

Special Issue

Mindfulness-Based Interventions (MBIs): Mechanisms and Effects

Message from the Guest Editor

In this Special Issue, we would like to include papers on the following (both original studies and reviews are welcome):

- Mechanisms of MBIs (how and why they are effective);
- Effects and cost effectiveness of MBIs on mental health, physical health (e.g., common chronic conditions and COVID-19 symptoms), and social health (e.g., loneliness, prosocial behaviors, altruism, and nature-friendly behaviors);
- Application and effects of MBIs in the education system;
- Application and effects of MBIs in workplaces;
- Application and effects of MBIs during the COVID-19 pandemic;
- Combination of MBIs with other effective interventional components (mindfulness+);
- Factors associated with better MBI compliance and effects, and strategies that elevate MBI compliance and effects.

Guest Editor

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Deadline for manuscript submissions

closed (31 March 2023)



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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.

Editor-in-Chief

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