

Special Issue

Bidirectional Link Between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders—2nd Edition

Message from the Guest Editors

Globally, approximately 280 million people suffer from depression and 301 million suffer from anxiety, with a prevalence of 4.4% and 3.6%, respectively. As a condition that affects psychophysical balance, it can be traced back to mental discomfort. However, it can also be linked to biological deficits. More specifically, deflected moods associated with marked psychopathology can lead to serious behavioral and autonomic manifestations, such as social withdrawal, apathy, asthenia, and anhedonia.

Considering the success of the previous Special Issue, entitled “Bidirectional Link Between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders”, we are pleased to announce that we are launching a second Special Issue on this topic. Our objective for this Special Issue 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 are 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

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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

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