

Special Issue

Bidirectional Link between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders

Message from the Guest Editors

About 280 million people in the world suffer from depression and 301 million suffer from anxiety, with a worldwide prevalence of 4.4% and 3.6%, respectively (WHO, 2019). These data are even more alarming considering that the COVID-19 pandemic has dramatically exacerbated experiences of mental illness. Depression has many causes.

The objective of this proposed Special Issue on “Bidirectional Link between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders” is to publish selected articles detailing specific aspects of nutrition and other lifestyle interventions, such as participation in physical activity. Contributions describing the effects of mental health on lifestyle and physical health are welcome, as well as works illustrating how specific nutrients and micronutrients can promote better psycho-physical well-being.

Guest Editors

Prof. Dr. Carlo Pruneti

Clinical Psychology, Clinical Psychophysiology, and Clinical Neuropsychology Laboratory, Department of Medicine and Surgery, University of Parma, 43126 Parma, Italy

Dr. Sara Guidotti

Clinical Psychology, Clinical Psychophysiology, and Clinical Neuropsychology Laboratory, Department of Medicine and Surgery, University of Parma, 43126 Parma, Italy

Deadline for manuscript submissions

closed (25 September 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/183194

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)