

Special Issue

Eating Behaviours in Diverse Populations

Message from the Guest Editors

Socio-cultural and diversity factors such as socioeconomic status, environmental influences, cultural norms, and ethnicity play a significant role in shaping and maintaining eating behaviours and food choices, which can often contribute towards excessive weight gain. With the goal to broaden our understanding of the complex psychological and socio-cultural influences on eating behaviours, and to inform effective, culturally sensitive strategies that promote healthier eating practices across diverse populations, this Special Issue welcomes theoretical/review contributions, as well as empirical studies including cross-sectional, longitudinal, and experimental designs. Potential topics include, but are not limited to, psychological interventions aimed at promoting healthier eating behaviours (e.g., mindfulness, mindful eating, gratitude, self-compassion, and acceptance) and the impact of socio-cultural factors in assessing eating patterns (e.g., cross-cultural differences in eating behaviours, minoritised groups and eating behaviours, and socio-economic status and eating behaviours), as well as eating behaviours in clinical groups.

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