

Special Issue

Personalized Therapy for Psychophysical Health: An Integrative Approach

Message from the Guest Editors

This Special Issue explores the role of personalized therapy in promoting psychophysical health among individuals living with chronic diseases. Chronic illnesses often entail both physical and psychological burdens, including fatigue, pain, depression, anxiety, and reduced quality of life. The aim of this issue is to highlight integrative, patient-centered therapeutic approaches that address not only biomedical symptoms but also emotional and cognitive well-being. Contributions may focus on multidisciplinary interventions, including personalized medicine, psychotherapy, physiotherapy, mindfulness, digital tools, and lifestyle-based approaches. Emphasis is placed on tailored care that considers individual differences in biology, personality, social context, and coping strategies. This issue welcomes original research, clinical studies, theoretical models, and other types that examine how personalized therapeutic pathways can enhance resilience, self-efficacy, and quality of life in the context of chronic illness.

Guest Editors

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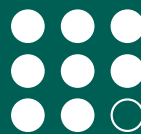
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About the Journal

Message from the Editor-in-Chief

Journal of Personalized Medicine (JPM), ISSN 2075-4426) is an international, open access journal aimed at bringing all aspects of personalized medicine to one platform. *JPM* publishes cutting edge, innovative preclinical and translational scientific research and technologies related to personalized medicine (e.g., precision medicine, pharmacogenomics/proteomics, systems biology, 'omics association analysis). *JPM* is covered in Scopus, the Science Citation Index Expanded (SCIE), PubMed, PMC, Embase, and other databases.

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 3.5 days (median values for papers published in this journal in the first half of 2025).