

## Special Issue

# Cognitive and Dietary Behaviour Interventions in Eating Disorders

### 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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### Guest Editors

Prof. Dr. Phillipa Hay

Dr. Jay Raman

Dr. Gabriella A. Heruc

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### Deadline for manuscript submissions

15 March 2025



## Nutrients

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### 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.

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