

Special Issue

Assessment and Intervention for Mental Health in Teenagers and Young Adults

Message from the Guest Editor

This Special Issue delves into the intricate interplay of psychological symptoms, emphasizing the significance of recognizing prodromal symptoms and the imperative nature of early treatment for teenager and young adults or individuals with at-risk mental state. This Special Issue serves as a multidimensional exploration of mental health, encompassing diverse aspects from prodromal symptoms to early treatment and health promotion. Additionally, it places a strong emphasis on health promotion initiatives tailored to mitigating the prevalence of psychiatric symptoms. Through the lens of preventive strategies and early treatment, the included studies explore novel avenues for enhancing mental health on a societal level, promoting resilience and fostering a holistic approach to well-being. In conclusion, this issue aims to provide a comprehensive overview of psychological and prodromal symptoms to bridge the gap between early signs and effective intervention strategies and foster a proactive paradigm in mental healthcare that underscores the importance of early treatment.

Guest Editor

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