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Body Image and Nutritional Status Among Adolescents and Adults

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A person's perception of their body, regardless of its appearance, is referred to as body image. This perception depends on numerous factors: from realistic self-observations to emotions, feelings, memories, and attitudes associated with their body, both consciously and unconsciously. A misperception of body image can be frequently observed, and this condition can cause anxiety about one's appearance, depressive disorders, and detrimental eating behaviours, especially in adolescents and young adults. Furthermore, when an incongruence between perceived body image and ideal body image occurs, the resulting body dissatisfaction can affect the individual's physical and mental health.

The complexity of the relationships between body image perception and weight status/body composition; their association with factors such as age, gender, ethnicity, and physical activity; and their effects on health outcomes need to be studied in depth. For adolescent and adult health assurance, it is crucial to understand the relationship between perceived body image and actual weight status or body composition. Indeed, this may allow for the development of effective interventions to prevent and manage possible eating disorders.

