

Special Issue

Impact of DHA/EPA and Other Nutrients on Development: From Perinatal to Menopause

Message from the Guest Editors

Anxiety, depression and psychoses are major mental disorders that currently affect hundreds of millions of people worldwide and affect women across their entire lifespan, particularly in relation to major depression and general anxiety disorder. This Special Issue will highlight recent research on the role of specific nutrients, such as the n-3 long-chain polyunsaturated fatty acids, as well as physical exercise and lifestyle, as coadjuvant therapies for women experiencing episodes of anxiety, depressive or psychotic episodes in their life span, in particular during “windows of vulnerability”, i.e., when exposed to intense hormone fluctuations, such as the peripartum period or the menopause transition. Evidence concerning the health benefits of DHA and EPA and multisystemic approaches and their preventive effect on mental disorders, and all the related disabling symptoms, is growing. We invite you to submit your research covering these important topics. Submissions of original papers, reviews or meta-analyses on humans are particularly welcome. Co-

Guest Editors

Dr. Paolo Brambilla
Prof. Dr. Carlo Agostoni
Dr. Alessandra Mazzocchi

Deadline for manuscript submissions

closed (15 February 2023)



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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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