

Special Issue

Physical Activity and Psychosocial Factors Associated with Adherence to the Mediterranean Diet

Message from the Guest Editors

The Mediterranean diet is considered one of the most complete and balanced diets worldwide; it has been associated with a higher level of quality of life and general health. Some benefits are particularly notable, including a reduced risk of cardiovascular disease and other chronic diseases. In addition, recent studies have linked the Mediterranean diet to better mental health. A number of factors may be related to greater adherence to the Mediterranean diet, including physical activity and other factors of a psychological and social nature. Therefore, this Special Issue aims to address how adherence to the Mediterranean diet is influenced by the amount, regularity, and type of physical activity carried out by social aspects.

Guest Editors

Prof. Dr. Manuel Castro Sanchez

Department of Didactics of Musical, Plastic and Body Expression,
University of Granada, 52005 Melilla, Spain

Prof. Dr. Ramón Chacón Cuberos

Department of Research Methods and Diagnosis in Education,
University of Granada, 18071 Granada, Spain

Deadline for manuscript submissions

closed (25 May 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/204522

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)