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Recent Advances in Understanding Human Appetite: From Metrics to Influential Factors and Their Effects on Eating Behaviour

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Message from the Guest Editors

Dear Colleagues,

Consuming sufficient food to maintain energy stores is necessary for the survival of all living species including humans. Yet, appetite, the system that influences energy intake, is influenced by psychological, physiological and neural signals, which make humans vulnerable to under- as well as overconsumption.

To understand the complex nature of human appetite, it is necessary to study the various homeostatic and hedonic drivers (and their interactions) involved in the regulation of eating, along with the characteristics that differentiate healthy intake behavior from consumption below and above physiological needs. Of equal importance to the study of appetite are proper (reliable and valid) means for its measurement, no matter if the focus is on measuring the explicit subjective response either in isolation or in combination with implicit measures, or endocrine or neural biomarkers (to mention a few examples).

In this Special Issue, we aim to bring together research that contributes to a state-of-the-art understanding of human appetite, its measurement, and implications for eating behavior.



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Special Issue



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Message from the Editor-in-Chief

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