

Special Issue

Eating Behaviors and Eating Disorders: Prevention, Clinical Characterization, and Treatment

Message from the Guest Editor

his Special Issue explores the intricate relationship between eating behaviors and eating disorders, emphasizing the prevention, clinical characterization, and treatment. Eating behaviors include a wide spectrum, from healthy dietary habits to disordered patterns, and play a key role in the onset of eating disorders (i.e., anorexia nervosa, bulimia nervosa, binge-eating disorder, and avoidant/restrictive food intake disorder) and obesity. Pathological eating behaviors such as binge eating, grazing, food dependence, nocturnal eating, and a preference for sweets can be critical indicators of eating disorders and may also reflect underlying endocrine/metabolic disturbances that warrant clinical attention. Additionally, maladaptive eating patterns, combined with body dissatisfaction, distorted body image, and psychological distress, are core symptoms that define the clinical presentation of major eating disorders.

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Deadline for manuscript submissions

closed (25 November 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/216582

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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