



Music and Sound and Their Effects on Physical and Mental Health

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Deadline for manuscript
submissions:

closed (1 March 2022)

Message from the Guest Editors

Music, as the art of sound, can elicit multiple reactions by trespassing on the body and the mind. Much research has been conducted into its beneficial or harmful effects in the short and the long term. The aim of this research topic is to bring together recent findings, theories, and hypotheses from a multiplicity of domains, focusing on positive as well as negative outcomes of listening and coping with musical sounds. Music, in fact, can be regarded as a trigger or reinforcer with effects that can be investigated from the psychological, physical-physiological, neurological, behavioral, endocrinological, and immunological domains. Special attention is paid to the inductive power of music, the neurobiology of emotions, the role of the reward system in musical processing, peak emotional experiences such as chills and thrills, the neuroaesthetics of music and corresponding neuroplastic changes, the harmful effects of loud music and maladaptive listening, and clinical applications both for the healthy and the impaired.





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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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