

Special Issue

Eating and Mental Health Disorders

Message from the Guest Editor

A change in eating behaviour, which might be accompanied by altered eating-related emotions and cognitions, may be a symptom of a mental health disorder, a consequence of psychopharmacological treatment, or an indication of a specific eating disorder. Examples of mental health disorders that are associated with changes in eating behaviour, food choice, appetite, and weight regulation are anxiety and mood disorders, neurodevelopmental disorders, post-traumatic stress disorder, schizophrenia, and sleep disorders.

Psychopharmacological agents can either increase appetite and body weight, such as in the case of second-generation antipsychotics and antihistaminergic antidepressants, or lead to a loss of appetite, such as in the case of the antidepressant bupropion and the stimulant lisdexamfetamine. Furthermore, there have been reports that weight-loss medications such as glucagon-like peptide-1 (GLP-1) receptor agonists improve mood in people with both obesity and depression. There is also hope that GLP-1 receptor agonists might provide future treatments for binge-eating disorder. Thus, this Special Issue will cover various eating-related aspects of mental health disorders.

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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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