Special Issue

Psychoeducation and Early Intervention

Message from the Guest Editors

In the last few decades, psychoeducation emerged as an evidence-based intervention program that is useful in the development of an individual's and their family's knowledge and understanding of a mental disorder, including its diagnosis and treatment, in order to improve their managing and coping abilities. Psychoeducational programs provide both disease-specific information (e.g., early recognition and management of relapse symptoms) and general information (e.g., promotion of a healthy lifestyle, problem-solving, communication skills training). According to the target population, psychoeducation can be individual, family-, group-, or community-based, and it has been found to be fruitful in both clinical and community settings.

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