

Special Issue

Integration of Nutritional and Psychological Interventions in the Management of Anorexia Nervosa, Bulimia Nervosa and Other Eating Disorders

Message from the Guest Editor

Nutritional interventions address undereating, extreme and rigid dietary rules, and malnutrition while promoting healthy weight restoration and eating behaviors. They also aim to correct dysfunctional cognitions related to food and eating. Meanwhile, evidence-based psychological therapies, such as cognitive-behavioral therapy, family therapy, and others, target the mechanisms and features that maintain eating disorder psychopathology. Integrating these approaches creates a comprehensive treatment model addressing physiological and psychological factors.

This Special Issue will feature research on novel treatment models, personalized nutrition plans and management, and the effectiveness of integrated programs. It will also examine challenges in multidisciplinary care, patient adherence, and long-term recovery strategies across different levels of treatment. Contributions from clinicians, dietitians, psychologists, and researchers will provide critical insights into optimizing interventions.

Guest Editor

Dr. Riccardo Dalle Grave

Department of Eating and Weight Disorders, Villa Garda Hospital, Via Monte Baldo 89, 37016 Verona, Italy

Deadline for manuscript submissions

20 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/233091

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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)