Special Issue

Healthcare Resilience and Patient Adherence in Rehabilitation

Message from the Guest Editor

In contemporary health sciences, and especially within the complex field of rehabilitation, patient resilience and adherence are fundamental. There is an increasing amount of scientific evidence indicating that resilience, the ability to adapt and recover from adversity, is key to achieving optimal health outcomes, both for individual patients and healthcare systems. Patients engaged in rehabilitation frequently encounter enduring physical limitations (e.g., post☐stroke motor deficits), psychological strain (e.g., depression, anxiety), and societal obstacles (e.g., access barriers and social isolation). Empirical studies employing validated resilience scales report that higher individual resilience scores correlate with improved self-management behaviors, reduced dropout rates, and accelerated recovery trajectories. Simultaneously, interventions targeting adherence, such as motivational interviewing, mobile health reminders, and remote monitoring, have yielded adherence improvements.

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