



## Lifestyle and Risk of Depression

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### Message from the Guest Editors

Depression is one of the leading causes of the burden of diseases. Even if several pharmacological and psychological treatments are available, depression remains a chronic disease with a high rate of relapse and recurrence. In recent decades, awareness of depression as a public health issue has increased, and the literature has flourished towards the etiopathogenetic role played by lifestyle factors. Lifestyle is in most cases a potential modifiable factor that might play a role both in prevention and treatment of depression (in combination with pharmacological and psychological therapy).

The aim of this Special issue is to present the advances in the association between a broad range of lifestyle factors (including but not limited to diet, physical activity, sleep quality, social relationship, stress management, retirement) and the risk of depression.

Deadline for manuscript  
submissions:

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# Special Issue



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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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