



Women's Mental Health: A Framework for Its Assessment, Prevention, and Promotion in Health Care Settings

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Message from the Guest Editors

In the last decade, the general consideration of women's mental disorders has been limited to some attempts aimed at promoting mental health. However, it is important to consider subjective well-being factors connected with cultural, environmental and personality aspects. Furthermore, in the developmental life of a woman, important risk factors can be highlighted such as the postpartum period and pregnancy, where the vulnerability to psychological distress increases in women and couples. Another important risk factor for women is the experience of menopause; in fact, this condition is very complex, and psychological support is necessary for the management of this experience.

The psychological assessment and prevention of women's mental health brings attention to the female condition, which is currently affected by a greater attention to the quality of couple's life as well as important social educational aspects in the prevention and recognition of psychological and physical violence.

Women's support frameworks can have an important role in the prevention of mental diseases, especially in relation to sub-threshold conditions that do not reach clinical observations.





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