



Hot Topics in Stress-Related Mental Health Disorders

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Message from the Guest Editor

Recently, the prevalence of stress-related mental disorders, including anxiety, depression, and posttraumatic stress disorder (PTSD), has seen a marked increase. These conditions not only jeopardize mental well-being but also impose a significant burden on physical health, drawing escalating attention from the public and medical professionals alike.

Physical activity has emerged as a potential solution, linked with stress reduction and building resilience, which may partly mediate relationships between depression, stress, and health outcomes. Recent neuroscience findings, including biomarkers and neurotransmitters, shed light on the pathophysiology of stress-related mental disorders as well as the anti-inflammatory effects of physical activity including HPA axis balance, neuroprotection, monoamine regulation, and neuroimmune function.

This Special Issue covers the “Effects of Physical Activity on Stress and Resilience”, ranging from biological mechanisms to innovative physical treatment strategies. We extend a warm invitation for contributions to this Special Issue, encompassing fundamental and applied scientific methodologies.





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Message from the Editor-in-Chief

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