# 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 decisionmaking 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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## Deadline for manuscript submissions

30 June 2026



# Healthcare

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Impact Factor 2.7
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## **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**

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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).

