



## Advances in Psychophysiological Evaluation: Towards a Better Understanding of the Stress Response and Sustainable Lifestyle

Guest Editor:

**Prof. Dr. Jose Francico  
Tornero-Aguilera**

Sport Science Faculty,  
Universidad Europea de Madrid,  
28670 Madrid, Villaviciosa de  
Odón, Spain

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### Message from the Guest Editor

The stress response is an adaptive response that has been modulated during the development of the human species, making it very efficient when dealing with anecdotal events that endanger the physical integrity or life of the subject. When this stress response is maintained over time, which, at the acute level, is a highly adaptive response, it begins to become the basis of a multitude of pathologies at the physiological and psychological levels, thus compromising a sustainable lifestyle. Thus, state-of-the-art psychophysiological methods and instruments of evaluations addressing wellbeing are encouraged for this Special Issue. However, the main objective of this Special Issue is to share the knowledge of researchers from different areas offering multidisciplinary research connected to the psychophysiology of stress and its impact on either physical or mental health.





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School of Environment and  
Natural Resources, Ohio State  
University, Columbus, OH 43210,  
USA

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*Sustainability* Editorial Office  
MDPI, Grosspeteranlage 5  
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