

Special Issue

New Advances in the Effects of Physical Exercise on Human Psychological Well-Being

Message from the Guest Editors

We welcome research that centers on but is not limited to the following lines of inquiry:

- Studies examining the relationships between physical exercise and psychological well-being, including those that focus on stress, sleep quality, and substance use;
- Interventions utilizing physical exercise-based approaches to impact psychological well-being and mental health conditions as well as studies reporting facilitators and barriers to implementation of interventions in the school and community settings;
- Articles translating theories to practices that facilitate the uptake of the latest scientific evidence regarding physical exercise and psychological well-being in applied settings.

Guest Editors

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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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