

Special Issue

Multidisciplinary Perspectives on Cognitive Processes Underpinning Resilience in Individuals Exposed to Adversity

Message from the Guest Editor

Exposure to adversity is an almost inevitable life experience. Whether acutely traumatic, chronic, or cumulative, adversity can have detrimental effects on mental health and wellbeing. However, there exists large variation in the degree to which individuals are affected by adverse experiences. When individuals demonstrate more positive outcomes than would be expected given the adversity they experienced, we call them resilient. Understanding the mechanisms through which individuals can demonstrate such resilient outcomes is critical to taking a strength-based approach to tackling today's worrying rise in mental health problems. While there is increased attention to the cognitive mechanisms that could contribute to resilience, there exists a wide scope for accelerating our understanding of resilience through multidisciplinary research which examines candidate cognitive mechanisms from a range of different perspectives. For this reason, this Special Issue aims to integrate diverse perspectives, methodologies, and knowledge bases from a variety of disciplines. https://www.mdpi.com/journal/behavsci/special_issues/DGG16H317V

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Editor-in-Chief

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