

Special Issue

Contributing Factors to Eating Disorders Impact on Health

Message from the Guest Editor

Eating disorders are among the psychiatric disorders with the highest mortality risks in adolescents and young adults. In general terms, eating disorders refer to illnesses that significantly disrupt one's eating patterns. Examples of these disorders include anorexia, which involves severe food restriction and emaciation, and bulimia, characterized by episodes of binge eating followed by purging, fasting, or excessive exercise. Despite their differences, all of these disorders share a dangerous and unhealthy relationship with food. To date, the etiology of eating disorders is still poorly understood, with many putative risk factors. Beside the genetic risk factors, there are different environmental factors such as stress, culture, or insults occurring during critical periods of foetal development that can have physiological effects that unfold across the life span.

This Special Issue aims to discover novel neurobiological mechanisms contributing to eating disorders –and may also enhance adherence and motivation, ultimately leading to better outcomes. With the goal of developing new interventions for treating eating disorders.

Guest Editor

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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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