

Special Issue

Physical, Psychological, and Social Health in Youth through Exercise and Healthy Behaviours

Message from the Guest Editor

The *International Journal of Environmental Research and Public Health* has now established a Special Issue on “Physical, Psychological, and Social Health in Youth through Exercise and Healthy Behaviours”. Currently, the concept of health consists of different areas of an individual’s life, which can be grouped into physical, mental, and social domains (WHO, 1986). The physical domain refers to all those processes that are needed for the body to function and perform effectively (Capio et al., 2014). Mental health indicates a state of internal balance that allows people to perceive themselves and their lived environment in a proper manner (Galderisi et al., 2015). Social health includes all the interactions between a person and others within a community and how such interactions prompt—or hinder—personal and community growth (Waite, 2018). Each of these domains can be enhanced through healthy behaviours, which are particularly important at early ages. In fact, such behaviours learnt during youth are more likely to be maintained in adulthood and elderly life (Telama et al., 2013).

Guest Editor

Dr. Armando Cocca

Department of Sport Science, University of Innsbruck, 6020 Innsbruck, Austria

Deadline for manuscript submissions

closed (31 August 2022)



International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/60831

*International Journal of
Environmental Research and
Public Health*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijerph@mdpi.com

[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)





International Journal of Environmental Research and Public Health

an Open Access Journal
by MDPI

CiteScore 8.5
Indexed in PubMed



[mdpi.com/journal/
ijerph](https://mdpi.com/journal/ijerph)



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

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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)