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## Nutrition, Sleep, Physical Activity and Mood Disorders

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Deadline for manuscript  
submissions:

**closed (25 April 2023)**

### Message from the Guest Editor

Mood disorders are a major global health issue. As mental health is certainly an important public health issue with a lot of fallout, specific policy of prevention are ever necessary. One of the most important preventive factors, without doubt, is the supplementation of food-derived materials, integrated in the usual food intake, obviously, together with engagement in physical activity, sleep quality, last but not least, the presence of rewarding activities in the lifetime. It is possible that all of these factors can balance the biological needs, mood and behavior, with potentially beneficial effects for people.

The objective of this SI is to publish selected papers detailing specific aspects of nutrition and other lifestyle precautions, such as sleep quality and participation in physical activity that could play a role in preventing and intervening on mood disorders, both in adults, elderly subjects, and young patients. Particularly, papers (reviews and/or clinical or experimental studies) dealing with the role of specific nutrients on mood, and also contributions addressing their indirect effects through the involvement of specific cerebral neurotransmitters, will be included.



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# Special Issue



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