

EDITORIAL

Editorial: Launch of the International Journal of Stress Prevention and Wellbeing

Prof Stephen Palmer¹ and Siobhain O’Riordan¹

Overview

We are pleased to officially launch the *International Journal of Stress Prevention and Wellbeing* (IJSPW).

This is a peer reviewed journal focusing on all aspects of stress and wellbeing. We aim to encourage contributions on topics such as stress prevention and management, stress at work, stress and health education/promotion, stress and coaching, wellbeing and allied areas.

We welcome the following types of contributions:

1. **Original research**
2. **Review articles**
3. **Brief reports**
4. **Techniques, interventions and strategies**
5. **Conference, congress and symposium reports**
6. **Book reviews**
7. **Case studies**

Key items the editors and the reviewers will be considering regarding contributions 1 to 4 above are:

1. **Is the article relevant to stress prevention, stress management and wellbeing?**
2. **Does it address issues of interest to a broad readership?**
3. **If a research paper, then is the methodological rigour of sufficient standard?**
4. **Is it written clearly to understand?**
5. **Does it add to the existing knowledge-base?**

In addition, conference reports, congresses and symposia are considered important contributions to the journal in order to keep researchers and practitioners up-to-date with events they were unable to attend. IJSPW will also list relevant conferences and congress events in the stress prevention and wellbeing field. Book reviews can bring to our attention books worth obtaining or putting on course reading lists. Both reports and reviews are reviewed by the journal editors and are not part of the anonymised peer review system. The editors will also invite papers and keynotes from experts and pioneers in the field. Case studies are also welcome (individual, group, organisational or community).

For further information about submitting papers, please visit the Submission and Review Process webpage.

Continuous online publication model

IJSPW has adopted a continuous online publication model. Therefore once a paper is accepted for publication after the peer review process, it is typeset, proofed, checked, errors corrected and then it will be uploaded to the website within 28 days. In order to publish accepted articles promptly, the journal will use article numbers instead of the traditional method of continuous pagination through any particular volume or issue. (*Page numbers will still be used within each article starting at page 1.*)

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Summary

The principles of the World Health Organization (2017) maintain "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". So, this is clearly an important time for the field of stress prevention and wellbeing. In the UK, recent results from the Office of National Statistics (2017) highlight that no changes in personal wellbeing ratings were reported between years ended 2015 and 2016. The American Institute of Stress reminds us that research indicates that over the years job stress has increasingly been reported as the main source of stress for American adults (<http://www.stress.org/workplace-stress>).

In the journal's title, we have chosen to use the term 'wellbeing' in preference to the hyphenated 'well-being'. We agree with the emergent perspective that 'wellbeing' can focus on what makes life go well for a person whereas 'well-being' can refer to the specific concept - the opposite of 'ill-being' (see IJW).

In this short editorial we have aimed to provide a summary introduction to this new journal and the types of articles we are seeking. We now look forward to receiving contributions from around the world offering the latest developments and sharing new insights about the field of stress and wellbeing. ■

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Biographies

Stephen Palmer is Founder Director of the Centre for Stress Management, London since 1987. He is Coordinating Director of the ISCP International Centre for Coaching Psychology Research, and Founder Director of the Centre for Stress Management, London. He is the Honorary President of the International Stress Management Association and the International Society for Coaching Psychology. He is an Adjunct Professor of Coaching Psychology at Aalborg University and Visiting Professor of Work Based Learning and Stress Management at the Institute for Work Based Learning, Middlesex University. He has written or edited over 50 books and has published over 225 articles.

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Dr Siobhain O'Riordan PhD is a chartered psychologist and chartered scientist. She is a Fellow of the International Society for Coaching Psychology and member and Trustee of The International Stress Management Association (UK). Siobhain is also a trainer and course co-director on the stress management and coaching programmes at the Centre for Stress Management.

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