



Mental Health & Wellbeing SIG Newsletter

August, 2026 | Newsletter 3

 Reading time: 5 minutes

 Spread the word - forward this newsletter to colleagues who might be interested in joining

Welcome

What a busy few months it has been since the conference. Momentum has been building steadily across the SIG, and it feels like the perfect moment to pause and reflect on where things stand.

The SIG hosted its first webinar of the year in April, with presentation from Professor Joseph Firth, Dr Gareth Jones and Matt Waugh. We are excited to be hosting our next webinar in September, which will turn the spotlight on diet and mental health, continuing to build out the picture alongside our physical activity work.

We've seen wonderful growth in the SIG community over the past year, and we'd love your help understanding what's working and where we can do better. Please take a few minutes to complete our second annual membership survey. Your input directly shapes the direction of our activities and initiatives!

At its heart, this SIG is about collaboration: bringing together a membership that spans continents, disciplines and settings, and finding strength in both our shared purpose and our diversity of expertise. As we head towards the end of the year and into 2027, we're keen to build on this momentum and create more opportunities for meaningful collaboration across the group.

If you're seeking collaborators for a review, grant application or project, we'd love to help connect you. Reach out via our WhatsApp group, or submit a call-out through the form below for inclusion in a future newsletter.

Here's to a productive final stretch of the year!

From Cádiz: ISBNPA 2026 Highlights

The ISBNPA 2026 Annual Meeting brought us to the idyllic shores of Cadiz. Over four wonderful days, it was lovely to connect and reconnect with friends, colleagues, and like-minded people. Once again, the MH&W SIG had a strong presence, with 36 presentations over four oral sessions, alongside two days of poster presentations. The presentations covered various aspects of mental health and wellbeing, including postnatal, paediatric and youth mental health, the role of digital technology supporting mental health and integrated approaches to wellbeing.

Our social event was a highlight of the meeting. It was lovely to connect over a relaxed walk through the beautiful streets of Cadiz, followed by drinks and dinner as the sun went down. A special congratulations to everyone who presented during the conference, particularly our award nominees. And thank you to everyone who was involved, whether you attended the social event, were involved in presentation sessions, or contributed to thoughtful discussions; your involvement pushes our field forward. We look forward to seeing you next year in Halifax, Canada.



Congratulations to our 2026 Conference Travel Fund Awardee

Developing Intuitive Movement: Toward a Wellbeing orientated Perspective in Physical Activity

Myriam presented a conceptual analysis that brings long-overdue clarity to this emerging area, unifying six defining attributes of intuitive movement into a coherent framework grounded in evidence from across disciplines. Her work asks a fundamentally different question: what does it look like to move in genuine alignment with



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your body, your values, and your wellbeing?

UPCOMING SIG WEBINAR

SAVE THE DATE - 16th September



The session is designed to offer practical insight into the barriers and enablers of embedding dietary change in mental health settings.

Dr Scott Teasdale will cover the major international evidence syntheses that have shaped how diet is now understood as a modifiable determinant of mental health. We will then hear from **Professor Adrienne O'Neil** on what happens when this evidence meets real-world practice: intervention and implementation findings from the CALM non-inferiority trial and the next steps for embedding these interventions into service delivery. Finally, we will take a look at the economic value proposition for those working in policy or health economics, hearing from **Associate Professor Alison Hayes** who will unpack the cost-effectiveness case for dietary interventions and what it takes to get them onto the radar of health systems and funders

 17 You can register [HERE](#).

IF YOU MISSED OUR FIRST WEBINAR OF 2026 exploring community-based physical activity interventions for mental health, featuring Prof. Joseph Firth, Dr Gareth Jones and Matt Waugh, you can watch it bellow.

[WATCH THE RECORDING](#)

Publication Spotlight

How do current adolescent digital health prevention initiatives across Australia align with wellbeing domains?

Imogen Croucher^{A,#}, Mariah Issa^{A,#}, Allyson R. Todd^{B,C} , Shuwei Guo^D, Nitika Sharma^D, Stephanie R. Partridge^{B,C} and Rebecca Raeside^{B,C,*}

Brief summary of publication

Digital health prevention initiatives hold potential to improve nutrition, physical activity and mental wellbeing among Australian adolescents. Prior research shows key stakeholders find digital health prevention initiatives unfit for purpose, yet no studies have evaluated currently available initiatives. Through a systematic search, 21 initiatives were identified, which demonstrated gaps in equity, accessibility and lack of co-design with adolescents. None addressed all five Adolescent Wellbeing Framework domains. [This study](#) is crucial to inform future research, policy and practice, reinforcing the need to engage adolescents in the co-design of initiatives, and ensure that initiatives take a holistic and equitable focus in line with national frameworks.



Dr Rebecca Raeside
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Share your latest publication, project, or achievement for our next newsletter

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Highlights & Opportunities

Recent Research

Kabthamer, R. H., Karimi, L., Livesay, K., ... & de Courten, B. (2026). Effect of Mediterranean diet on mental health outcomes: A systematic review. *Nutrition Research Reviews*, 39, e9. <https://doi.org/10.1017/S0954422425100243>

Ferri, A., Trindade Paes, L., Schneider, E., Clarke, G., & Cryan, J. F. (2026). From fork to feelings: How foods shape mental health via the microbiota–gut–brain axis. *Annual Review of Food Science and Technology*, 17. <https://doi.org/10.1146/annurev-food-053124-110137>

Teychenne, M., Sousa, G. M., Baker, T., ... & White, R. L. (2026). Domain-specific physical activity and mental health: an updated systematic review and multilevel meta-analysis in a combined sample of 3.3 million people. *British Journal of Sports Medicine*, 60(4), 267-285. <https://doi.org/10.1136/bjsports-2025-109806>

Victoria-Montesinos, D., Balboa-Castillo, T., Fernandez-Rodriguez, R., Garrido-Miguel, M., Jimenez-Lopez, E., Costa Maia, C. S., & Bizzozero-Peroni, B. (2026). Unraveling the associations between diet and mental health. *Frontiers in Nutrition*, 13, 1823426. <https://doi.org/10.3389/fnut.2026.1823426>

Werneck, A. O., Liang, C. S., Smith, L., ... & Stubbs, B. (2026). Prospective association of device-based physical activity and sedentary time during childhood with mental health outcomes during adolescence. *Child and Adolescent Mental Health*, 31(2), 116-124. <https://doi.org/10.1111/camh.70048>



Funding – Australia

- **MRFF – 2026 Mental Health Research Grant Opportunity** (*Applications close 16 September 2026*).



Funding – International

- **Wellcome Prize for Mental Health Science** (*Applications close 18 September 2026*).



Conferences

- **Global Mental Health Summit 2026** – 14–16 October 2026 | Perth, Australia.
- **6th Asia-Pacific Society for Physical Activity (ASPA) Conference** – 2–4 December 2026 | Hong Kong.



2026 Membership Survey

A GROWING COMMUNITY

We're so thrilled with how quickly our community has grown over the past year - there are more than 50 ISBNPA members working in the mental health

and wellbeing space!

To help us make sure the SIG meets our members' needs, we want to get to know you all a bit better. Our hope is that by understanding who is in our community and what you're working on, we can be responsive, help foster connections and provide an avenue for international collaboration and impact.

Complete our quick (< 5 minutes!) Membership Snapshot Survey [HERE](#)

GET INVOLVED

 **Nominate** a colleague or a project that demonstrates the impact of cross-disciplinary collaboration for mental health and wellbeing

 **Share** your latest publication, project, or achievement for our next newsletter

 **Looking for collaborators?** Let us put the word out

Submit to our next newsletter: [HERE](#)

Ask in the WhatsApp members chat: [HERE](#)

Contact Us

SIG Co-Chairs: Jacinta Brinsley (jacinta.brinsley@adelaide.edu.au) & Masha Remskar (remskar@asu.edu)

Join our mailing list: <https://isbnpa.org/uncategorized/sigs-mailing-list-sign-up-form/>

Visit us: <https://isbnpa.org/portfolio/mental-health-and-wellbeing/>

Our mission: To facilitate collaboration among ISBNPA members with an interest in lifestyle research for mental health and wellbeing in the context of behaviour change, systems complexity, and implementation science.

Stay in the loop by following ISBNPA on [LinkedIn](#) and [Instagram](#)