

Special Issue

Mental Health and Health Promotion in Young People

Message from the Guest Editors

Adolescence and youth are key stages of development in which many habits and lifestyles are initiated and established, and where consolidated lifestyles are initiated in earlier stages that may influence health and wellbeing in adulthood. After the recent pandemic, mental health was severely affected in all demographics; more research is required focusing on young people given that they are in a complex period of development and life. The analysis of the key risk and protective factors for health and well-being throughout gives us clues for the design of programs that promote a healthier and more resilient adolescence and transition to adulthood. For this Special Issue, empirical works that collect research results or intervention programs related to health and wellbeing are welcome for submission. Regarding mental health, we will consider both positive indicators of psychological wellbeing and thriving, as well as psychological symptoms or unwellness. We also have special interest in healthy lifestyles (such as exercise and physical activity, sleep quality, healthy eating, etc.) and risk behaviors (such as substance use, internet abuse, videogames, sedentary lifestyle, etc.).

Guest Editors

Prof. Dr. Margarida Gaspar De Matos

Faculty of Human Sciences, Portuguese Catholic University, 1649-023 Lisbon, Portugal

Dr. Diego Gomez-Baya

Department of Social, Developmental and Educational Psychology, Universidad de Huelva, 21071 Huelva, Spain

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Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

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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

Prof. Dr. Paul R. Ward

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

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