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The Role of Eating Behavior, Dietary Patterns, and Specific Foods and Nutrients in Depressive Symptoms across the Lifespan

Guest Editors:

Dr. Arthur Eumann Mesas

Health and Social Research
Center, Universidad de Castilla-
La Mancha, 16002 Cuenca, Spain

Dr. Estela Jimenez-López

1. Health and Social Research
Center, Universidad de Castilla-
La Mancha, 16002 Cuenca, Spain
2. Department of Psychiatry,
Hospital Virgen de La Luz, 16002
Cuenca, Spain

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Message from the Guest Editors

Dear Colleagues,

Depression is currently one of the most prevalent mental disorders and entails a substantial burden to individuals and their families, as well as to society, in the context of occupational and public health. The study of nonpharmacological alternatives, such as dietary behavior and the consumption of specific foods and nutrients, has gained the attention of clinicians and researchers for their potential role in the prevention and treatment of depressive disorders.

This Special Issue will include review articles and observational and experimental studies on the role of eating behavior, dietary patterns, and specific foods and nutrients in depressive symptoms and depressive disorders across the lifespan. Studies that explore the possible pathophysiological and behavioral mechanisms behind these associations are also encouraged. We expect to gather relevant and essential scientific content for the understanding of the diet–depression relationship, which can support the elaboration of dietary recommendations and guide future studies on this topic.



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Special Issue



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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
(IUIBS), 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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Message from the Editorial Board

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Contact Us

Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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