



Biopsychosocial Effects and Mechanisms of Mindfulness Practice

Guest Editors:

Dr. Jonathan Greenberg

Dr. Victoria Grunberg

Dr. James Doorley

Deadline for manuscript
submissions:

closed (31 December 2022)

Message from the Guest Editors

Research on the value of mindfulness training has grown exponentially in recent years. Mindfulness practices can help promote health and well-being across professional, educational, and healthcare settings, etc. Despite the extensive application and testing of mindfulness-based practices, the biological, psychological, and social mechanisms through which these practices support healthy human functioning across disciplines remain largely unclear. Elucidating the role of such biopsychosocial factors may help to optimize mindfulness-based treatments and facilitate a multifaceted and integrative approach to mindfulness-based research.

This SI focuses on understanding the neural/biological, psychological (cognitive, emotional, behavioral), and social effects of mindfulness, as well as the role of these factors in shaping the outcomes of mindfulness-based interventions across populations. We welcome manuscripts across a variety of fields, including functional and structural neuroimaging, cognitive neuroscience, executive function, self-regulation, affective function, mood and anxiety disorders, addiction, dyadic research, and relationships.





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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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MDPI, St. Alban-Anlage 66
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