

Call for abstracts (In-Mind Magazine)
Special issue on clinical psychology and psychotherapy

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Reality Check: What Clinical Science Really Tells Us About Promoting Mental Health



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This special issue aims to provide *brief review articles on current developments in clinical psychology and psychotherapy research*, presented in such a way that they are *interesting and accessible to a wide readership of non-psychologists*.

Aims and scope of this special issue

Through social media, mental health has seen a massive increase in media coverage and public attention. On the one hand, educational campaigns have increased awareness for common mental health issues, such as depression, anxiety disorders, or suicidal ideation. This has shown benefits such as reducing the number of suicides in many countries. On the other hand, there might be serious detrimental effects of questionable mental health advice being spread on social media, often by people selling their own coaching program or newest book. Meanwhile, the research that would offer evidence-based counterpoints might get buried in scientific publications that never reach the greater public.

Hence, this special issue aims to provide *evidence-based insights into mental health and mental health care*. Submissions on all clinical research topics are welcome, ranging from prevention, reduction of stigma, overcoming of barriers to evidence-based information and effective treatment, or improving access for underserved populations. This way, *current clinical research and its practical implications will be made accessible* to people with mental health issues, their families, friends, and colleagues, and policymakers.

Why submit to this In-Mind special issue?

- Your research will go beyond your own bubble of peers and reach those for whom it is most relevant: people wondering about mental health issues in their everyday lives.
- You will contribute scientific evidence to a discourse on mental health that can get bogged down by false claims and harmful myths.
- You can add a publication to your CV that is peer-reviewed but aimed at the general public, at a time when science communication becomes more and more important to academic careers.

Could your research fit into this In-Mind special issue?

This list may provide guidance on which questions and topics could be addressed, but note that it is not exhaustive. If you are unsure whether your research topic may fit into this special issue, please don't hesitate to contact the editorial team indicated below.

- **Critical perspectives on “trend diagnoses” and other awareness trends: How do we communicate about mental health in a non-harmful way?** (e.g., discussing the differences between common problems and clinical symptoms in mental disorders; decreasing stigma vs. trivializing real struggles; neglect of social/societal factors in a highly individualized perspective on mental health; binding of attention/resources that could otherwise reach people with severe psychiatric conditions; etc.)
- **Supporting close ones with mental health issues: What do our relatives, friends, and colleagues need?** (e.g., mental health first aid; how to broach mental health subjects and how to draw boundaries; evidence-based prevention concepts; etc.)
- **Access to mental health care and psychotherapy: How can it be improved?** (e.g., earlier and more comprehensive prevention; strategies to improve resilience, both individual and collective; digital tools and treatments, including the role of AI; stepped care; evidence on relapse prevention; etc.)
- **Current “hot topics” debunked: What does the science actually say?** (e.g., perspectives on ChatGPT as a stand-in therapist; hypersensibility and neurodivergence; particular expressions of certain conditions in women, such as ADHD and autism; real benefits of mindfulness and self-compassion, in contrast to “positive thinking”; etc.)

Format of the articles and the journal

In-Mind Magazine is dedicated to making relevant psychological research accessible and engaging for everyone. The *authors should be active researchers in clinical psychology, psychotherapy, health psychology, or related disciplines*. Previous experience in science communication is beneficial but not required. For this special issue, interdisciplinary collaborations with researchers in related disciplines such as psychiatry, psychosomatics, mental health nursing, public mental health, or clinical social work are encouraged, but optional. *Submissions should be short review articles of a maximum of 2,000 words with up to 15 references*. Please format the manuscript according to our [author guidelines](#).

Ideas for effective science communication in writing can be found here ([available here](#)): König, L. M., Altenmueller, M. S., Fick, J., Crusius, J., Genschow, O., & Sauerland, M. (2025). How to Communicate Science to the Public? Recommendations for Effective Written Communication Derived From a Systematic Review. *Zeitschrift für Psychologie*, 233, 40-51. <https://doi.org/10.1027/2151-2604/a000572>

Timeline for the special issue

Please submit your abstracts (max. 400 words) until **6 March 2026**, using [this online form](#). Authors who are invited to contribute a full-length article will be notified by the end of March and can then submit their manuscript until **15 May 2026**. These submissions will undergo anonymized peer review by at least two independent experts to evaluate their scientific quality. The editors will provide feedback on comprehensibility, language, and suitability for a science communication journal. The special issue will be **published in autumn 2026**.

Important dates

All deadlines refer to 23:59pm in the last time zone worldwide.

- Abstract submission start: 06 January 2026 – [here](#)
- Abstract submission deadline: 06 March 2026
- Article submission deadline: 15 May 2026
- Expected publication date: Autumn 2026

Editors

- Dr. Lorenz Grolig (Leuphana University Lüneburg)
- Dr. Nathalie Claus (University of Bremen)

Questions should be directed to special-issue@in-mind.org.