



Mixed-Methods Evaluation of Physical Activity, Exercise or Sedentary Behaviour Interventions

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Message from the Guest Editor

The importance of leading an active, less sedentary, lifestyle for health, irrespective of the population, is well known. As such, there is a vast array of interventions that are designed and implemented to either enhance physical activity, whether it is generic behaviour change or structured exercise prescriptions, or reduce sedentary time. However, little research implements and reports in-depth evaluations, and there is often publication bias on successful “effective” interventions, rather than the process and, indeed, participants’ perceptions. As such, we are interested in mixed-methods evaluations of physical activity, exercise or sedentary behaviour interventions across all populations and settings. Different methodological and theoretical approaches are supported.





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Message from the Editor-in-Chief

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