

## Special Issue

# Positive Humor: New Insights and Perspectives

### Message from the Guest Editors

In the last few decades, there has been a growing interest in the positive power of humor, here broadly understood as an umbrella term including for example laughter, mirth, cheerfulness, playfulness, joy, funniness. In fact, positive humor plays a significant role in eliciting positive emotions, coping with stressful events, enhancing control over the problematic situation, predicting wellbeing and satisfaction, contributing to resilience. Approaching stressful situations with humor may promote a lighter or a new perspective, which in turn may positively impact emotion regulation, cognitive appraisal, and reappraisal of the demanding situation. Moreover, the use of positive humor may promote positive interpersonal relationships, group cohesion, and social support. In light of these premises, this Special Issue aims at advancing the literature on positive humor aimed at improving health and overall quality of life, from inter- and multi-disciplinary perspectives. We therefore welcome theoretical and/or empirical contributions that broaden knowledge on the protective functions of humor. Training programs for enhancing positive humor are also welcome.

---

### Guest Editors

Prof. Dr. Carla Canestrari

Prof. Dr. Alessandra Fermani

Dr. Laura Migliorini

---

### Deadline for manuscript submissions

closed (28 February 2023)



## Behavioral Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 3.1  
Indexed in PubMed



[mdpi.com/si/124816](https://mdpi.com/si/124816)

*Behavioral Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[behavsci@mdpi.com](mailto:behavsci@mdpi.com)

[mdpi.com/journal/  
behavsci](https://mdpi.com/journal/behavsci)





# Behavioral Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 2.5  
CiteScore 3.1  
Indexed in PubMed



[mdpi.com/journal/  
behavsci](https://mdpi.com/journal/behavsci)



## About the Journal

### Message from the Editor-in-Chief

---

#### Editor-in-Chief

Prof. Dr. Jerrell Cassady  
Department of Educational Psychology, Ball State University, Muncie, IN  
47306, USA

---

#### Author Benefits

##### High Visibility:

indexed within Scopus, SSCI (Web of Science), PubMed, PMC, PsycInfo, and other databases.

##### Journal Rank:

JCR - Q2 (Psychology, Multidisciplinary) / CiteScore - Q2  
(Development)

##### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 29.6 days after submission; acceptance to publication is undertaken in 3.4 days (median values for papers published in this journal in the first half of 2025).