MENTAL HEALTH AND PHYSICAL ACTIVITY

TABLE OF CONTENTS

● Description p.1
● Impact Factor p.2
● Abstracting and Indexing p.2
● Editorial Board p.2
● Guide for Authors p.4

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.

Benefits to authors

We also provide many author benefits, such as free PDFs, a liberal copyright policy, special discounts on Elsevier publications and much more. Please click here for more information on our author services.

Please see our Guide for Authors for information on article submission. If you require any further information or help, please visit our Support Center.

Notice to Authors Wishing to Submit to MENPA
Mental Health and Physical Activity (MENPA) is becoming increasingly competitive. We continue to receive many more manuscripts than we can possibly publish. Therefore, in order to reduce any delay in publishing the best science, the following guidelines should be considered prior to submitting a manuscript, in addition to guidance from EQUATOR (https://www.equator-network.org/). Please note that if you have doubt about the suitability of a manuscript prior to submission to MENPA then we will quickly respond to enquiries if an abstract is sent to either Professor Adrian Taylor or Professor Guy Faulkner, editors of the journal, using the Message box on their contact pages.

The following types of manuscripts will be given the **lowest priority** and are the most likely to be rejected without review: Small, cross-sectional, descriptive studies without any innovative features. Studies having no control or reference group, unless they are clearly part of a step in testing, using mixed methods, the feasibility and acceptability of an intervention within a larger program of study. Studies that involve statistical hypothesis testing of intervention effects when there is no justification for the sample size. Studies consisting of non-clinical samples, unless they clearly add to our understanding of the physical activity and well-being relationship. Studies in which physical activity is only a covariate of interest. Studies with no recognized measure of physical activity.

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.

**IMPACT FACTOR**

2018: 1.797 © Clarivate Analytics Journal Citation Reports 2019

**ABSTRACTING AND INDEXING**

Embase
Scopus
PsycINFO
Google Scholar

**EDITORIAL BOARD**

*Editor-in-Chief*
Professor Adrian Taylor, University of Plymouth, Plymouth, United Kingdom

*Co-Founding Editor-in-Chief*
Guy Faulkner, The University of British Columbia, Vancouver, British Columbia, Canada

*Associate Editors*
Megan Teychenne, Deakin University, Geelong, Victoria, Australia
Ana Abrantes, Brown University, Providence, Rhode Island, United States
Amanda Rebar, Central Queensland University, Rockhampton, Australia
Mats Hallgren, Karolinska Institutet Department of Public Health Sciences, Solna, Sweden

*Editorial Board*
Paquito Bernard, University of Quebec in Montreal, Montreal, Quebec, Canada
James A. Blumenthal, DUKE UNIVERSITY MEDICAL CENTER, Durham, North Carolina, United States
Justin Chapman, QIMR Berghofer Medical Research Institute, Herston, Queensland, Australia
Li-Jung Chen, National Taiwan University of Physical Education and Sport, Taichung, Taiwan
Joseph Ciccolo, Teachers College of Columbia University, New York, New York, United States
Kerry S. Courneya, University of Alberta, Edmonton, Alberta, Canada
Samantha Farris, Rutgers The State University of New Jersey, New Brunswick, New Jersey, United States
Joe Firth, Western Sydney University, NICM Health Research Institute, Westmead, Australia
Eco J. C. de Geus, Free University Amsterdam Department of Biological Psychology, Amsterdam, Netherlands
Gary Goldfield, Children's Hospital of Eastern Ontario Research Institute, Ottawa, Ontario, Canada
Matthew P. Herring, University of Limerick Department of Physical Education and Sport Sciences, Limerick, Ireland
Jeff Lambert, University of Bath, Bath, United Kingdom
Patrick J. O'Connor, The University of Georgia, Athens, Georgia, United States
Maria Chiara Pastore, Polytechnic of Milan Department of Architecture Built environment and Construction Engineering, Milano, Italy
Caterina Pesce, Italian University of Sport and Movement Rome, Roma, Italy
Chad Rethorst, WW International, New York, United States
Kirsten Roessler, University of Southern Denmark, Odense, Denmark
Simon Rosenbaum, University of New South Wales, Sydney, New South Wales, Australia
Felipe Schuch, Federal University of Santa Maria, Santa Maria, Brazil
Lee Smith, Anglia Ruskin University, Chelmsford, United Kingdom
Marit Sorensen, Norwegian University of Sport and Physical Education, Oslo, Norway
Robert Stanton, Central Queensland University, Rockhampton, Australia
Brendon Stubbs, King's College London, London, United Kingdom
Madhukar H. Trivedi, University of Texas Southwestern Medical School Department of Psychiatry, Dallas, Texas, United States
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.

Contact Details
If you wish to contact the Editor in Chief for any reason, (e.g. becoming a reviewer, interest in joining the editorial board, an issue about journal policy, if your manuscript fits the scope of the journal) please use the following contact details:

Professor. Adrian H. Taylor, Faculty of Health: Medicine, Dentistry & Human Sciences, University of Plymouth, Room N14, ITTC Building, Plymouth Science Park, Derriford, Plymouth, Devon, PL6 8BX, UK. Email address: adrian.taylor@plymouth.ac.uk

Submission Checklist
You can use this list to carry out a final check of your submission before you send it to the journal for review. Please check the relevant section in this Guide for Authors for more details.

Ensure that the following items are present:

One author has been designated as the corresponding author with contact details:
• E-mail address
• Full postal address

All necessary files have been uploaded:
Manuscript:
• Include keywords
• All figures (include relevant captions)
• All tables (including titles, description, footnotes)
• Ensure all figure and table citations in the text match the files provided
• Indicate clearly if color should be used for any figures in print
Graphical Abstracts / Highlights files (where applicable)
Supplemental files (where applicable)

Further considerations
• Manuscript has been 'spell checked' and 'grammar checked'
• All references mentioned in the Reference List are cited in the text, and vice versa
• Permission has been obtained for use of copyrighted material from other sources (including the Internet)
• A competing interests statement is provided, even if the authors have no competing interests to declare
• Journal policies detailed in this guide have been reviewed
• List 4 potential referees to whom we may choose to send your manuscript for peer review, with their full name, organisational affiliation and country, and e-mail address. Please avoid clear conflicts of interest

For further information, visit our Support Center.

BEFORE YOU BEGIN

Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.
**Studies in humans and animals**

If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with **The Code of Ethics of the World Medical Association (Declaration of Helsinki)** for experiments involving humans. The manuscript should be in line with the Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals and aim for the inclusion of representative human populations (sex, age and ethnicity) as per those recommendations. The terms **sex and gender** should be used correctly.

Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the **ARRIVE guidelines** and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed. The sex of animals must be indicated, and where appropriate, the influence (or association) of sex on the results of the study.

**Declaration of interest**

All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential competing interests include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. Authors must disclose any interests in two places: 1. A summary declaration of interest statement in the title page file (if double-blind) or the manuscript file (if single-blind). If there are no interests to declare then please state this: 'Declarations of interest: none'. This summary statement will be ultimately published if the article is accepted. 2. Detailed disclosures as part of a separate Declaration of Interest form, which forms part of the journal's official records. It is important for potential interests to be declared in both places and that the information matches. More information.

**Submission declaration and verification**

Submission of an article implies that the work described has not been published previously (except in the form of an abstract, a published lecture or academic thesis, see 'Multiple, redundant or concurrent publication' for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service Crossref Similarity Check.

**Preprints**

Please note that preprints can be shared anywhere at any time, in line with Elsevier's sharing policy. Sharing your preprints e.g. on a preprint server will not count as prior publication (see 'Multiple, redundant or concurrent publication' for more information).

**Use of inclusive language**

Inclusive language acknowledges diversity, conveys respect to all people, is sensitive to differences, and promotes equal opportunities. Articles should make no assumptions about the beliefs or commitments of any reader, should contain nothing which might imply that one individual is superior to another on the grounds of race, sex, culture or any other characteristic, and should use inclusive language throughout. Authors should ensure that writing is free from bias, for instance by using 'he or she', 'his/her' instead of 'he' or 'his', and by making use of job titles that are free of stereotyping (e.g. 'chairperson' instead of 'chairman' and 'flight attendant' instead of 'stewardess').

**Author contributions**

For transparency, we encourage authors to submit an author statement file outlining their individual contributions to the paper using the relevant CRediT roles: Conceptualization; Data curation; Formal analysis; Funding acquisition; Investigation; Methodology; Project administration; Resources; Software; Supervision; Validation; Visualization; Roles/Writing - original draft; Writing - review & editing. Authorship statements should be formatted with the names of authors first and CRediT role(s) following. More details and an example
**Changes to authorship**
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

**Article transfer service**
This journal is part of our Article Transfer Service. This means that if the Editor feels your article is more suitable in one of our other participating journals, then you may be asked to consider transferring the article to one of those. If you agree, your article will be transferred automatically on your behalf with no need to reformat. Please note that your article will be reviewed again by the new journal. [More information.]

**Copyright**
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see [more information] on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.

Subscribers may reproduce tables of contents or prepare lists of articles including abstracts for internal circulation within their institutions. Permission of the Publisher is required for resale or distribution outside the institution and for all other derivative works, including compilations and translations. If excerpts from other copyrighted works are included, the author(s) must obtain written permission from the copyright owners and credit the source(s) in the article. Elsevier has [preprinted forms] for use by authors in these cases.

For gold open access articles: Upon acceptance of an article, authors will be asked to complete an 'Exclusive License Agreement' ([more information]). Permitted third party reuse of gold open access articles is determined by the author's choice of user license.

**Author rights**
As an author you (or your employer or institution) have certain rights to reuse your work. [More information.]

*Elsevier supports responsible sharing*
Find out how you can share your research published in Elsevier journals.

**Role of the funding source**
You are requested to identify who provided financial support for the conduct of the research and/or preparation of the article and to briefly describe the role of the sponsor(s), if any, in study design; in the collection, analysis and interpretation of data; in the writing of the report; and in the decision to submit the article for publication. If the funding source(s) had no such involvement then this should be stated.

**Open access**
Please visit our Open Access page from the Journal Homepage for more information.

*Elsevier Researcher Academy*
*Researcher Academy* is a free e-learning platform designed to support early and mid-career researchers throughout their research journey. The "Learn" environment at Researcher Academy offers several interactive modules, webinars, downloadable guides and resources to guide you through the process of writing for research and going through peer review. Feel free to use these free resources to improve your submission and navigate the publication process with ease.
Language (usage and editing services)
Please write your text in good English (American or British usage is accepted, but not a mixture of these). Authors who feel their English language manuscript may require editing to eliminate possible grammatical or spelling errors and to conform to correct scientific English may wish to use the English Language Editing service available from Elsevier's Author Services.

Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Standards in Conducting and Reporting Biomedical Research
The work described in your article must have been carried out in accordance with:

- Uniform Requirements for manuscripts submitted to Biomedical journals.
- The Code of Ethics of the World Medical Association (Declaration of Helsinki). The manuscript should contain a statement that the work has been approved by the appropriate ethical committees related to the institution(s) in which it was performed and that subjects gave informed consent to the work. Patients' and volunteers' names, initials, and hospital numbers should not be used.
- Local, national, ethical and regulatory principles, and local licensing arrangements; for further details, please see http://ec.europa.eu/environment/chemicals/lab_animals/home.htm Compliance must be stated at an appropriate point in the article.

MENPA supports initiatives to enhance how clinical trials are conducted and reported, including appropriate registering and numbering of trials. The International Committee of Medical Journal Editors (ICMJE) (http://www.icmje.org/) defines a clinical trial as any research study involving human participants who are prospectively assigned to one or more interventions to evaluate the effects on health outcomes. We recommend that where the main purpose of the study is to understand the effects of a preventative or therapeutic physical activity intervention, authors of protocols or reports of clinical trials, must register their trial prior to submission in a suitable publicly accessible registry. The trial registration number should be included as the last line of the abstract of the manuscript. Related to this matter, MENPA supports the need to publish reports on trials in which the intervention is ineffective, where the protocol was appropriate and rigorously applied.

MENPA supports several initiatives to enhance the reporting of biomedical research. Authors are directed to checklists for a number of study designs, including randomized controlled trials (CONSORT)(http://www.consort-statement.org/index.aspx?o=1031), systematic reviews (PRISMA) (http://www.prisma-statement.org/) and how to conduct a systematic search how a search strategy (see the Cochrane Reviewers' Handbook)(http://www.cochrane-handbook.org/), meta-analyses (MOOSE)(http://www.consort-statement.org/resources/downloads/other-instruments/), and reporting of observational studies (STROBE)(http://www.strobe-statement.org/Checklist.html). Guidance on the reporting of qualitative studies can be found such as (RATS) (http://www.biomedcentral.com/info/ifora/rats). Authors can also refer to the EQUATOR network website (http://www.equator-network.org/index.aspx?o=1032) for further information on reporting guidelines for health research. Peer reviewers are likely to refer to these checklists when evaluating manuscripts.

Preparation
Cover letter: The cover letter accompanying the manuscript submission must include all authors' names and affiliations to avoid potential conflicts of interest in the review process. An address, phone number, email address and fax number should be provided for the corresponding author for possible use by the editorial office and later by the production department. The cover letter should indicate any potential conflicts of interest (e.g., commercial sponsorship). The source of any funding that may have contributed to the production of the research and/or manuscript should be declared in the cover letter, and if the manuscript is accepted for publication, as an acknowledgement in the published paper.

General: Manuscripts should be prepared following the general style guidelines described in the Publication Manual of the American Psychological Association (Latest Edition). Do not import the Figures or Tables into your text. The Editors reserve the right to adjust style to certain standards of uniformity.
Paper Length: All manuscripts should be presented as concisely as possible, and our preference is to receive manuscripts that are 30 A4, double spaced pages or less (APA format), including text, references, figures, and tables. For longer manuscript, authors should contact an Editor in Chief prior to submission with a clear justification for the need for a longer manuscript. Short Communications are also accepted and encouraged. These are typically no more than 15 A4, double spaced pages (APA format). Occasionally other forms of submission may be of interest to the Editors/readers such as book reviews, commentaries, and news items.

Peer review
This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. More information on types of peer review.

Double-blind review
This journal uses double-blind review, which means the identities of the authors are concealed from the reviewers, and vice versa. More information is available on our website. To facilitate this, please include the following separately:

Title page (with author details): This should include the title, authors' names, affiliations, acknowledgements and any Declaration of Interest statement, and a complete address for the corresponding author including an e-mail address.

Blinded manuscript (no author details): The main body of the paper (including the references, figures, tables and any acknowledgements) should not include any identifying information, such as the authors' names or affiliations.

Essential title page information
• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations and formulae where possible.
• Author names and affiliations. Please clearly indicate the given name(s) and family name(s) of each author and check that all names are accurately spelled. You can add your name between parentheses in your own script behind the English transliteration. Present the authors' affiliation addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-case superscript letter immediately after the author's name and in front of the appropriate address. Provide the full postal address of each affiliation, including the country name and, if available, the e-mail address of each author.
• Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.
• Present/permanent address. If an author has moved since the work described in the article was done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as a footnote to that author's name. The address at which the author actually did the work must be retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

Highlights
Highlights are mandatory for this journal as they help increase the discoverability of your article via search engines. They consist of a short collection of bullet points that capture the novel results of your research as well as new methods that were used during the study (if any). Please have a look at the examples here: example Highlights.

Highlights should be submitted in a separate editable file in the online submission system. Please use 'Highlights' in the file name and include 3 to 5 bullet points (maximum 85 characters, including spaces, per bullet point).

Abstract
Papers should include an abstract, not exceeding 250 words, covering the main factual points and statement of problem, method, results and conclusions.

Graphical abstract
Although a graphical abstract is optional, its use is encouraged as it draws more attention to the online article. The graphical abstract should summarize the contents of the article in a concise, pictorial form designed to capture the attention of a wide readership. Graphical abstracts should be submitted as a
separate file in the online submission system. Image size: Please provide an image with a minimum of 531 × 1328 pixels (h × w) or proportionally more. The image should be readable at a size of 5 × 13 cm using a regular screen resolution of 96 dpi. Preferred file types: TIFF, EPS, PDF or MS Office files. You can view Example Graphical Abstracts on our information site. Authors can make use of Elsevier’s Illustration Services to ensure the best presentation of their images and in accordance with all technical requirements.

**Keywords**
Authors are requested to supply a maximum of 6 keywords accurately describing the contents of the manuscript. These are normally not words used in the title.

**Formatting of funding sources**
List funding sources in this standard way to facilitate compliance to funder's requirements:

Funding: This work was supported by the National Institutes of Health [grant numbers xxxx, yyyy]; the Bill & Melinda Gates Foundation, Seattle, WA [grant number zzzz]; and the United States Institutes of Peace [grant number aaaa].

It is not necessary to include detailed descriptions on the program or type of grants and awards. When funding is from a block grant or other resources available to a university, college, or other research institution, submit the name of the institute or organization that provided the funding.

If no funding has been provided for the research, please include the following sentence:

This research did not receive any specific grant from funding agencies in the public, commercial, or not-for-profit sectors.

**Electronic artwork**

**General points**
- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- 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.

**Formats**
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format. Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):
- EPS (or PDF): Vector drawings, embed all used fonts.
- TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
- TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
- TIFF (or JPEG): Combinations bitmapped line/half-tone (color or grayscale), keep to a minimum of 500 dpi.

Please do not:
- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
- Supply files that are too low in resolution;
- Submit graphics that are disproportionately large for the content.
Color artwork
Please make sure that artwork files are in an acceptable format (TIFF (or JPEG), EPS (or PDF), or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color online (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. For color reproduction in print, you will receive information regarding the costs from Elsevier after receipt of your accepted article. Please indicate your preference for color: in print or online only. Further information on the preparation of electronic artwork.

Figure captions
Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Citation in text
Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

References in a special issue
Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management software products. These include all products that support Citation Style Language styles, such as Mendeley. Using citation plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide. If you use reference management software, please ensure that you remove all field codes before submitting the electronic manuscript. More information on how to remove field codes from different reference management software.

Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link:
http://open.mendeley.com/use-citation-style/mental-health-and-physical-activity
When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

**Reference Style**

References should be prepared using the *Publication Manual of the American Psychological Association* (6th Edition) for style. For example:

Reference to a book:


Reference to a chapter in an edited book:


Reference to a journal publication:


**Reference style**

*Text*: Citations in the text should follow the referencing style used by the American Psychological Association. You are referred to the Publication Manual of the American Psychological Association, Sixth Edition, ISBN 978-1-4338-0561-5, copies of which may be ordered online or APA Order Dept., P.O.B. 2710, Hyattsville, MD 20784, USA or APA, 3 Henrietta Street, London, WC3E 8LU, UK.

*List*: references should be arranged first alphabetically and then further sorted chronologically if necessary. More than one reference from the same author(s) in the same year must be identified by the letters 'a', 'b', 'c', etc., placed after the year of publication.

*Examples*:

Reference to a journal publication:


Reference to a journal publication with an article number:


Reference to a book:


Reference to a chapter in an edited book:


Reference to a website:


Reference to a dataset:


Reference to a conference paper or poster presentation:


**Video**

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the...
same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the file in one of our recommended file formats with a preferred maximum size of 150 MB per file, 1 GB in total. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

**Supplementary material**
Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

**Research data**
This journal encourages and enables you to share data that supports your research publication where appropriate, and enables you to interlink the data with your published articles. Research data refers to the results of observations or experimentation that validate research findings. To facilitate reproducibility and data reuse, this journal also encourages you to share your software, code, models, algorithms, protocols, methods and other useful materials related to the project.

Below are a number of ways in which you can associate data with your article or make a statement about the availability of your data when submitting your manuscript. If you are sharing data in one of these ways, you are encouraged to cite the data in your manuscript and reference list. Please refer to the "References" section for more information about data citation. For more information on depositing, sharing and using research data and other relevant research materials, visit the research data page.

**Data linking**
If you have made your research data available in a data repository, you can link your article directly to the dataset. Elsevier collaborates with a number of repositories to link articles on ScienceDirect with relevant repositories, giving readers access to underlying data that gives them a better understanding of the research described.

There are different ways to link your datasets to your article. When available, you can directly link your dataset to your article by providing the relevant information in the submission system. For more information, visit the database linking page.

For supported data repositories a repository banner will automatically appear next to your published article on ScienceDirect.

In addition, you can link to relevant data or entities through identifiers within the text of your manuscript, using the following format: Database: xxxx (e.g., TAIR: AT1G01020; CCDC: 734053; PDB: 1XFN).

**Mendeley Data**
This journal supports Mendeley Data, enabling you to deposit any research data (including raw and processed data, video, code, software, algorithms, protocols, and methods) associated with your manuscript in a free-to-use, open access repository. During the submission process, after uploading your manuscript, you will have the opportunity to upload your relevant datasets directly to Mendeley Data. The datasets will be listed and directly accessible to readers next to your published article online.

For more information, visit the Mendeley Data for journals page.
**Data in Brief**

You have the option of converting any or all parts of your supplementary or additional raw data into one or multiple data articles, a new kind of article that houses and describes your data. Data articles ensure that your data is actively reviewed, curated, formatted, indexed, given a DOI and publicly available to all upon publication. You are encouraged to submit your article for *Data in Brief* as an additional item directly alongside the revised version of your manuscript. If your research article is accepted, your data article will automatically be transferred over to *Data in Brief* where it will be editorially reviewed and published in the open access data journal, *Data in Brief*. Please note an open access fee of 600 USD is payable for publication in *Data in Brief*. Full details can be found on the *Data in Brief* website. Please use this template to write your Data in Brief.

**Data statement**

To foster transparency, we encourage you to state the availability of your data in your submission. This may be a requirement of your funding body or institution. If your data is unavailable to access or unsuitable to post, you will have the opportunity to indicate why during the submission process, for example by stating that the research data is confidential. The statement will appear with your published article on ScienceDirect. For more information, visit the Data Statement page.

**AFTER ACCEPTANCE**

**Online proof correction**

Corresponding authors will receive an e-mail with a link to our online proofing system, allowing annotation and correction of proofs online. The environment is similar to MS Word: in addition to editing text, you can also comment on figures/tables and answer questions from the Copy Editor. Web-based proofing provides a faster and less error-prone process by allowing you to directly type your corrections, eliminating the potential introduction of errors.

If preferred, you can still choose to annotate and upload your edits on the PDF version. All instructions for proofing will be given in the e-mail we send to authors, including alternative methods to the online version and PDF.

We will do everything possible to get your article published quickly and accurately. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. It is important to ensure that all corrections are sent back to us in one communication. Please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

**Offprints**

The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any time via Elsevier's Author Services. Corresponding authors who have published their article gold open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**AUTHOR INQUIRIES**

Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch.

You can also check the status of your submitted article or find out when your accepted article will be published.