

Special Issue

Body-Related Attitudes, Self-Esteem, and Psychological Wellbeing

Message from the Guest Editors

Contemporary societies are increasingly shaped by practices that modify, enhance, or present the body in line with personal and sociocultural ideals. From cosmetic procedures and tattooing to fitness regimes and everyday beautification rituals, these practices both reflect and construct body-related attitudes that have profound implications for self-esteem and psychological wellbeing. This Special Issue invites interdisciplinary contributions that advance understanding of how body-related attitudes are developed, expressed, and negotiated, and how they influence mental health, identity, and quality of life.

- Topics of Interest:

We welcome original articles (both qualitative and quantitative analyses, as well as cross-sectional and longitudinal studies), systematic reviews, and meta-analyses. Topics of interest include, but are not limited to, the following areas:

- *Cosmetic procedures*
- *Body modification*
- *Beautification practices*
- *Fitness practices*
- *Body image, self-esteem, and wellbeing across the lifespan*

The Editorial Team encourages submissions from all academic levels, ranging from doctoral and early career researchers to highly experienced scholars.

Guest Editors

Dr. Anne-Mette Hermans
Dr. Rebecca Nash
Dr. Helena Lewis-Smith

Deadline for manuscript submissions

30 June 2026



European Journal of Investigation in Health, Psychology and Education

an Open Access Journal
Published by MDPI

Impact Factor 2.6
CiteScore 5.1
Indexed in PubMed



mdpi.com/si/260501

*European Journal of
Investigation in Health,
Psychology and Education*
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About the Journal

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The journal offers an integrating approach to the disciplines it addresses, highlighting the role of health as a transversal axis in educational and psychological processes, present in human development, throughout the life cycle. *European Journal of Investigation in Health, Psychology and Education* (ISSN 2254-9625) is a peer-reviewed scientific journal that publishes original articles and systematic reviews or meta-analyses related to research on human development throughout the life cycle. It is a journal of the University Association of Education and Psychology and is published monthly online by MDPI.

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