

Special Issue

Prevention and Intervention in Eating Disorders

Message from the Guest Editors

Eating disorders (EDs) are complex psychiatric conditions with both medical and social-cognitive symptoms and consequences. Fortunately, there are several promising preventive interventions for ED risk factors, including cognitive dissonance, cognitive behavior, healthy lifestyle modification, psychoeducation, interpersonal psychotherapy, and media literacy. However, as observed in intervention studies, most preventive programs have been developed for “skinny, white, affluent girls” (the SWAG stereotype). Therefore, the development of preventive programs for marginalized groups (i.e., women, people of disabilities, people of color, sexual and gender minorities; ethnic and racial marginalized groups; people of lower socio-economic status, and others) and other at-risk groups (i.e., athletes, ballet dancers, fashion models, among other) is welcome. The development of technology-based interventions has also been encouraged. The use of innovative approaches has demonstrated promising results and is especially vital in enhancing the interactivity and attractiveness of the intervention, and has contributed to the broad dissemination of existing prevention programs.

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Deadline for manuscript submissions

31 May 2026



Healthcare

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.7
Indexed in PubMed



mdpi.com/si/210765

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Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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