



Eating and Mental Health Disorders

Guest Editor:

Prof. Dr. Hubertus Himmerich

Department of Psychological
Medicine, Institute of Psychiatry,
Psychology & Neuroscience,
King's College London, London
SE5 8AF, UK

Deadline for manuscript
submissions:

closed (5 July 2025)

Message from the Guest Editor

A change in eating behaviour, which might be accompanied by altered eating-related emotions and cognitions, may be a symptom of a mental health disorder, a consequence of psychopharmacological treatment, or an indication of a specific eating disorder.

Examples of mental health disorders that are associated with changes in eating behaviour, food choice, appetite, and weight regulation are anxiety and mood disorders, neurodevelopmental disorders, post-traumatic stress disorder, schizophrenia, and sleep disorders.

Psychopharmacological agents can either increase appetite and body weight, such as in the case of second-generation antipsychotics and antihistaminergic antidepressants, or lead to a loss of appetite, such as in the case of the antidepressant bupropion and the stimulant lisdexamfetamine. Furthermore, there have been reports that weight-loss medications such as glucagon-like peptide-1 (GLP-1) receptor agonists improve mood in people with both obesity and depression. There is also hope that GLP-1 receptor agonists might provide future treatments for binge-eating disorder.

Thus, this Special Issue will cover various eating-related aspects of mental health disorders.





an Open Access Journal by MDPI

Editors-in-Chief

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

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI