

Special Issue

Mental Health and Adaptation in Chronic Illness: Risky Factors and Resilience

Message from the Guest Editors

In recent years, partly due to the increase in life expectancy and improvements in health care and pharmacotherapy, there has been an exponential increase in chronic illnesses. A chronic illness significantly affects a person's physical and mental health, while also shaping their sense of identity, relationships with family, and social roles. Managing such a condition is a lifelong commitment, requiring major lifestyle changes, strict compliance with medications and treatments, and the adoption of preventive strategies. Psychological resilience and resources could facilitate the process of self-management. Furthermore, informal caregivers—often partners, spouses, relatives, or friends—are crucial to this process. They take on a variety of challenging responsibilities, including handling emergencies, mediating disagreements between patients and healthcare providers, aiding in treatment decisions, and supporting both the emotional and practical needs of the patient.

Guest Editors

Dr. Giada Rapelli

Department of Psychology, University of Bologna, 40127 Bologna, Italy

Dr. Giada Pietrabissa

Department of Psychology, Catholic University of Sacred Heart, Milan, Italy

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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Message from the Editorial Board

The journal offers an integrating approach to the disciplines it addresses, highlighting the role of health as a transversal axis in educational and psychological processes, present in human development, throughout the life cycle. *European Journal of Investigation in Health, Psychology and Education* (ISSN 2254-9625) is a peer-reviewed scientific journal that publishes original articles and systematic reviews or meta-analyses related to research on human development throughout the life cycle. It is a journal of the University Association of Education and Psychology and is published monthly online by MDPI.

Editors-in-Chief

Dr. José Jesús Gázquez Linares

1. Department of Psychology, Universidad de Almería, Calle Universidad de Almería, 04120 Almería, Spain

2. Universidad Autónoma de Chile, Av. Pedro de Valdivia 425, Providencia, Región Metropolitana, Chile

Dr. María del Carmen Pérez-Fuentes

Department of Psychology, Universidad de Almería, Almería, Andalucía, Spain

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