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Mental and Behavioral Healthcare

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Message from the Guest Editor

Investing in lifestyle, mental health and wellbeing, stress reduction, dietary interventions, and positive behavioral incentives, as well as to the reverting of sedentary behaviors and promoting of physical exercise seems to have potential beneficial effects on one's health prognosis, both in the short term, when specific disease states become overt, as well as in the long term to prevent and/or mitigate the potential development of health threatening syndromes. Studies investigating such relations, or the underlying neuroendocrinological/psychophysiological processes, are consequently of relevance for this Special Issue.



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Special Issue



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Message from the Editor-in-Chief

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