

## Special Issue

# Stress and Children's, Adolescents' and Young Adults' Ways to Cope with It

### Message from the Guest Editor

Stress can be caused by a variety of factors, namely from home, school, mass media and unfavourable peer environments. Children and young people face difficulties and different demands daily, which often exceed their remedial capabilities. Moreover, in this millennium, the threat of mass catastrophes in the world is much greater than in the past, and their effects are more potent and devastating. Young people who do not cope well with adversity and do not receive enough external support can suffer the mental and physical effects of stress for many years. Therefore, efforts and strategies to cope with stress in childhood and adolescence are central to understanding and preventing distress and psychopathology in adulthood. This Special Issue aims to develop the literature on stress effects and remedies for children, adolescents and young adults from an interdisciplinary perspective. Therefore, we welcome theoretical and empirical contributions that advance knowledge of the factors and mechanisms leading to positive health and well-being among youths. For more information, please visit: [Stress and Children's, Adolescents and Young Adults' Ways to Cope with It](#)

### Guest Editor

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### Deadline for manuscript submissions

20 January 2026



## Behavioral Sciences

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Impact Factor 2.5  
CiteScore 3.1  
Indexed in PubMed



[mdpi.com/si/165061](https://mdpi.com/si/165061)

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