



Personality, Intervention and Psychological Treatment

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Message from the Guest Editors

Personality is one of the most relevant constructs in psychology due to its implications in both health and disease. Knowing better the personality, both normal and pathological, is basic to understand the people we treat, their attitudes toward therapies, and facilitate a personalized approach to their problems. This special issue aims to contribute to the advancement of theoretical and practical knowledge about personality in different age groups, including healthy and ill populations. Furthermore, a better comprehension of the mediating role of personality in the disease process and coping resources is expected. Understanding better the protecting and risk factors associated with health and disease, wherein personality is included, is undoubtedly essential to assure a better psychological adjustment, as well as the management of prevention strategies, aimed to dampen the psychological impact in people prone to suffer any kind of mental health impairment or subjected to the high demands emerging in the current challenging contexts.

