



Physical Activity and Mental Health

Guest Editors:

Prof. Dr. Eric E. Hall

Department of Exercise Science,
Elon University, Elon, NC 27244,
USA

Dr. Elaine A. Hargreaves

School of Physical Education,
Sport and Exercise Sciences,
University of Otago, Dunedin,
New Zealand

Deadline for manuscript
submissions:

closed (31 December 2019)

Message from the Guest Editors

Dear Colleagues,

This Special Issue hopes to present innovative research and strategies that explore the relationship between physical activity and mental health. We use the term “physical activity” in the broadest sense to include sport, exercise, walking, yoga, and any other bodily movement. We encourage submissions that demonstrate interesting innovations that utilize physical activity to help vulnerable populations improve mental illness (e.g., PTSD, depression, substance abuse issues, mental issues in student-athletes) or to promote positive psychological well-being. We are equally interested in the impact of physical activity interventions and acute bouts of exercise on constructs related to mental health.

This Special Issue is open to any subject area related to physical activity and mental health. The listed keywords suggest just a few of the many possibilities.

Keywords: Exercise, Sport, Physical Activity, Mental Health, Mental Illness, Anxiety, Emotion, Mood, Depression, Self-Esteem, Cognitive Function, Affect





an Open Access Journal by MDPI

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health
Disparities Research and
Innovation, Richard Dixon
Research Center, Morgan State
University, 1700 E. Cold Spring
Lane, Baltimore, MD 21251, USA

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank: CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

Contact Us

*International Journal of
Environmental Research and Public
Health* Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/ijerph
ijerph@mdpi.com
X@IJERPH_MDPI