



## Psychological Health and Benefits of Mindfulness-Based Interventions

Guest Editor:

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Deadline for manuscript submissions:

**31 August 2024**

### Message from the Guest Editor

This Special Issue invites papers that represent the innovations in the study of the benefits of mindfulness-based interventions for psychological health. The following topics are particularly encouraged: (a) process-oriented tests of these benefits that focus on how (i.e., mechanisms of change or mediators) and/or for whom (i.e., moderators) mindfulness-based interventions benefit psychological health; (b) tests of novel delivery methods of mindfulness-based interventions (e.g., mobile health) and/or tests of the benefits of mindfulness-based interventions that incorporate innovations in measurement/analysis (e.g., through the use of intensive repeated measurements, neuroscientific outcomes, objective measurements of mindfulness, and/or health); and (c) studies that represent populations underrepresented in the mindfulness-based intervention literature, including individuals from non-Western countries, children and/or adolescents, and individuals from traditionally minoritized backgrounds.





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## Editor-in-Chief

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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