

## Special Issue

# The Interface between Psychological Stress, Motivation and Exercise

### Message from the Guest Editor

Physical activity and exercise are clearly beneficial for mental health and stress reduction, but it is now clear that the experience of stress, poor mood and negative affect is deleterious for physical activity behavior. Stults-Kolehmainen and Sinha (2014) found that a majority of research on the effects of stress on physical activity reported that the relationship was typically negative—greater stress resulted in less PA. However, a notable amount of research indicated that stress might result in the activation of physically active behaviors. This Special Issue offers an opportunity to publish high-quality multidisciplinary original research and reviews that focus on the intersection of stress, mental health and motivation in the promotion of physical activity and exercise. Research can target any age group and context or setting, such as leisure time, active commuting or the workplace, and in the form of structured exercise or unstructured activity and play. Investigators who have conducted research on these topics are invited to submit manuscripts for consideration for this Special Issue in *IJERPH*.

### Guest Editor

Dr. Matthew A. Stults-Kolehmainen

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### Deadline for manuscript submissions

closed (31 July 2023)



## International Journal of Environmental Research and Public Health

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### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

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### Editor-in-Chief

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