



Emotional and Instrumental Social Support in Healthy Lifestyle Behaviors

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Message from the Guest Editor

Engaging in healthy lifestyle behaviors—not smoking, drinking alcohol in moderation, eating healthily, regular exercise, and maintaining an optimal weight—decreases the risk of developing of diseases such as cancer, heart disease, stroke, and diabetes. People’s cognition, affect, characteristics and experiences influence their adoption of healthy lifestyle behaviors and self-efficacy is an important aspect in engaging in healthy lifestyle behaviors.

Social support is key to promoting healthy lifestyle behaviors and has both practical and psychological influences on behavior change. Social support is a broad term encompassing a variety of constructs, and represents the functional content of relationships that can be categorized into two dimensions of supportive behavior or action—emotional and instrumental support. In order to promote healthy lifestyle behaviors, it will be necessary to share knowledge about the relationship between social support and healthy lifestyle behaviors. This Special Issue welcomes papers that investigate the emotional and instrumental social support associated with promoting healthy lifestyle behaviors.





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Message from the Editor-in-Chief

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