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Strengthening Couple Relationships: Innovations in Practice

Guest Editor:

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Message from the Guest Editor

Successful relationships are a key component of health and well-being. Extant literature has well documented the associations between physical and mental health, especially, the role of relationships satisfaction and happiness in one's overall well-being. For example, scholars consistently see a link between the state of one's intimate relationship and the incidence of depression, as well as the subsequent link between depression and how it affects one's biology in a myriad of ways, impacting the cardiovascular system and neurocognitive functions, causing chronic pain and inflammation, and increasing the potential for substance use and abuse. In addition, couples mutually influence each others' health outcomes due to overlaps in their lives such as sharing the same environment, a tendency to engage in similar levels of health-consciousness, and the observation and matching of each other's mood states.



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Message from the Editor-in-Chief

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