



## Health Behaviors and Outcomes across the Schizophrenia-Spectrum

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### Message from the Guest Editors

The relationship of physical health to well-being in the schizophrenia-spectrum is vastly under-studied. Disproportionately high rates of chronic disease in this population are associated with a 20-year mortality gap. The causes of disease are likely multifaceted, but preventative health strategies that target modifiable behaviors that promote physical health may hold special promise. The term health behavior can be applied to any action taken by an individual that affects the physical health of the individual. Examples include patterns of eating, physical activity, smoking, alcohol use, adequacy of sleep, and self-care practices. This special edition invites high quality contributions from researchers examining a broad range of health behaviors and the associated physical, emotional, cognitive, or functional issues pertaining to well-being in those diagnosed with, or at-risk for, schizophrenia-spectrum disorders.

