MENTAL HEALTH AND PHYSICAL ACTIVITY

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DESCRIPTION

Mental Health and Physical Activity is an international forum for scholarly reports on any aspect of relevance to advancing our understanding of the relationship between mental health and physical activity. Manuscripts will be considered for publication which deal with high quality research, comprehensive research reviews, and critical reflection of applied or research issues. The journal is open to the use of diverse methodological approaches. Reports of practice will need to demonstrate academic rigour, preferably through analysis of programme effectiveness, and go beyond mere description.

The aims of Mental Health and Physical Activity are:

1. To foster the inter-disciplinary development and understanding of the mental health and physical activity field;
2. To develop research designs and methods to advance our understanding;
3. To promote the publication of high quality research on the effects of physical activity (interventions and a single session) on a wide range of dimensions of mental health and psychological well-being (e.g., depression, anxiety and stress responses, mood, cognitive functioning and neurological disorders, such as dementia, self-esteem and related constructs, psychological aspects of quality of life among people with physical and mental illness, sleep, addictive disorders, eating disorders), from both efficacy and effectiveness trials;
4. To promote high quality research on the biophysical and psychosocial mechanisms involved to help our understanding of the link between physical activity and mental health, and guide intervention development;
5. To provide an evidence-based source for professionals working in the field of mental health and a forum to consider service delivery issues.

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The types of studies given the highest priority are the following: Etiologic or experimental studies testing a specific hypothesis or highlighting a specific mechanism relating physical activity or inactivity to mental health. Prospective or longitudinal studies. Randomised controlled trials, or related protocol papers which follow CONSORT guidelines. Studies that are truly innovative and involve in-depth or novel data collection and analysis (including both quantitative and qualitative methods), or advance research methods. High quality, novel systematic reviews (based on quantitative and qualitative studies) that follow PRISMA guidelines.

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ABSTRACTING AND INDEXING

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Affect, Allostasis, Antimanic agents, Antipsychotic agents, Bipolar disorder, Comparative effectiveness research, Cyclothymic disorder, Exercise, Exercise therapy, Lithium, lithium compounds, Metabolic diseases, Neurogenesis, Nutrition therapy, Patient dropouts, Periodicity, Psychotherapy

**Madhukar Trivedi**, The University of Texas Southwestern Medical School Center for Depression Research and Clinical Care, Dallas, Texas, United States of America

Brain and FLuid Based Biomarker Development and Validation for Depression, Precision Medicine, Treatment Resistant Depression, Measurement Based Care for Psychiatry

**Ineke Vergeer**, University of Southern Queensland Centre for Health Research, Springfield, Australia

Holistic Movement Practices

**Liye Zou**, Shenzhen University, Shenzhen, China

Health Psychology, Exercise Neuropsychology
GUIDE FOR AUTHORS

INTRODUCTION
Mental Health and Physical Activity (MENPA) is an international forum for scholarly reports on any aspect of relevance to advancing our understanding of the relationship between mental health and physical activity. Manuscripts will be considered for publication which deal with high quality research, comprehensive research reviews, and critical reflection of applied or research issues. The journal is open to the use of diverse methodological approaches. Reports of professional practice will need to demonstrate academic rigour, preferably through analysis of programme effectiveness, and go beyond mere description.

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- Submit each illustration as a separate file.
- Ensure that color images are accessible to all, including those with impaired color vision.

A detailed guide on electronic artwork is available.

**You are urged to visit this site; some excerpts from the detailed information are given here.**

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