



Active and Healthy Confinement Lifestyle (AHCL): Cross-Disciplinary Approach to Be Better Prepared for Future Pandemics

Guest Editors:

Dr. Achraf Ammar

Dr. Khaled Trabelsi

Prof. Dr. Mohamed Jmaiel

Dr. Aimen Khacharem

Deadline for manuscript
submissions:

closed (31 December 2021)

Message from the Guest Editors

In order to be well prepared for possible re-closing measures as well as for future pandemics, we invite researchers in public health, epidemiology, physical activity domain, psychology, biostatistics, sociology and computer science to submit high-quality empirical papers, systematic reviews or meta-analyses in the following areas:

- Investigating changes in lifestyle behaviors (e.g., physical activity, diet, sleep, social participation, etc.) during COVID-19;
- Aiming to provide scientific data to help identify risk factors for psychosocial strain during the COVID-19 outbreak;
- Investigating the effect of different restriction levels on lifestyle behaviors and mental wellbeing;
- Investigating the effect of exercising and/or maintaining other confinement-healthy behaviors on physical and mental health;
- Dealing with reopening and/or reclosing measures and their effect on physical and mental health;
- Focusing on the application of digital technology to promote Active and Healthy Confinement Lifestyle (AHCL);
- Dealing with the potential of big data in promoting physical and mental health during pandemics.





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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.

Author Benefits

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

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
[X@IJERPH_MDPI](https://twitter.com/IJERPH_MDPI)