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Bidirectional Link between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders

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Message from the Guest Editors

About 280 million people in the world suffer from depression and 301 million suffer from anxiety, with a worldwide prevalence of 4.4% and 3.6%, respectively (WHO, 2019). These data are even more alarming considering that the COVID-19 pandemic has dramatically exacerbated experiences of mental illness. Depression has many causes.

The objective of this proposed Special Issue on “Bidirectional Link between Eating Habits, Lifestyle, Physical Exercise and Depression and Other Mental Disorders” 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 well as works illustrating how specific nutrients and micronutrients can promote better psycho-physical well-being.



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Special Issue



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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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