

## Special Issue

# The Impact of Exercise on the Mental Health and Quality of Life of People—the First Edition

### Message from the Guest Editors

This Special Issue aims to publish innovative studies (original investigations and review articles) that explore the relationship between physical activity, exercise, or sports participation and mindfulness interventions on the mental health and quality of life of specific populations. Studies may include the impact of the frequency, duration, or intensity of physical activity on outcomes such as depression, psychological distress, quality of life, or wellbeing. Additionally, studies of specific types of activity (e.g., yoga, hiking, swimming), exercise (e.g., cardiovascular, muscle strengthening), or sport (e.g., team sport, individual sport) and their relationship with mental health and wellbeing are welcome. Studies assessing the determinants of physical activity based on theoretical frameworks, which would inform targeted interventions, will also be eligible.

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### Guest Editors

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### Deadline for manuscript submissions

closed (1 December 2022)



## Healthcare

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Impact Factor 2.7  
CiteScore 4.7  
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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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### Editor-in-Chief

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#### High Visibility:

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

#### Journal Rank:

JCR - Q2 (Health Policy and Services) / CiteScore - Q1  
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#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).