



## **The Impact of Sport and Physical Activity on the Mental Health of Adolescents and Children**

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Deadline for manuscript  
submissions:  
**closed (31 July 2025)**

### **Message from the Guest Editors**

Mental health can be considered a current worldwide pandemic, and It could be said that It has become a major public health concern, especially in a social context where people relationships tend to be more virtual and less personal. Moreover, this disease has increased dramatically in recent years, in a post-Covid-19 era, in a social context in which numerous effects of the pandemic remain, like e.g. reduced physical activity and social relations, factors that paradoxically have been shown to be beneficial in stress and anxiety management. Physical activity and sports play a key role in promoting mental health, and these activities not only improve physical fitness, but also have significant impacts on the social, emotional, and psychological well-being. However, even the shown beneficial effects of physical activity on mental health, children and adolescent related investigations are less documented, and hence the importance of research in this field, especially since the future of the youth will depend heavily on their emotional and cognitive development and management, which will benefit from different sports practices and physical activity.





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## Message from the Editor-in-Chief

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