

Special Issue

Mind–Body Connection: The Impact of Mental Health on Physical Well-Being

Message from the Guest Editor

Recent scientific evidence highlights the deep, bidirectional relationship between mental and physical health. Disorders like anxiety, depression, and chronic stress significantly affect the immune system, cardiovascular health, pain perception, gastrointestinal function, and metabolic balance. Conversely, chronic medical conditions can exacerbate or trigger mental health issues, creating a complex interaction between mind and body. Growing interest surrounds mental processes such as mindfulness, mind-wandering, and interoceptive awareness, which influence physiological regulation and well-being. Special attention is given to mental health's role in eating disorders, body perception, and self-image. Advances in neuroscience, clinical psychology, and psychosomatic medicine support more integrated, multidisciplinary models. In this Special Issue, we invite original studies and reviews exploring mental health's impact on physical well-being, including biological mechanisms, therapeutic approaches, psychosomatic and eating disorders, and integrative interventions.

Guest Editor

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There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

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