

Special Issue

Nutritional Therapies for Mental Disorders

Message from the Guest Editor

Major depression, bipolar disorder, schizophrenia, and obsessive compulsive disorder (OCD) are among the most common mental disorders that currently plague numerous countries and have a big impact on patients' daily life. Changes in lifestyle related to nutritional habits might ameliorate psychiatric symptoms via changes in systemic inflammation, oxidative stress or in microbiota composition. For example, the intake of the essential amino acid tryptophan, which is further converted into serotonin, melatonin and kynurenine has a positive influence on depression, sleep, and behavior. In light of the tight association between nutrition and mood and the widespread use of nutrient supplements, it is especially important to evaluate the effects of dietary modifications on the development of psychiatric symptoms on a clinical as well as experimental level. This Special Issue will publish selected articles that deepen our knowledge of specific and innovative aspects of diet, food, nutrition, on mental disorders and associated somatic comorbidities.

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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.

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