



## The Impact of the COVID-19 Pandemic on Mental Well-Being

Guest Editor:

**Prof. Dr. Ana Isabel Beltrán-Velasco**

Psychology Department, Faculty  
of Life and Nature Sciences,  
Nebrija University, 28015 Madrid,  
Spain

Deadline for manuscript  
submissions:

**closed (25 June 2023)**

### Message from the Guest Editor

Dear Colleagues,

Since the appearance of SARS-CoV-2 in December 2019, there have been millions of infections worldwide, and the clinical presentation has been heterogeneous. Previous literature in this field suggests the importance of determining which elements can facilitate recovery at the time of SARS-CoV-2 onset, as well as enhancing mental and physical capacities that allow for a rapid and full recovery of mental well-being. The following topics are proposed for this Special Issue:

- A protective approach to mental health during illness;
- Psychophysiological measures that favour the reduction in the sequelae associated with the illness;
- Psychological and social support networks;
- Mental health intervention during confinement;
- Information/disinformation about the pandemic and its effects on people's mental well-being state;
- Attitudes and actions of determined sectors of society that are more vulnerable to the psychological effects of the disease.

Prof. Dr. Ana Isabel Beltrán-Velasco  
Guest Editor





an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Marc A. Rosen**

Faculty of Engineering and  
Applied Science, University of  
Ontario Institute of Technology,  
Oshawa, ON L1G 0C5, Canada

## Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

## Author Benefits

**Open Access:** free for readers, with [article processing charges \(APC\)](#) paid by authors or their institutions.

**High Visibility:** indexed within [Scopus](#), [SCIE](#) and [SSCI \(Web of Science\)](#), [GEOBASE](#), [GeoRef](#), [Inspec](#), [AGRIS](#), [RePEc](#), [CAPlus / SciFinder](#), and [other databases](#).

**Journal Rank:** JCR - Q2 (*Environmental Studies*) / CiteScore - Q1 (*Geography, Planning and Development*)

## Contact Us

*Sustainability* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/sustainability](http://mdpi.com/journal/sustainability)  
[sustainability@mdpi.com](mailto:sustainability@mdpi.com)  
[X@Sus\\_MDPI](#)