



Health Promotion: The Impact of Psychological Factors on Lifestyle

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Message from the Guest Editors

According to WHO's final document on The Global Strategy on Diet, Physical Activity and Health (WHO, 2004), improvements in lifestyle and the acquisition and maintenance of healthy habits have more significant effects on health than any medical treatment. In addition, this impact on health translates into a socioeconomic effect as well.

The need for health self-care seems more pressing in the context of the current global pandemic, which was caused by SARS-CoV-2 (COVID-19). However, the prescription of a change in lifestyle, or the simple desire of a person to acquire healthy habits, is not always enough to achieve that goal. The importance of psychological factors such as motivation or locus of control in this process has been repeatedly demonstrated.

The goal of this Special Issue is to explore the impact of psychological factors on lifestyle and the incorporation of healthy habits.





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Message from the Editor-in-Chief

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