Paper:
Examining the construct validity of the Transtheoretical Model to structure workplace physical activity interventions to improve mental health in academic staff

Paul F. Gorczynski, PhD
University of Portsmouth, Department of Sport and Exercise Science, Spinnaker Building, Cambridge Road, Portsmouth, Hampshire, UK PO1 2ER; paul.gorczynski@port.ac.uk

Denise M. Hill PhD
University of Portsmouth, Department of Sport and Exercise Science, Spinnaker Building, Cambridge Road, Portsmouth, Hampshire, UK PO1 2ER; denise.hill@port.ac.uk

Shanaya Rathod, DM, MRCPsych
Southern Health NHS Foundation Trust, Antelope House, Brintons Terrace, Southampton, Hampshire, UK SO14 0YG; shanaya.rathod@southernhealth.nhs.uk

Corresponding author: Paul F. Gorczynski, University of Portsmouth, Department of Sport and Exercise Science, Spinnaker Building, Cambridge Road, Portsmouth, Hampshire, UK, PO1 2ER.

Email: Paul.Gorczynski@port.ac.uk, Telephone: +44 23 9284 5175