



Design: Vicky Earle

Journal of the British Association of Sport and Exercise Medicine

Editor-in-Chief

Jonathan Drezner (USA)

Editors

Joanne Kemp (Australia)
Nonhlanhla Mkumbuzi (South Africa)
Jon Patricios (South Africa)
Jane Thornton (Canada)

Editorial Office

BMJ Publishing Group Ltd
BMA House
Tavistock Square
London WC1H 9JR, UK
E: bjsm@bmj.com
Twitter: @BJSM_BMJ

Guidelines for Authors and Reviewers

Full instructions are available online at <http://bjsm.bmj.com/pages/authors/>. Articles must be submitted electronically <http://bjsm.bmj.com/pages/authors/>. Authors retain copyright but are required to grant *BJSM* an exclusive licence to publish (<http://authors.bmj.com/submitting-your-paper/copyright-and-authors-rights/>).

ISSN: 0306-3674 (print)
ISSN: 1473-0480 (online)

Impact factor: 18.4

Disclaimer: The Editor of *British Journal of Sports Medicine* has been granted editorial freedom and *British Journal of Sports Medicine* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *British Journal of Sports Medicine* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *British Journal of Sports Medicine* does not imply endorsement. Neither BASEM nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *British Journal of Sports Medicine* (except for liability which cannot be legally excluded).

Copyright: © 2023 BMJ Publishing Group Ltd and British Association of Sport and Exercise Medicine. All rights reserved; no part of this publication may be reproduced in any form without permission.

BJSM is published by BMJ Publishing Group Ltd, typeset by Exeter Premedia Services Private Ltd, Chennai, India and printed in the UK on acid-free paper.

British Journal of Sports Medicine, ISSN 0306-3674 (USPS 3957) is published bimonthly by BMJ Publishing Group Ltd, BMA House, Tavistock Square, WC1H 9JR London. Airfreight and mailing in the USA by agent named World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to *British Journal of Sports Medicine*, World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Subscription records are maintained at BMA House, Tavistock Square, WC1H 9JR London. Air Business Ltd is acting as our mailing agent.

Warm up

1411 Physical activity—maximising benefits for all
A J Atkin, J M R Gill

Editorials

1413 From Fitbits to chatbots: can digital humans help solve the physical inactivity pandemic?
N Gilson, E James, S Viller, M Glencross

1414 Call for ‘movement equity’: what (and who) are we still missing in the conversation on physical activity and health?
J S Thornton

1416 Addressing the elephant in the room: the need to examine the role of social determinants of health in the relationship of the 24-hour activity cycle and adult cognitive health
R S Falck, N C B Sorte Silva, G M Balbim, L C Li, C K Barha, T Liu-Ambrose

Consensus statement

1419 What should all health professionals know about movement behaviour change? An international Delphi-based consensus statement
T Alsop, E Lehman, S Brauer, R Forbes, C L Hanson, G Healy, K Milton, H Reid, I Rosbergen, S Gomersall

Original research

1428 Can quantifying the relative intensity of a person’s free-living physical activity predict how they respond to a physical activity intervention? Findings from the PACES RCT
A V Rowlands, M W Orme, B Maylor, A Kingsnorth, L Herring, K Khunti, M Davies, T Yates

Subscription information

British Journal of Sports Medicine is published monthly; subscribers receive all supplements

Institutional rates 2023

Print £1,091

Online Site licences are priced on FTE basis and allow access by the whole institution. Details available online at <http://journals.bmj.com/content/subscribers?bjsm>

Personal rates 2023

Print (includes online access at no additional cost) £375

Online only £217

ISSN 0306-3674 (print); 1473-0480 (online)

Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/subscribe?bjsm> (payment by Visa/ Mastercard only) Residents of some EC countries must pay VAT; for details, call us or <http://journals.bmj.com/content/subscribers?bjsm>

1435 Structural and social determinants of mental health inequities among collegiate athletes during the COVID-19 pandemic
E Kroshus, L Bell, K Gurganus-Wright, B Hainline

Reviews

1442 Yoga-based interventions may reduce anxiety symptoms in anxiety disorders and depression symptoms in depressive disorders: a systematic review with meta-analysis and meta-regression
J Martínez-Calderon, M J Casuso-Holgado, M J Muñoz-Fernandez, C Garcia-Muñoz, A M Heredia-Rizo

1450 Barriers and enablers influencing female athlete return-to-sport postpartum: a scoping review
B J Tighe, S L Williams, C Porter, M Hayman

1457 Device-measured physical activity, sedentary time, and risk of all-cause mortality: an individual participant data analysis of four prospective cohort studies
E H Sagelv, L A Hopstock, B Morseth, B H Hansen, J Johannessen, J Johansson, A Nordström, P F Saimt-Maurice, O Lovsletten, T Wilsgaard, U Ekelund, J Tarp

PhD Academy Award

1464 Interdisciplinary weight loss and lifestyle intervention for obstructive sleep apnoea: the INTERAPNEA randomised clinical trial (PhD Academy Award)
A Carneiro-Barrera

MORE CONTENTS ►



This article has been chosen by the Editor to be of special interest or importance and is freely available online.



This article has been made freely available online under the BMJ Journals open access scheme. See <http://bjsm.bmj.com/site/about/guidelines.xhtml#open>



This journal is a member of and subscribes to the principles of the Committee on Publication Ethics www.publicationethics.org



The online version of this article contains multiple choice questions hosted on BMJ Learning.

Br J Sports Med: first published as on 1 November 2023. Downloaded from <http://bjsm.bmj.com/> on March 2, 2024 by guest. Protected by copyright.

Service spotlight

- 1467** Free to Run: the organisation that uses physical activity to develop female leaders in regions of conflict
M R S Jackson, S Datta

Infographic

- 1469** Infographic. Getting to the bottom of saddle sores: an infographic
D N Napier, A Rankin, N Heron