

## 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.

### Guest Editor

Dr. Cristina Segura Garcia

Department of Medical and Surgical Sciences, Università degli Studi Magna Graecia di Catanzaro, 88100 Catanzaro, Italy

### Deadline for manuscript submissions

25 November 2025



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/216582](https://mdpi.com/si/216582)

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

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





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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



## About the Journal

### Message from the Editorial Board

*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.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### 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, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)