

Special Issue

Biopsychosocial Effects and Mechanisms of Mindfulness Practice

Message from the Guest Editors

Research on the value of mindfulness training has grown exponentially in recent years. Mindfulness practices can help promote health and well-being across professional, educational, and healthcare settings, etc. Despite the extensive application and testing of mindfulness-based practices, the biological, psychological, and social mechanisms through which these practices support healthy human functioning across disciplines remain largely unclear. Elucidating the role of such biopsychosocial factors may help to optimize mindfulness-based treatments and facilitate a multifaceted and integrative approach to mindfulness-based research.

This SI focuses on understanding the neural/biological, psychological (cognitive, emotional, behavioral), and social effects of mindfulness, as well as the role of these factors in shaping the outcomes of mindfulness-based interventions across populations. We welcome manuscripts across a variety of fields, including functional and structural neuroimaging, cognitive neuroscience, executive function, self-regulation, affective function, mood and anxiety disorders, addiction, dyadic research, and relationships.

Guest Editors

Dr. Jonathan Greenberg

Dr. Victoria Grunberg

Dr. James Doorley

Deadline for manuscript submissions

closed (31 December 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
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CiteScore 8.5
Indexed in PubMed



mdpi.com/si/111321

*International Journal of
Environmental Research and
Public Health*

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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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