



## Psychological Interventions for People with a Chronic Illness and Their Families

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### Message from the Guest Editors

Chronic illnesses are frequently employed to characterize a diversity of health-related conditions within the human body. These enduring conditions can lead to disabilities and a reduction in both physical and mental health. When people suffer from chronic illnesses, they might experience psychological problems and distress, e.g., anxiety, depression and grief. Parallel to that, their family members or caregivers often experience mental imbalance and distress too. This calls us to pay attention to the mental health of people with chronic illnesses and their families and provide professional psychological support and psychotherapy when indicated. This Special Issue aims to identify psychological interventions that can aid individuals with chronic illnesses and their family members in enhancing their psychological well-being and to prevent them from developing more serious mental illnesses. We are in search of articles and reviews that will enrich our understanding of behavior change interventions, spanning the entire spectrum from their development and creation to their execution and assessment as well as the substantiating evidence.

