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## Nutrition, Disordered Eating and Mental Health

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### Message from the Guest Editors

Dear Colleagues,

Eating disorders are a group of mental disorders resulting from an unhealthy approach to food and weight. They can pose a significant threat to many aspects of a person's life, including their health. Eating disorders include various pathologies such as pica, rumination, avoidant/restrictive food intake disorder, anorexia nervosa, bulimia nervosa and binge eating.

The behaviors associated with eating disorders can significantly affect physical well-being and are frequently exacerbated by other conditions such as substance abuse, anxiety disorders or depression. Eating disorders are associated with significant psychological impairment, serious medical complications and an increased risk of suicide. Research has shown that various psychological factors are involved in the development of eating disorders, and it is becoming increasingly important to understand the predisposing, precipitating and maintaining factors.

This Special Issue aims to highlight the latest innovative research in this field to help clinicians better understand eating disorders.



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# Special Issue



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## Message from the Editorial Board

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