact

Are you a highly respected researcher driven to shape the future of digital health? Do you aspire to collaborate with leading minds in your field and champion the principles of open access and open science?

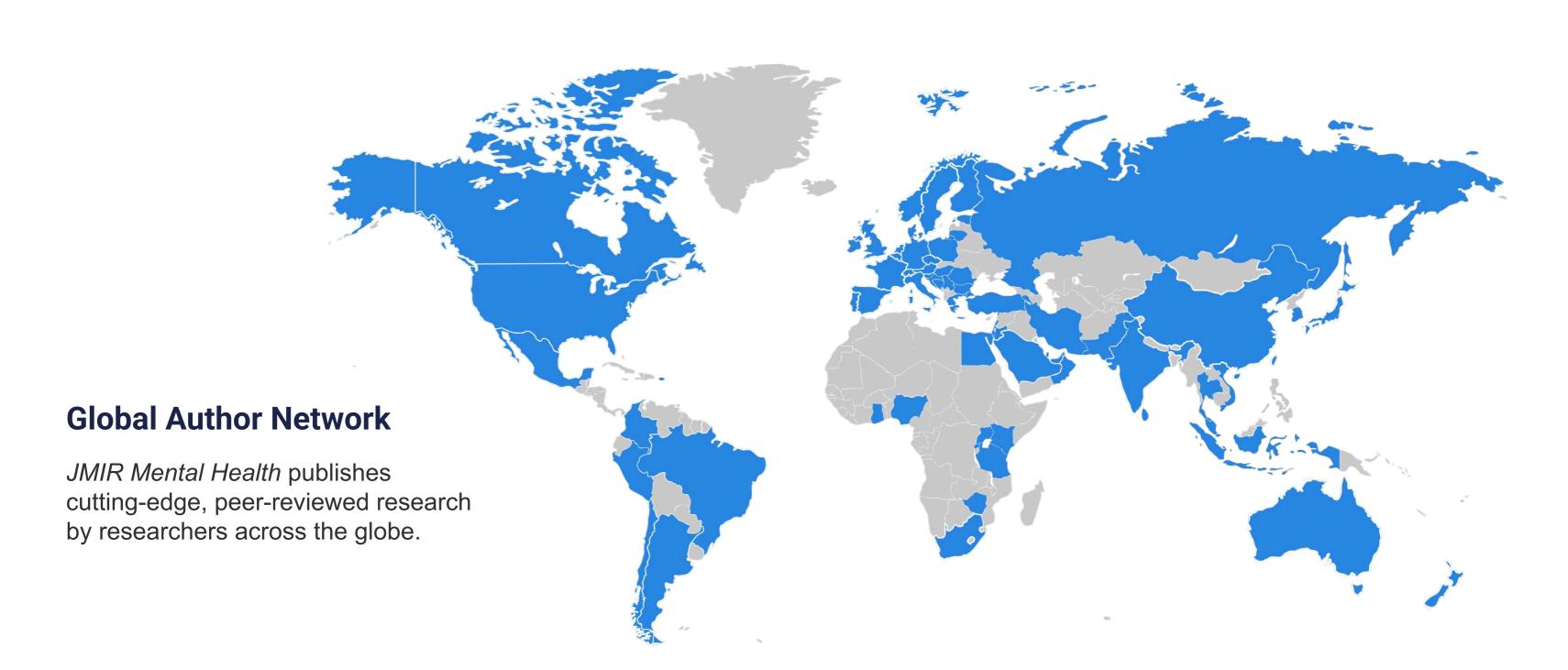
JMIR is actively seeking individuals like you to join the editorial board.



Apply today

Editorial Board Members

Philip Batterham, PhD Nicole Benson, MD Max Birk, PhD Charlotte Blease, PhD Laura D'Adamo, MS Riddhi Pratim Ghosh, PhD David Gratzer, MD Christian G. Huber, PD, MD Kelila Kahane, MD Sahib Khalsa, MD, PhD Ashley Knapp, PhD Jessica M. Lipschitz, PhD Andrew Lustig, MD Emma Morton, PhD Henry Onyeaka, MD, MPH Tanvi Ranjan, PhD Stephen Schueller, PhD Gemma Sharp, PhD Gillian Strudwick, RN, PhD Shufang Sun, PhD Nur Hani Zainal, PhD





JMIR Mental Health ISSN 2368-7959