



Evidence-Based Relationship Factors in the Diagnosis & Treatment of Mood and Psychotic Disorders

Guest Editors:

Dr. Alberto Stefana

Dr. Anna Van Meter

Prof. Dr. Eric A. Youngstrom

Prof. Dr. Eduard Vieta

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Message from the Guest Editors

Mood disorders are the most common types of mental disorders and one of the leading causes of disability worldwide. They lead to cognitive and social functioning impairments, negative impact on the quality of life, and higher suicidality and mortality rates. Waiting for progress in personalized psychiatric treatment approaches that could lead to precise biological interventions, implementing evidence-based psychological assessment and treatment for mood disorders is essential to reduce their burden at the individual, societal and public health levels. An efficient assessment process is essential because it leads to a more accurate diagnosis, better treatment matching, increased patient engagement, and enhanced outcomes. However, to be fully effective evidence-based assessment should be ‘humanized’ because both diagnostic and psychotherapeutic processes take place within the scope of the patient–clinician relationship. The technical and relational components of the latter are constantly and reciprocally interacting and the relationship accounts for process and outcome variance in and of itself.





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Editors-in-Chief

Prof. Dr. Emmanuel Andrès

Internal Medicine Department,
University Hospital Strasbourg,
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Journal of Clinical Medicine Editorial
Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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