



Psychological (Self-)Regulation and Healthy Behavior Promotion

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Message from the Guest Editors

Healthy behavior promotion, is key to address one of the biggest challenges of the century: guarantee that the lives of individuals are lived to their full potential. Health behavior promotion by instigating individuals' self-regulation and agency is a promising avenue for future intervention. Although individuals may be influenced and regulated by external factors and agents, exclusively relying on external regulation does not allow the individual to develop adaptive competences and skills, such as choosing a healthy snack or quitting smoking. Thus, evidence is needed on innovative and ingenious ways to promote health behaviors through psychological (self-)regulation. This Special Issue of the IJERPH focuses on the psychological aspects of (self-)regulation for health behaviors and on how these can be promoted. Papers dealing with new approaches to promote health behaviors, are also welcome. We will accept manuscripts from different disciplines, such as psychology, public health, and nutrition.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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