

Special Issue

Lifestyle Factors, Nutrition and Mental Health in Adolescents

Message from the Guest Editor

Adolescence is a transition phase of life from childhood to adulthood, characterized by rapid physical, cognitive and psychosocial growth.

During childhood and adolescence, the lifestyle behaviors, social and emotional habits that are developed and adopted tend to persist into adulthood and have a profound impact on short- and long-term health and well-being.

Individual behaviors and habits are not only shaped by an individual's values, knowledge and norms, but also the multidimensional environment, including family, school, community and national policies.

The past decades have witnessed remarkable social and economic development in the world that bring about changes in the individual lifestyle, health and well-being profile of adolescents.

The aim of the Special Issue is to provide a forum for researchers, health workers, education sectors and stakeholders to present and share the results, comments and suggestions in this field. Any works on the relationship of lifestyle behaviors, nutrition status and mental health are welcomed.

Guest Editor

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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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