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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.

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- (1) To foster the inter-disciplinary development and understanding of the mental health and physical activity field;
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- (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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### INTRODUCTION

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