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Risk and Protective Factors for Promoting Psychological Health and Preventing Psychological Disorders in Emerging Adulthood

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Message from the Guest Editors

In the last decade, growing research attention was given to youth and young adults' mental health. Previous research carried out among this specific population across the world has revealed, even before the COVID-19 pandemic, increasing rates of psychological disease, including—but not limited to—anxiety, depression, and somatization. Indeed, emerging adulthood represents a critical turning point due to the different changes and challenges to be faced, i.e., the transition from adolescence to adulthood; the restructuring of the social network by the inclusion of new relationships; the adjustment to new demands; the development and implementation of plans (for future personal and professional life).



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Message from the Editor-in-Chief

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