

Special Issue

Nutrition and Mental Health: Strategies for Prevention and Intervention

Message from the Guest Editor

This Special Issue of *Nutrients* explores the critical link between nutrition and psychological well-being. We invite submissions investigating how dietary patterns, nutrient intake, and nutritional interventions can prevent and manage mental health disorders. Topics include:

- Specific nutrients (omega-3s, B-vitamins, probiotics) in mood and cognition
- Dietary patterns (Mediterranean, anti-inflammatory) and mental health outcomes
- Clinical nutrition interventions for psychiatric conditions
- Gut-brain axis mechanisms
- Public health strategies integrating nutrition and mental health
- Nutritional psychiatry paradigms and guidelines
- Population-specific research (children, adolescents, older adults)
- Methodological innovations in nutrition-mental health research
- Integrative approaches combining nutrition with conventional treatments

We welcome original research, reviews, and case studies advancing this important field.

Guest Editor

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Deadline for manuscript submissions

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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.

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