

Special Issue

Diet, Lifestyle Factors and Mental Health

Message from the Guest Editor

Emerging evidence has revealed that diet quality impacts mental health. Several nutrients contribute to brain chemistry and provide structural support for various brain regions. Dietary patterns are also associated with mental health as several dietary factors work in conjunction to modulate brain function. However, confounding factors, such as sleep, stress, exercise, and substance use, which may alter the mediating effect of diet on mental health, must also be considered. Interestingly, brain morphology differs between men and women, which may necessitate customization of dietary recommendations. In addition, brain maturity development continues into the mid-20s, which requires investigation into pre-maturity versus post-maturity dietary needs to support the dynamic brain. Hence, this Special Issue is inviting papers that address these gaps in the literature to help piece together the bigger picture of the impact of diet and lifestyle factors on mental health in young and mature men and women.

Guest Editor

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

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