

Special Issue

Emotional and Instrumental Social Support in Healthy Lifestyle Behaviors

Message from the Guest Editor

Engaging in healthy lifestyle behaviors—not smoking, drinking alcohol in moderation, eating healthily, regular exercise, and maintaining an optimal weight—decreases the risk of developing of diseases such as cancer, heart disease, stroke, and diabetes. People’s cognition, affect, characteristics and experiences influence their adoption of healthy lifestyle behaviors and self-efficacy is an important aspect in engaging in healthy lifestyle behaviors. Social support is key to promoting healthy lifestyle behaviors and has both practical and psychological influences on behavior change. Social support is a broad term encompassing a variety of constructs, and represents the functional content of relationships that can be categorized into two dimensions of supportive behavior or action—emotional and instrumental support. In order to promote healthy lifestyle behaviors, it will be necessary to share knowledge about the relationship between social support and healthy lifestyle behaviors. This Special Issue welcomes papers that investigate the emotional and instrumental social support associated with promoting healthy lifestyle behaviors.

Guest Editor

Dr. Tatsui Otsuka

1. Department of Psychiatry, Tohoku University Graduate School of Medicine, Sendai 980-8574, Japan
2. Department of Psychiatry, Tohoku University Hospital, Sendai 980-8574, Japan

Deadline for manuscript submissions

closed (20 April 2023)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 9.8
Indexed in PubMed



mdpi.com/si/120155

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

mdpi.com/journal/

[ijerph](https://www.ijerph.com)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 9.8
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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.

Editor-in-Chief

Prof. Dr. Paul R. Ward

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)