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Health Behaviour, Health Literacy and Mental Health in Children

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Message from the Guest Editors

The health behaviour of children is changing over time. In addition to well-known and traditional risk factors, new ones have emerged (e.g., the use of electronic cigarettes, heated tobacco products (IQOS), and video game or smartphone addiction) which influence not only the physical but also mental and emotional status of children and adolescents. Some special vulnerable groups (disabled people and ethnic minorities) are more affected; therefore, we must pay more attention to prevention in these groups. The COVID-19 epidemic was a totally new situation in the life of children and adolescents. During lockdown in most countries, distance (online) learning was introduced in schools as a teaching method, which, in some ways, unfavourably affected both the physical and mental health status of this demographic. The isolation and limited communication with peers may have also disrupted the adolescents' mental health.



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Special Issue



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