

Special Issue

Psychophysiological Responses to Physical Activity, Exercise and/or Nutrition Interventions in Overweight and Obese Individuals

Message from the Guest Editor

The increasing prevalence of overweight and obesity is a major global public health issue. Physical activity and exercise, as well as positive eating habits, promote beneficial physiological and psychological responses in overweight and obese individuals. Thus, studies must be undertaken that explore the effectiveness of physical activity or structured exercise, alone or combined with nutritional interventions, on body composition, physical fitness, cardiometabolic health and mental health in overweight and obese individuals of all ages. The current Special Issue aims to highlight evidence for use in practice and to provide valuable information that might improve an array of psychophysiological parameters. In this Special Issue, we welcome original research, case reports, reviews, systematic reviews and meta-analyses on physical activity, exercise and/or nutrition and:

- Anthropometric characteristics;
- Body composition;
- Glucose metabolism;
- Lipid metabolism;
- Blood pressure;
- Physical fitness and Exercise behavioral regulation;
- Enjoyment;
- Affective valence;
- Quality of life;
- Mood state;
- Depression, Anxiety and stress;
- Eating habits.

Guest Editor

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Deadline for manuscript submissions



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About the Journal

Message from the Editor-in-Chief

Diseases is an international, peer-reviewed, open access, multidisciplinary journal that focuses on the latest outstanding research concerning diseases and conditions. Research articles, reviews, and other contents are released on the Internet immediately after acceptance. This journal aims to cover international conferences and symposia as new targets.

Diseases is increasingly gaining acceptance and visibility within scholars, and after only a few years of life, *Diseases* is now also covering specific topics with dedicated special issues. We would be pleased to welcome you as one of our authors.

Editor-in-Chief

Prof. Dr. Omar Cauli

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Author Benefits

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indexed within Scopus, ESCI (Web of Science), PubMed, PMC, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Medicine, Research and Experimental)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21 days after submission; acceptance to publication is undertaken in 3.5 days (median values for papers published in this journal in the second half of 2025).