

Special Issue

Children's Body Image, Physical Activity and Health

Message from the Guest Editor

Body image (BI) is a multifaceted concept that refers to individuals' perceptions and attitudes about their own body. BI is especially relevant in children and adolescents due to the importance of everything related to the body at these ages. BI has traditionally been associated with various indicators of physical, mental, and social health. Regarding mental health, a negative BI is associated with depression and low self-esteem. Therefore, there is a clear need to deepen our understanding of BI and its relationship with different health fields, as well as to work on an early prevention of BI-related issues during childhood, since this is a stage in which a positive approach to BI must prevail. Furthermore, researchers suggest that programs aimed at promoting healthy BI are more likely to be effective when carried out in preadolescence or even at younger ages, since individuals' attitudes and behaviors have not been established yet. Similarly, an issue of special interest is how physical activity influences BI.

Guest Editor

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Deadline for manuscript submissions

closed (10 January 2022)



Children

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Impact Factor 2.1
CiteScore 3.8
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Message from the Editor-in-Chief

You are invited to contribute a research article or comprehensive review for consideration and publication in *Children* (ISSN 2227-9067). *Children* is an open access journal—research articles, reviews, and other content are published online immediately after acceptance. The scientific community and the general public have unlimited free access to the content as soon as it is published. The journal focuses on sharing clinical, epidemiological, and translational science relevant to children's health. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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