



Psychosocial and Environmental Factors of Multiple Health Behavior Change

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Message from the Guest Editors

Dear Colleagues,

Health behaviors have been demonstrated to have crucial impacts on our health. In the past decade, research on multiple health behavior change (MHBC) has raised increasing concerns, and interventions regarding MHBC have shown great potential in maximizing overall health outcomes.

To gain a better understanding of MHBC and promote effective MHBC health programs, in this Special Issue, we aim to collect the latest developments in MHBC research, including the psychosocial and environmental determinants of MHBC, effective MHBC intervention and health promotion programs, impacts of MHBC on diverse health-related outcomes, and the implementation and dissemination of MHBC efforts among different populations.

Topics of interest include but are not limited to: Correlates of multiple health behavior change (MHBC) and healthy lifestyles; Interventions regarding MHBC and healthy lifestyles (including study protocol); The application and validation of theoretical models of MHBC; Impacts of MHBC on diverse health outcomes; The implementation and dissemination of MHBC efforts; Policymaking and community campaigns promoting MHBC and healthy lifestyles.





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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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