

## Special Issue

# Sports Participation and Mental Health Development in Adolescents

### Message from the Guest Editors

The practice of physical activity in adolescents has an ever-increasing impact on participants and is of great interest in public administrations and in private initiatives adolescence is the stage where young people begin to increase their independence. The need arises to address a transversal, multidisciplinary framework that will be the future of the services that are urgently needed for an important group of people.

This Special Issue aims to create a point of reference regarding the development in the field of adolescent mental health, bringing an opportunity to investigate the quality of life, physical sports activity, health and well-being, and psychosocial aspects in adolescents. In addition, this specific population is characterized by the abandonment of the practice of physical activity due to multiple reasons. The field of adolescent physical activity is increasingly important for public administrations, which is why we welcome scientific review studies, descriptive studies, technical reports and case studies offered by research, science and innovation, with a special emphasis on methodology and planning, which also enables new activities and research methods.

---

### Guest Editors

Prof. Dr. Alfonso Castillo-Rodríguez

Department of Physical Education and Sports, University of Granada,  
18011 Granada, Spain

Prof. Dr. Wanesa Onetti-Onetti

Department of Physical Education and Health, Universidad  
Internacional de la Rioja (UNIR), 26006 Logroño, Spain

---

### Deadline for manuscript submissions

closed (23 June 2023)



## Sustainability

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.3  
CiteScore 7.7



[mdpi.com/si/147573](https://mdpi.com/si/147573)

*Sustainability*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[sustainability@mdpi.com](mailto:sustainability@mdpi.com)

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





## Sustainability

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.3  
CiteScore 7.7



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



## About the Journal

### Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

---

### Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario  
Institute of Technology, Oshawa, ON L1G 0C5, Canada

---

### Author Benefits

#### Open Access:

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

#### High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPIus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1  
(Geography, Planning and Development)