Special Issue

Diet, Lifestyle and Neurobehaviors

Message from the Guest Editor

The brain is influenced by multiple environmental and behavioral factors, and these can either enhance or detract from mental health and cognitive performance. Research in this area has increasingly highlighted the profound role of diet and lifestyle choices in shaping brain structure and function across the human lifespan. This Special Issue thus explores the critical relationship between diet, lifestyle, and neurobehaviors, such as mental distress, stress, resilience, and motivation, focusing on how factors such as nutrition, exercise, sleep, substance use, and mental well-being contribute to psychological stress, resilience, and emotional regulation. The aim of this Special Issue is to foster interdisciplinary discussions and provide evidencebased insights into the ways in which a holistic approach to lifestyle and diet can improve brain health, prevent cognitive decline, and promote mental well-being. We encourage contributions from diverse fields, including neuroscience, psychology, nutrition, and public health, to advance our understanding of how the complex interactions between diet, lifestyle, and brain function shape human health.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

With warm greetings, it is a pleasure to invite you to contribute a research article or comprehensive review for consideration and publication in *Behavioral Sciences*. *Behavioral Sciences* is an international, scientific, open access journal providing an advanced forum for discussions and research regarding the intersection between psychiatry, neuroscience, psychology, cognitive and behavioral sciences, and behavioral biology. More information are available at: https://www.mdpi.com/journal/behavsci. We would be pleased to welcome you as one of our authors and have the opportunity to consider your work for publication.

Editor-in-Chief

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