



### **Adrian H. Taylor**

MSc (1979) in Sports Psychology (Ithaca, USA), PhD (1989) in Community Health, University of Toronto, Canada. Dr. Taylor is current Professor of Health Service Research, Plymouth University Schools of Medicine & Dentistry since 2013.

Co-editor in Chief of the Journal of Psychology of Sport & Exercise (FEPSAC journal) (2004-7) and Co-founding editor in Chief of Mental Health & Physical Activity (2008 – present).

Dr. Taylor is Chief Investigator, in the past 10 years involving the design and evaluation of complex interventions to promote physical activity.

He published 2 books, 26 book chapters, 90 peer reviewed articles in sport and exercise psychology and medical journals, 9 reports & national guidelines and supervised 20 PhD students, examined 24 PhDs in UK, New Zealand, Canada, and Norway.

Significant research interests since 1979 are Attention in sport, psychology of sports officiating, psychology of sports injuries, promoting physical activity through exercise referral schemes, and in urban and rural environments, physical activity for mental health (depression, anxiety, psycho-physiological reactivity, severe mental illness, occupational stress), acute exercise effects on self-regulatory processes (eg, attentional bias, cravings, withdrawal symptoms, affect, and cue reactivity to cigarettes, alcohol and snack food), multiple health behaviour change (eg, physical activity for smoking harm reduction, and alcohol and substance misuse), falls prevention in elderly and Parkinson's patients, systematic reviews and evidence-based practice, designing and evaluating complex interventions to promote healthy lifestyles and well-being in offenders and disadvantaged communities, and in patients with chronic long-term conditions (eg, obesity, COPD, diabetes, poor mental health), web-based interventions for physical activity.

