

Special Issue

Lifestyle and Risk of Depression

Message from the Guest Editors

Depression is one of the leading causes of the burden of diseases. Even if several pharmacological and psychological treatments are available, depression remains a chronic disease with a high rate of relapse and recurrence. In recent decades, awareness of depression as a public health issue has increased, and the literature has flourished towards the etiopathogenetic role played by lifestyle factors.

Lifestyle is in most cases a potential modifiable factor that might play a role both in prevention and treatment of depression (in combination with pharmacological and psychological therapy). The aim of this Special issue is to present the advances in the association between a broad range of lifestyle factors (including but not limited to diet, physical activity, sleep quality, social relationship, stress management, retirement) and the risk of depression.

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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.

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