



# ADVANCES IN REHABILITATION

Journal of Rehabilitation Faculty  
Józef Piłsudski University of Physical Education in Warsaw  
and Polish Rehabilitation Society

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## Special Issue “Physical Activity and Mental Health”

### A brief note from the Editor-in-Chief

Dear Colleagues

Psychophysical balance is a fundamental issue in public health. In particular, mental health problems (anxiety, depression and related disorders) have increased in the COVID-19 era. Wellbeing and mental health, continue to be of particular concern. It is essential to promote healthy lifestyles, consider preventive intervention.

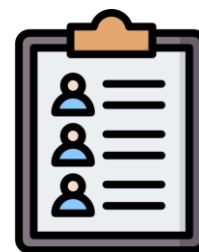
Mental and physical health is fundamentally linked. The World Health Organization (WHO) defines health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that there is no health without mental health.

People who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness. Increases in physical activity levels in populations are likely to reduce the mental health burden. Exercise interventions should be incorporated to the routine care of people with mental disorders due its multiple benefits on physical and mental health outcomes. A multidisciplinary approach is needed to overcome patients’ barriers and enhance adherence and benefits.

I look forward to receive high-quality research from researchers working in the field of physical activity and mental health.

Bartosz Molik

## Special Issue Editors



**Tânia Bastos (tbastos@fade.up.pt)**

Tânia Bastos is assistant professor at the Faculty of Sport and member of the Centre of Research, Education, Innovation and Intervention in Sport (CIF<sub>2</sub>D), University of Porto, Portugal. Her teaching and research interests focus the cross-disciplinary field of adapted physical activity with a specific emphasis in physical activity and mental health. This line of research encompasses exploring the impact of physical activity in the quality of life of individuals with severe mental disorders. She is the co-founder of the community project “Mental Health of the Move” settled in the University of Porto. Together with her team, Tânia is actively involved in research projects as well as in the publication of papers and books in the field of adapted physical activity.



**Attilio Carraro (attilio.carraro@unibz.it)**

Attilio Carraro is a professor of Sport and Exercise Sciences at the Faculty of Education of the Free University of Bozen-Bolzano, where he is the head of the Sport Sciences Unit and of the research area Aesthetic Experiences and Communication, and the Rector’s delegate for sport and wellbeing. His main research field is health and physical activity, with a particular focus on sedentary people and on the relationships between mental health and physical activity. He published over 250 works in seven diverse languages and, with his team, is currently involved in several international and national research projects. Attilio is a member of the AIESEP board since 2010 and the general secretary of the SISMeS.



**Michel Probst (michel.probst@kuleuven.be)**

Michel Probst is professor emeritus at the University Leuven (KU Leuven), Department of Rehabilitation Sciences, research group “Rehabilitation Sciences in Mental Health Care”, Belgium. Since 2006 till 2019, he was responsible for the education of physiotherapy in mental health and psychiatry. He started his clinical career in 1977 at the University Psychiatric Center Kortenberg/Leuven, KU Leuven where he became head of physiotherapy service. His focus was physiotherapy for weight, eating and trauma related disorders. He published more than 250 articles in 10 different languages. He presented more than 225 papers and workshops all over the world. He is founder and past president of the “International Organization of Physical Therapy in Mental Health” (WCPT-subgroup; 2006-2020).



## Special Issue Information

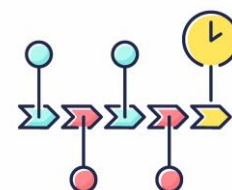
Currently, mental health policies are powerful tools to promote the wellbeing of the individuals, across different countries, cultures and societies. World population faces challenging times after a pandemic crisis. Mental health disorders increased substantially among children, adults and elderly. Moreover, mental health is recognized in a broader perspective including the mental health promotion of vulnerable groups such as young children, women and minorities (e.g., migrants, people affected by conflicts, people with disabilities) in different settings (schools, labor or community programs). Policymakers are committed in promoting better mental health for all.

Mental health is linked to health and physical activity. To promote the mental and physical health of the population efforts have to be made to highlight the key role of physical activity across life span and to ensure access to physical activity according to the specific needs of the individuals. The manuscripts included in this Special Issue are intended to provide to a multidisciplinary community of professionals (i.e., physical educators, sport physiologists, physiotherapists, occupational therapists, sport psychologists, medical doctors, nurses) new insights about the relation between mental health and physical activity.

Contributors may explore the following research lines:

- Physical activity and mental health interventions targeting early childhood, adults, elderly populations and other subgroups.
- The interdisciplinary approach between physical activity and mental health in clinical populations (e.g., severe mental illness, depression, stress and anxiety, cognitive functioning, neurological disorders or eating disorders).
- The role of physical activity as a preventive psychological distress tool in healthy populations.
- Assessment and instruments validation linked to mental health and physical activity.
- Physical activity and mental health community programs.

The Editors expect to receive high-quality, original and innovative research from contributors working in the field of physical activity and mental health spread worldwide.



## Timeline

### 1<sup>st</sup>) February, 2023: Special Issue Release

Letter of Editor Release: special Issue formal proposal release.

### 2<sup>nd</sup>) 15 march, 2023: Abstract Due

Expression of interest for contributing with a manuscript

The contributors email a proposal with title, abstract, key words and authors identification (affiliation and contacts) to the editorial office ([office@advrehab.org](mailto:office@advrehab.org))

We will provide feedback within two weeks.

### 3<sup>rd</sup>) 31 march, 2023: Authors notification

The authors from the 6 selected proposal will be notified and invited to submit a full manuscript according to the Advances in Rehabilitation Journal Guidelines.

### 4<sup>th</sup>) 1 september, 2023: Manuscript Due

The authors submit the manuscript through Editorial System (<https://www.editorialsystem.com/rehab>).

The manuscript should be prepared according to the guidelines and Microsoft Word template ([http://www.advrehab.org/Journal/Postepy\\_Rehabilitacji-125/For-authors](http://www.advrehab.org/Journal/Postepy_Rehabilitacji-125/For-authors))

We will provide feedback within 4 weeks.

### 5<sup>th</sup>) 1 november, 2023: Final Manuscript Due

Submission of the final revised manuscript.

### 6<sup>th</sup>) End of december, 2023: Special Issue Publication

**Open access publication free of charges with a free English editing service included!**