Special Issue

Psychophysiological Responses to Physical Activity, Exercise and/or Nutrition Interventions in Individuals with Cardiometabolic Health Impairments

Message from the Guest Editor

Areas of interest for this Special Issue include, but are not limited to, the following areas: Physical activity, exercise, and/or nutrition, and:

- Anthropometric characteristics;
- Body composition
- Glucose metabolism;
- Lipid metabolism;
- Blood pressure:
- oxidative stress:
- redox status:
- liver function:
- renal function;
- Physical fitness;
- Exercise behavioral regulation;
- Eniovment:
- Affect valence;
- Quality of life;
- Mood state;
- Depression;
- Anxiety:
- Stress;
- Eating habits.

I look forward to receiving your contributions.

Guest Editor

Dr. Alexios Batrakoulis

- 1. Department of Physical Education and Sport Science, University of Thessaly, 42100 Trikala, Greece
- 2. Department of Physical Education and Sport Science, Democritus University of Thrace, 89100 Komotini, Greece

Deadline for manuscript submissions

30 September 2026



Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/220475

Healthcare
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
healthcare@mdpi.com

mdpi.com/journal/ healthcare





Healthcare

an Open Access Journal by MDPI

Impact Factor 2.7 CiteScore 4.7 Indexed in PubMed



About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

issues.

Prof. Dr. Lorraine S. Evangelista

Louise Herrington School of Nursing, Baylor University, Dallas, TX 75246-1754, USA

Author Benefits

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 (Leadership and Management)

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).

