



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

Deadline for manuscript
submissions:
closed (25 June 2023)

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.





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 (Food Science)

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