

## Special Issue

# Active and Healthy Confinement Lifestyle (AHCL): Cross-Disciplinary Approach to Be Better Prepared for Future Pandemics

### Message from the Guest Editors

In order to be well prepared for possible re-closing measures as well as for future pandemics, we invite researchers in public health, epidemiology, physical activity domain, psychology, biostatistics, sociology and computer science to submit high-quality empirical papers, systematic reviews or meta-analyses in the following areas: - Investigating changes in lifestyle behaviors (e.g., physical activity, diet, sleep, social participation, etc.) during COVID-19; - Aiming to provide scientific data to help identify risk factors for psychosocial strain during the COVID-19 outbreak; - Investigating the effect of different restriction levels on lifestyle behaviors and mental wellbeing; - Investigating the effect of exercising and/or maintaining other confinement-healthy behaviors on physical and mental health; - Dealing with reopening and/or reclosing measures and their effect on physical and mental health; - Focusing on the application of digital technology to promote Active and Healthy Confinement Lifestyle (AHCL); - Dealing with the potential of big data in promoting physical and mental health during pandemics.

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### Guest Editors

Dr. Achraf Ammar

Dr. Khaled Trabelsi

Prof. Dr. Mohamed Jmaiel

Dr. Aimen Khacharem

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### Deadline for manuscript submissions

closed (31 December 2021)



## International Journal of Environmental Research and Public Health

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Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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## About the Journal

### 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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### Editor-in-Chief

Prof. Dr. Paul R. Ward

School of Society and Culture, Adelaide University, Adelaide 5001,  
Australia

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