



Exploring Adolescents' Psychological Distress and Behavior Problems

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Message from the Guest Editor

Adolescent psychological distress (stress) is a normal response to upsetting or threatening events; however, it may become pathological when chronic and further lead to behavioural problems. Chronic stress can impede day-to-day function and emotional balance and it is a risk factor for developing other psychiatric diseases, such as anxiety and depression. Thus, it is essential to address this challenge during adolescent years (12–25 years of age), when most mental disorders set in and life-long health-promoting behaviours are often solidified.

This Special Issue aims to achieve a comprehensive understanding of adolescent psychological distress (stress) from various lenses and to inform researchers and practitioners of the best evidence available on how to support young people in managing psychological distress and reduce behavioural problems, thus, helping them transition to early adulthood smoothly and seamlessly.





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Message from the Editor-in-Chief

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