

## Special Issue

# Anorexia Nervosa: Clinical Insights and Treatment Approaches

### Message from the Guest Editors

This Special Issue, titled “Anorexia Nervosa: Clinical Insights and Treatment Approaches”, offers an in-depth examination of one of the most complex and challenging eating disorders. It brings together recent clinical and research findings to shed light on the psychological, biological, and social dimensions of anorexia nervosa. Topics include diagnostic challenges, comorbidities, neurobiological correlates, therapeutic innovations, and strategies for enhancing patient motivation and engagement. It will support clinicians and researchers in developing more effective evidence-based interventions tailored to individual needs. This Special Issue also explores the multifaceted nature of anorexia nervosa (AN), a severe eating disorder characterized by restrictive eating behaviors, distorted body image, and intense fear of weight gain. Contributions will focus on recent advances in the understanding, assessment, and treatment of AN, including neurobiological underpinnings, psychological mechanisms, family dynamics, and innovative therapeutic approaches. Dr. Vassilis Martiadis

*Assistant*

---

### Guest Editors

Dr. Vassilis Martiadis

Department of Mental Health, Community Mental Health Center DS 25, ASL Napoli 1 Centro, Naples, Italy

Dr. Fabiola Raffone

Department of Mental Health, ASL Napoli 1 Centro, Naples, Italy

---

### Deadline for manuscript submissions

28 February 2026



## Medicina

---

an Open Access Journal  
Published by MDPI

---

Impact Factor 2.4  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/si/244146](https://mdpi.com/si/244146)

*Medicina*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[medicina@mdpi.com](mailto:medicina@mdpi.com)

[mdpi.com/journal/  
medicina](https://mdpi.com/journal/medicina)





# Medicina

---

an Open Access Journal  
Published by MDPI

---

Impact Factor 2.4  
CiteScore 4.1  
Indexed in PubMed



[mdpi.com/journal/  
medicina](https://mdpi.com/journal/medicina)



## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Medicina* (ISSN: 1648-9144). *Medicina* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on medicine. The scientific community and the general public can access the content free of charge as soon as it is published.

---

### Editor-in-Chief

Prof. Dr. Edgaras Stankevičius  
Medical Academy, Lithuanian University of Health Sciences, Kaunas,  
Lithuania

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, and other databases.

#### Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1 (General Medicine)