MENTAL HEALTH AND PHYSICAL ACTIVITY

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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;
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