

Special Issue

Optimal Mental Health for Optimal Academic Performance in University Students

Message from the Guest Editors

Mental health problems occur frequently among university students. Students with mental health problems have more chances of dropping out. Studying seems to be stressful, with problematic factors being leaving the nest and forming an identity, trying to excel in a competitive environment, COVID-19, etc. Different mental health problems may impact academic performance negatively. We encourage scholars to submit studies that look into

initiatives/methods/programs/interventions that target academic performance by improving the students' mental health. Several universities provide students with (e)health interventions on various health- and study-related subjects. Initiatives come from different therapeutic angles (positive psychology, CBT, etc.), and take on different forms. Important questions are also: How do we, continuously, improve mental health to help students' academic performance? And: How in this effort do we take into account extra-vulnerable students? What are fruitful preventive efforts? How can students be stimulated to seek help for their mental health problems? How to keep students informed about mental health services?

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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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