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Cognitive and Dietary Behaviour Interventions in Eating Disorders

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Message from the Guest Editors

Eating disorders are serious and complex mental health conditions that require comprehensive mental health and dietetic intervention approaches. Developing innovative assessment instruments and treatments that target the underlying psychological and nutritional aspects of aberrant eating behaviours is central to preventing relapse and promoting long-term recovery. Dietary and psychological interventions, which are often offered as independent clinical interventions, also form a helpful and holistic integrated strategy that underscores the importance of addressing both the mental and physical dimensions of eating disorders. Together, cognitive and dietary interventions have the potential to establish regular eating patterns, ensure adequate nutrient intake, and reduce harmful behaviours such as restrictive eating or bingeing. This Special Issue aims to shed light on innovative approaches and research in these two major approaches in the field of eating disorders to advance scientific understanding and improve clinical outcomes for individuals affected by these complex conditions. Primary research articles, reviews, and comment papers are welcome.



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Special Issue



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