

## Special Issue

# Effects of Stress Exposure on Mental Health and Well-Being

### Message from the Guest Editors

It is well known that stress exposure is an important risk factor for a wide range of illnesses that worsens well-being and reduces the quality of life. Although there is a great deal of evidence available on effective interventions to reduce the negative effects of stress, there has been little progress in reducing it, perhaps because of the belief that chronic emotional discomfort is an unavoidable consequence of life, and people only ask for help when stress has led to a severe health problem. This Special Issue seeks research papers on various aspects of daily stress exposure in relation to work, life, or both. We especially encourage the submission of interdisciplinary work that records both subjective and objective measures of stress. We also encourage the submission of studies of daily stress that contemplate longitudinal recording, even by ecological momentary assessment, with a special interest in rest-activity alternance. We are also interested in studies about the impact of chronic daily stress on health and interventions.

### Guest Editors

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### Deadline for manuscript submissions

closed (31 March 2022)



## 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.

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### Editor-in-Chief

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