

Special Issue

Multidisciplinary Perspectives on Child and Adolescent Resilience and Chronic Stress

Message from the Guest Editors

Resilience to chronic stress in children and adolescents is a complex, multidimensional phenomenon that requires a multidisciplinary research approach. To understand how young people adapt to prolonged stress and their environment, the interrelated biological, psychological, and social processes need to be analyzed. Chronic stress—especially during sensitive developmental periods—can have lasting effects on physiological regulation, psychological functioning, academic achievement, and behavior. From a healthcare perspective, the cumulative burden of chronic stress underscores the imperative need to better understand and support the mental and physical health of children and adolescents. Effective stress management, early care, and contextualized interventions play a key role in mitigating long-term risks and promoting adaptive developmental pathways. At the same time, a systemic perspective of resilience emphasizes the dynamic interplay of protective and risk factors at the individual, relational and contextual levels that enable positive adaptation even under adverse conditions, rather than merely as an individual responsibility.

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