



Frontiers in Sports and Exercise Psychology: A Psychophysiological Perspective

Guest Editor:

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Deadline for manuscript submissions:

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Message from the Guest Editor

This Special Issue of the *International Journal of Environmental Research and Public Health* is focused on psychophysiological mechanisms underlying athletes' behavior as well as on the effects of exercise programs on mental health in different populations. More concisely, the topics for this issue include but are not limited to the following:

- neuroendocrine and neuroimmune pathways involved in stress responses to exercise;
- effects of exercise-induced endogenous opioids and endocannabinoid system modulation on emotions and cognition;
- exercise-related neuroplasticity; effects of exercise on allostatic load;
- genetic influence on motivation and maintenance of exercise behavior;
- effects of exercise-based therapy programs on mood disorders;
- effects of transcranial direct current stimulation on athletic performance;
- heart rate variability and electroencephalography biofeedback training for competitive anxiety reduction;
- the potential role of advanced neuroimaging and other “psychobiomarkers” in monitoring overtraining in athletes.





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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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