



nutrients

IMPACT
FACTOR
6.706

Indexed in:
PubMed

Special Issue Reprint

The Role of Nutrition in ADHD, Psychiatric, and Mental Disorders Treatment

Edited By:

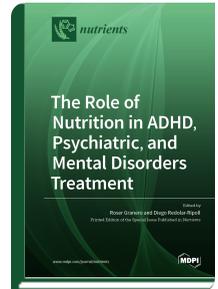
Roser Granero

Diego Redolar Ripoll

mdpi.com/books/pdfview/book/5168

ISBN 978-3-0365-3397-1 (Hbk)

ISBN 978-3-0365-3398-8 (PDF)



Attention-deficit hyperactivity disorder (ADHD) is a neurodevelopmental chronic disorder which etiology seems the result of complex interactions between multiple factors, including genetic, biological, and environmental influences. Treatment research has proved that the combination of both medication with behavioral therapy can improve ADHD symptoms; Moreover, recent studies suggest the need for new approaches aimed at the underlying triggers of this complex disorder (such as stress, poor sleep or certain dietary plans), on the basis that making adequate lifestyle changes to minimize these triggers could contribute to better control ADHD symptoms. In this context, studies addressing the efficacy of nutrition on the developmental course of ADHD observe that deficiencies in certain types of foods can worsen the symptoms of attention deficit, hyperactivity, and impulsivity, while adequate dietary plans could optimize brain functions. Nevertheless, the specific causal pathways of the dietary styles adjuvant for medication and psychotherapies contributing to prevent/reduce ADHD symptoms are largely unknown, as well as the long-term effects.

This book includes evidence of the potential contribution of the nutrition styles on the treatment outcomes of individuals with ADHD and other frequent mental-psychiatric disorders across development, and the underlying mechanisms explaining the direct and mediational effects. The contents of this book could contribute to the elaboration of guidelines/recommendations for improving caring capacity of healthcare practitioners and family caregivers.



Order Your Print Copy

Print copies (170x244mm, Pbk) can be ordered at:

www.mdpi.com/books/pdfview/book/5168

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis lieferbarer Bücher (VLB).



Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.