

Special Issue

Sport and Exercise Psychology: Mental Health in Athletes and Exercisers

Message from the Guest Editor

The link between exercise, sports and mental health has long been established. There is plenty of evidence suggesting the critical role of regular exercise and active living to enhance mental health, cognitive and emotional wellbeing, yet the reverse relationship remains largely underexplored—i.e., how mental health influences exercise behaviour, adherence and performance. Understanding this bidirectionality is crucial for both clinical and sporting contexts. A similar but complex phenomenon is the ongoing debate regarding athletes' mental health. Some colleagues argue that athletes operate under a unique psychological condition shaped by pressure for performance, leading to higher resistance to distress, while other researchers argue that the same pressures actually contribute to heightened mental health vulnerabilities. This conundrum highlights the need for nuanced, evidence-based research. Thus, in this Special Issue, we welcome empirical and theoretical contributions examining the relationship between sports, exercise and mental health; the psychological demands of sports participation; and the mental health profiles of athletes across all levels.

Guest Editor

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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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