

## Special Issue

# Health Behaviors and Mental Health Among College Students

### Message from the Guest Editors

In recent years, there has been increasing international interest in health behaviors, especially risk behaviors. Risk behaviors and mental health appear to be particularly relevant in young adults, as they are associated with long-term psychophysical diseases and mortality. Moreover, the transitional nature of this period, which coincides with the developmental tasks of emerging adulthood, may also imply that academic life is a stressful experience. Studies have emphasized that the academic student population is at higher risk of psychological distress when compared to the general population. College students appear to have high levels of mental health problems, which can lead to low physical activity and sleep problems, academic underachievement and dropout. Therefore, this Special Issue aims to examine mental health and wellbeing in relation to health risk behaviors and quality of academic life of college students. In addition, an explicit focus on the public health perspective and the effectiveness of interventions aimed at promoting health and wellbeing in university contexts using a multidisciplinary approach would also be welcome.

### Guest Editors

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### Deadline for manuscript submissions

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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.

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