

## Special Issue

# Nutrition, Disordered Eating and Mental Health

### Message from the Guest Editors

Eating disorders are a group of mental disorders resulting from an unhealthy approach to food and weight. They can pose a significant threat to many aspects of a person's life, including their health. Eating disorders include various pathologies such as pica, rumination, avoidant/restrictive food intake disorder, anorexia nervosa, bulimia nervosa and binge eating. The behaviors associated with eating disorders can significantly affect physical well-being and are frequently exacerbated by other conditions such as substance abuse, anxiety disorders or depression. Eating disorders are associated with significant psychological impairment, serious medical complications and an increased risk of suicide. Research has shown that various psychological factors are involved in the development of eating disorders, and it is becoming increasingly important to understand the predisposing, precipitating and maintaining factors. This Special Issue aims to highlight the latest innovative research in this field to help clinicians better understand eating disorders.

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### Guest Editors

Dr. Nadia Barberis  
Dr. Giorgio Falgares  
Dr. Elena Tomba

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### Deadline for manuscript submissions

closed (25 December 2024)



## Nutrients

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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

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