

## Special Issue

# Body Image and Nutritional Status Among Adolescents and Adults

### Message from the Guest Editors

As is well known, a person's perception of the body, regardless of its appearance, is referred to as body image. This perception depends on numerous factors: from realistic self-observation to emotions, feelings, memories, and attitudes associated with the body, both consciously and unconsciously. The complexity of the relationships between body image perception and weight status/body composition, their trend with age, gender, ethnicity, and physical activity, and their effects on health outcomes need to be studied in depth. For adolescent and adult health assurance, it is crucial to understand the relationship between perceived body image and actual weight status or body composition. Indeed, this may allow the development of effective interventions to prevent and manage possible eating disorders. The purpose of this Special Issue is to highlight the latest relevant research in this field. We will therefore welcome all reviews, research papers, and experimental and empirical studies that address aspects related to body image perception and actual physical appearance.

### Guest Editors

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### Deadline for manuscript submissions

closed (15 April 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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### 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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