

## Special Issue

# Psychology of Eating: Understanding of Eating Behaviours

### Message from the Guest Editors

In the era of excessive food consumption or the intentional restriction of food intake, it seems crucial to understand the mechanisms modulating (e.g., stress) and regulating (e.g., emotion regulation) eating behaviours, as well as influencing weight-related behaviours (e.g., physical activity). Empirical evidence is needed to elucidate how psychological factors affect human eating behaviour. It will help us to further understand the psychological aspects of healthy and unhealthy eating. The development of effective behaviour change interventions is key to promoting healthy eating. In this Special Issue, we would like to highlight the latest research on eating behaviours. We invite the submission of original research, systematic literature reviews and meta-analyses. In addition to clinical or experimental studies, the treatment of disordered eating behaviours are also welcome.

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### Guest Editors

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### Deadline for manuscript submissions

closed (30 September 2021)



## International Journal of Environmental Research and Public Health

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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.

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