

# Special Issue

## Life Style and Mental Health

### Message from the Guest Editors

An increasing number of factors are being related to mental health, as either detrimental or protective. Thus, despite genetic variability, different environmental conditions can, in a very broad sense, also be related with the impairment or promotion of mental health. Most, if not all, of these non-genetic factors can be explained by the individual lifestyle. Thus, nutrition, physical activity, intellectual activity, occupation and hobbies, residential factors such as geographical location or style of building, economic status, access to health and educational systems, stress, violence or abuse, exposure to toxics or drugs (either legal or illegal), etc. are all clearly related to mental health. This Special Issue welcomes scientific thoughts, articles, reviews, or any contributions shedding light on the complex relation between variation in the lifestyle and its effect on mental health, at any point of the life span from conception to aging.

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### Guest Editors

Dr. Fernando Sánchez-Santed

Dr. Maria Teresa Colomina Fosch

Dr. Caridad López Granero

Dr. Ingrid Reverte

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### Deadline for manuscript submissions

closed (31 August 2021)



## International Journal of Environmental Research and Public Health

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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

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