



Non-pharmacological Interventions for the Management of Chronic Health Conditions and Non-communicable Diseases

Guest Editor:

Dr. Carmina Castellano-Tejedor

1.Psynaptic, Psicología y
Servicios Científicos y
Tecnológicos S.L.P, Sant Quirze
del Vallès, 08192 Barcelona,
Spain

2.GIES Research Group, Basic
Psychology Department,
Autonomous University of
Barcelona, 08192 Bellaterra,
Spain

3.Research Group on Aging,
Frailty and Care Transitions in
Barcelona, Parc Sanitari Pere
Virgili & Vall d'Hebron Research
Institute (VHIR), 08023 Barcelona,
Spain

4.Faculty of Psychology,
Autonomous University of
Barcelona, 08192 Bellaterra,
Spain

Message from the Guest Editor

Non-pharmacological interventions (NPIs) are science-based and non-invasive practices for human health aimed to prevent, treat, or cure different health problems by employing different biological and/or psychological processes identified by using the scientific method. The range of NPIs is continuously expanding in prevention and therapy, occupying a prominent place in the health sciences that have become personalised, integral, and integrative. By selecting and implementing the NPIs that have the most scientific evidence, it is possible to improve the health-related quality of life of individuals, to slow down deterioration, to relieve pain, or to restore health at a lower economic and environmental cost, meeting the Hippocratic maxim “first, do no harm”. However, several barriers to its implementation still exist. One barrier is the lack of knowledge and dissemination of the specific NPIs for each disease. Additionally, there is still a lack of research on some NPIs regarding their effectiveness and/or efficacy. Altogether, this could represent scepticism in prescribing and/or demanding NPIs.

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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

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, St. Alban-Anlage 66
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