



## **Sports Injury Prevention in Youth: Research and Intervention from Psychology and Other Sport Sciences**

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### **Message from the Guest Editors**

Dear colleagues,

Sports injuries are a constant in physical activity and sport and represent, to a greater or lesser degree, an obstacle that most athletes have to face and which could have an impact on their sport development, particularly in young athletes. Despite the biomechanical aspects involved in an athlete sustaining an injury, multidimensional factors such as training schedules, surface characteristics, nutrition, sleep, and other health habits, social pressure, competitiveness, motivation, etc. play a role. Identifying such factors and their interactions are key in developing prevention programs. One of the factors which have been highlighted by sport psychologists is stress. Since Andersen & Williams (1988) seminal proposal of a model linking the athlete's stress response and vulnerability to a sports injury, several studies have shown promising effects in reducing sport injuries using intervention programs aimed at improving athletes' stress management skills.





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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. 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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