

Special Issue

Psychology of Health, Sport, and Exercise

Message from the Guest Editors

As health challenges evolve, understanding how psychological processes influence sports, exercise, and well-being is crucial. Health psychology offers insights into health promotion, illness prevention, and quality of life, while sport and exercise psychology examines factors affecting participation and health outcomes. This Special Issue invites contributions exploring psychological aspects of health, sport, and exercise: psychology in **promoting healthy behaviors**; the **mental health** benefits of exercise; **motivation** and **behavior change** in exercise and their health impacts; **effort**, mental, and physical **fatigue** during exercise; psychological **resilience**, **burnout**, and **stress** in sport and exercise; psychological factors in **injury** prevention and recovery; **personality** in physical activity decision-making and health promotion. Original research articles and reviews are welcome, such as:

- Systematic reviews and meta-analyses.
- Longitudinal and cross-sectional quantitative designs.
- Interventional and case studies.
- Psychometric research.
- Validation of psychological assessment measures.

We look forward to receiving your contributions.

Guest Editors

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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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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).