Volume 14, Number 6, June 2024



Open Journal of Preventive Medicine





https://www.scirp.org/journal/ojpm

Journal Editorial Board

ISSN: 2162-2477 (Print) 2162-2485 (Online) https://www.scirp.org/journal/ojpm

Editor-in-Chief

Prof. Maciej Buchowski

Vanderbilt University, USA

Editorial Board

Dr. Debashis Basu **Prof. Abdesslam Boutayeb** Prof. Phaedra Shaffer Corso **Prof. William Douglas Evans** Dr. Fiona Kawa Gorman Prof. Jeff Jianfei Guo **Prof. Laurens Holmes** Prof. Manoj Kumar Prof. Kent Lai Prof. Blanca Hernández Ledesma Prof. Badrinarayan Mishra Prof. Ami R. Moore **Prof. Solomon Ike Okosun** Dr. Kersti Pärna Dr. Kaja Põlluste Dr. Jessica Miller Rath **Prof. Sivalal Sadasivan** Prof. Paul D. Terry

University of Witwatersrand, South Africa University Mohamed Ier, Morocco University of Georgia, USA The George Washington University, USA California State University, USA University of Cincinnati, USA University of Delaware, USA University of Alberta, Canada University of Utah, USA Spanish National Research Council, Spain R.D. Gardi Medical College, India University of North Texas, USA Georgia State University, USA University of Tartu, Estonia University of Tartu, Estonia The University of Maryland, USA Monash University Malaysia, Malaysia University of Tennessee, USA



Table of Contents

Volume 14 Number 6

June 2024

Stress Relief Measurements in Young Adults and Adolescents—A Comparative Pilot Study with Different Relaxation Programs

A. Bevelaqua, C. Muss

Open Journal of Preventive Medicine (OJPM) Journal Information

SUBSCRIPTIONS

The *Open Journal of Preventive Medicine* (Online at Scientific Research Publishing, <u>https://www.scirp.org/</u>) is published monthly by Scientific Research Publishing, Inc., USA.

Subscription rates: Print: \$79 per issue. To subscribe, please contact Journals Subscriptions Department, E-mail: <u>sub@scirp.org</u>

SERVICES

Advertisements Advertisement Sales Department, E-mail: <u>service@scirp.org</u>

Reprints (minimum quantity 100 copies) Reprints Co-ordinator, Scientific Research Publishing, Inc., USA.

E-mail: <u>sub@scirp.org</u>

COPYRIGHT

Copyright and reuse rights for the front matter of the journal:

Copyright © 2024 by Scientific Research Publishing Inc. This work is licensed under the Creative Commons Attribution International License (CC BY). <u>http://creativecommons.org/licenses/by/4.0/</u>

Copyright for individual papers of the journal:

Copyright © 2024 by author(s) and Scientific Research Publishing Inc.

Reuse rights for individual papers:

Note: At SCIRP authors can choose between CC BY and CC BY-NC. Please consult each paper for its reuse rights.

Disclaimer of liability

Statements and opinions expressed in the articles and communications are those of the individual contributors and not the statements and opinion of Scientific Research Publishing, Inc. We assume no responsibility or liability for any damage or injury to persons or property arising out of the use of any materials, instructions, methods or ideas contained herein. We expressly disclaim any implied warranties of merchantability or fitness for a particular purpose. If expert assistance is required, the services of a competent professional person should be sought.

PRODUCTION INFORMATION

For manuscripts that have been accepted for publication, please contact: E-mail: <u>ojpm@scirp.org</u>

Call for Papers



Open Journal of Preventive Medicine

ISSN: 2162-2477 (Print) 2162-2485 (Online) https://www.scirp.org/journal/ojpm

Editor-in-Chief

Prof. Maciej Buchowski

Editorial Board

Dr. Debashis Basu Prof. Abdesslam Boutayeb Prof. Phaedra Shaffer Corso Prof. William Douglas Evans Dr. Fiona Kawa Gorman Prof. Jeff Jianfei Guo Prof. Laurens Holmes Prof. Manoj Kumar Prof. Kent Lai Vanderbilt University, USA

Prof. Blanca Hernández Ledesma Prof. Badrinarayan Mishra Prof. Ami R. Moore Prof. Solomon Ike Okosun Dr. Kersti Pärna Dr. Kaja Põlluste Dr. Jessica Miller Rath Prof. Sivalal Sadasivan Prof. Paul D. Terry

Open Journal of Preventive Medicine (OJPM) is an international journal dedicated to the latest advancements in Preventive Medicine. The goal of this journal is to provide a platform for scientists and academicians all over the world to promote, share, and discuss various new issues and developments in different areas of Preventive Medicine. All manuscripts must be prepared in English, and are subject to a rigorous and fair peer-review process. Accepted papers will immediately appear online followed by printed hard copy. The journal publishes original papers including but not limited to the following fields:

- Behavior and Behavioral Changes
- Environmental Health
- Health Education
- Health Services Research
- Individual and Population Disease Risk Factor Screening
- Nutrition and Physical Activity
- Prevention of Infectious Disease
- Prevention of Injury and Violence
- Primary and Secondary Prevention of Chronic and Acute Disease
- Promotion of Individual and Community Health
- Public Health Planning
- Smoking, Alcohol and Other Substance Abuse
- Women's Health

We are also interested in: 1) Short Reports—2-5 page papers where an author can either present an idea with theoretical background but has not yet completed the research needed for a complete paper or preliminary data; 2) Book Reviews—Comments and critiques.

Website and E-Mail

https://www.scirp.org/journal/ojpm E-mail: ojpm@scirp.org