



## The Role of Eating Behavior, Dietary Patterns, and Specific Foods and Nutrients in Depressive Symptoms across the Lifespan

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### Message from the Guest Editors

Dear Colleagues,

Depression is currently one of the most prevalent mental disorders and entails a substantial burden to individuals and their families, as well as to society, in the context of occupational and public health. The study of nonpharmacological alternatives, such as dietary behavior and the consumption of specific foods and nutrients, has gained the attention of clinicians and researchers for their potential role in the prevention and treatment of depressive disorders.

This Special Issue will include review articles and observational and experimental studies on the role of eating behavior, dietary patterns, and specific foods and nutrients in depressive symptoms and depressive disorders across the lifespan. Studies that explore the possible pathophysiological and behavioral mechanisms behind these associations are also encouraged. We expect to gather relevant and essential scientific content for the understanding of the diet–depression relationship, which can support the elaboration of dietary recommendations and guide future studies on this topic.





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