

Special Issue

Advances in the Study of Coping, Emotional Regulation, Prosocial Behavior, and Other Indicators of Psychological Well-Being

Message from the Guest Editor

Prosocial behaviors are closely related to other skills and behaviors, such as coping strategies. The use of productive and effective coping strategies when faced with issues such as school coexistence and deteriorating interpersonal relationships, which are currently occurring at a high rate in educational centers, is associated with more favorable results such as socio-emotional adaptation, a greater degree of overall/general adaptation, empathy, prosocial behavior, and psychological well-being. The relationship between personal psychological factors such as well-being, prosociality, the emotional dimension (either in its positive aspects, such as empathy and emotional regulation, or in its negative aspects, such as depression and anxiety), and the use of coping strategies must be addressed. Coping strategies, emotional regulation, and prosocial behavior are relevant variables for the design of psychoeducational intervention programs that promote effective coping strategies education in different contexts for adequate emotional adjustment, as well as to avoid aggression and violence.

Guest Editor

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Deadline for manuscript submissions

closed (30 September 2023)



European Journal of Investigation in Health, Psychology and Education

an Open Access Journal
Published by MDPI

Impact Factor 3.0
CiteScore 4.4
Indexed in PubMed



mdpi.com/si/134725

European Journal of Investigation in Health, Psychology and Education
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Message from the Editorial Board

The journal offers an integrating approach to the disciplines it addresses, highlighting the role of health as a transversal axis in educational and psychological processes, present in human development, throughout the life cycle. *European Journal of Investigation in Health, Psychology and Education* (ISSN 2254-9625) is a peer-reviewed scientific journal that publishes original articles and systematic reviews or meta-analyses related to research on human development throughout the life cycle. It is a journal of the University Association of Education and Psychology and is published monthly online by MDPI.

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