

## Special Issue

# uHealth Interventions and Digital Therapeutics for Better Diseases Prevention and Patient Care

### Message from the Guest Editor

Recent advances in the design of uHealth interventions and digital therapeutics are revolutionizing the way in which current challenges related to prevention and public health are tackled. Digital tools such as virtual coaching systems, virtual reality environments and telecare solutions are providing new opportunities to offer more engaging strategies to promote healthy lifestyles in the non-clinical population and deliver scalable and sustainable therapies that healthcare systems can manage. However, understanding how to best tailor these new digital interventions to the needs and preferences of users is complex, requiring multi-disciplinary knowledge and the use of iterative design and evaluation methods. More evidence-based research is needed to fully assess the feasibility and effectiveness of these new solutions, as this could prevent any possible lack of adherence and engagement by stakeholders that may lower the potential impacts of these solutions on the healthcare system. In this Special Issue, we will cover the full spectrum of uHealth-related research that includes theoretical, methodological, original qualitative and quantitative research, as well as review articles.

### Guest Editor

Prof. Dr. Silvia Gabrielli

Digital Health Research, Bruno Kessler Foundation, 38122 Trento, Italy

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Editorial Office

MDPI, Grosspeteranlage 5

4052 Basel, Switzerland

Tel: +41 61 683 77 34

[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

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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 B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

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