



Focusing on the Cognitive Component of Subjective Well-Being: The Relationship between Life Satisfaction and Psychological Distress

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Message from the Guest Editors

Dear Colleagues,

Research is pointing to an alarming increase in mental health problems, largely exacerbated by the COVID-19 pandemic. Being satisfied with one's life and promoting satisfaction with life hold potential for countering the adverse effects of the negative indices of psychological distress. Life satisfaction is regarded as the cognitive component of subjective well-being. In the context of the growing mental health "pandemic", the correlating and protective factors of the negative indices of mental health should be considered as a priority. Life satisfaction is an important pillar within the positive psychology movement (Seligman and Csikszentmihalyi, 2014) and focuses on psychological strength. This Special Issue calls for papers that focus on the relationship between life satisfaction and indices of psychological distress, as well as the potential protective roles that life satisfaction plays with regard to the negative indices of mental well-being in different populations.





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Message from the Editor-in-Chief

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