

Guest Editor



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Physical Activity and Men's Psychological Health

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Dear Colleagues,

Although we are currently living a world pandemic caused by the coronavirus, society is also facing other serious health challenges. Mental health is one of these, with the increasing incidence of mental illness and sick leave leading some authors to call this the silent pandemic of the future.

Different therapeutic approaches have been proposed to improve mental health, mainly based on psycho-pharmaceuticals and psychological therapies. Despite these strategies, the number of patients with mental health problems is still increasing. Other contextual factors relating to lifestyle such as social relationships, diet and physical activity are also gaining more attention from the scientific community. In this regard, physical activities may vary depending on personal tastes, location, economic status and gender. The aim of this Special Issue is to share knowledge on the role of physical activity in men's mental health. We therefore invite authors to submit original articles, reviews and clinical cases in this important field.

Dr. Vicente Javier Clemente-Suárez

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