Congratulations to Dr. Kate Harkness on the publication of The Oxford Handbook of Stress and Mental Health

By Queen’s Psychology
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Congratulations to Dr. Kate Harkness on the publication of The Oxford Handbook of Stress and Mental Health. This volume, co-edited with Dr. Elizabeth Hayden from Western University, includes contributions from a multidisciplinary group of internationally-renowned leaders on the role of stress across all mental disorders, psychological and biological mechanisms that translate stress into disorder, and treatments to address the role of stress.

Over 1 billion people worldwide suffer from a mental health disorder or addiction, and these disorders are leading worldwide cause of disability. Stressful environments, and individual differences in responses to these environments, are key to understanding the causes and course of all mental disorders. And, stress provides a robust framework on which to focus prevention, intervention, and treatment development priorities.

“Our goal in preparing this volume was to provide in one authoritative work an overview of the most important and timely theory and research regarding the role of stress in mental health.” As such, Harkness and Hayden anticipate that this volume will be of interest to researchers examining the assessment and mechanisms of stress in mental disorders, clinicians interested in the most up-to-date evidence regarding the treatment of stress-related disorders, and students across a range of disciplines.