

## Positive Mental Health and Well-Being Across Modern Cultures

### Guest Editors

### Message from the Guest Editors



**Dr. Dilip V. Jeste**

Social Determinants of  
Health Network, San Diego,  
CA, USA



**Dr. Karen Reimers**

University of Minnesota,  
Minneapolis, MN, USA



**Prof. Dr. Uriel Halbreich**

University at Buffalo,  
Buffalo, NY, USA

This Special Issue of *Academia Mental Health and Well-Being* is dedicated to examining positive mental health and well-being across cultural contexts. While much of the research on mental health emphasizes illness, risk, and disorder, this issue turns toward positive psychosocial characteristics that foster resilience, flourishing, and well-being. Drawing on peer-reviewed studies conducted since 2000, this collection highlights how cultural settings shape the ways individuals experience and sustain positive mental health.

*Academia Mental Health and Well-Being* invites scholarly reviews (scoping or narrative) that synthesize empirical findings across multiple databases with clear inclusion and exclusion criteria. While a limited number of original research articles and brief reports are welcome, the emphasis is on comprehensive reviews. Contributions should focus on specific contemporary cultural contexts, excluding studies of individuals with mental illnesses. By highlighting perspectives from diverse cultures, this Special Issue aims to expand global understanding of well-being and its role in promoting mental health.

### Submission deadline:

**28 February 2026**

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Academia.edu  
580 California Street, Suite 400  
San Francisco, CA 94104 USA  
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[acadmenthealth@journals.academia-mail.com](mailto:acadmenthealth@journals.academia-mail.com)

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