



Work–Life Balance, Health and Wellbeing

Guest Editor:

Dr. Henry C. Y. Ho

Department of Psychology, The
Education University of Hong
Kong, Hong Kong

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Message from the Guest Editor

This Special Issue focuses on the current state of knowledge on the organizational, individual, family, and interpersonal factors that contribute to work–life integration/synergy, cross-domain enrichment, and multiple role engagement for promoting wellbeing. Specifically, this Special Issue considers topics relevant to the work–life interface, including, but not limited to: organizational culture, practices, and policies that support employees; personal and family factors that buffer the effects of work–life interference and work–family conflict; psychosocial mechanisms that explain the process of work–life balance; behaviors that create fulfillment and meaning in life while managing multiple roles; and interventions that aim to promote work–family harmony and wellbeing.

The work–life interface is not limited to work and family life but also encompasses work and other life domains, such as leisure, social, spiritual, health, and community life. Wellbeing can encompass hedonic and eudaimonic dimensions. Original theoretical works, research reports, meta-analyses, and systematic reviews are welcomed.





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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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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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