



Impact of DHA/EPA and Other Nutrients on Development: From Perinatal to Menopause

Guest Editors:

Dr. Paolo Brambilla

Department of Medical-Surgical
Physiopathology and
Transplantation, University of
Milan, 20122 Milan, Italy

Prof. Dr. Carlo Agostoni

Department of Clinical Sciences
and Community Health (DISCCO),
University of Milan, 20122 Milan,
Italy

Dr. Alessandra Mazzocchi

Department of Clinical Sciences
and Community Health,
University of Milano, 20122
Milano, Italy

Deadline for manuscript
submissions:

closed (15 February 2023)



mdpi.com/si/94740

Message from the Guest Editors

Dear Colleagues,

Anxiety, depression and psychoses are major mental disorders that currently affect hundreds of millions of people worldwide and affect women across their entire lifespan, particularly in relation to major depression and general anxiety disorder.

This Special Issue will highlight recent research on the role of specific nutrients, such as the n-3 long-chain polyunsaturated fatty acids, as well as physical exercise and lifestyle, as coadjuvant therapies for women experiencing episodes of anxiety, depressive or psychotic episodes in their life span, in particular during “windows of vulnerability”, i.e., when exposed to intense hormone fluctuations, such as the peripartum period or the menopause transition.

Evidence concerning the health benefits of DHA and EPA and multisystemic approaches and their preventive effect on mental disorders, and all the related disabling symptoms, is growing.

We invite you to submit your research covering these important topics. Submissions of original papers, reviews or meta-analyses on humans are particularly welcome.

Dr. Paolo Brambilla

Guest Editor

Prof. Dr. Carlo Agostoni

Dr. Alessandra Mazzocchi

Co-Guest Editors

Special Issue



nutrients

Indexed in:
PubMed

CITESCORE
9.2

IMPACT
FACTOR
4.8

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

Author Benefits

3. Preventive Medicine Service,

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

Canarian Health Service, 35016 Las Palmas, Spain

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)

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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