

# ECNP Supports European Research Projects



## Effects of Nutrition and Lifestyle on Impulsive, Compulsive, and Externalizing behaviours

*How do diet and lifestyle influence our behaviour?*

**THE CHALLENGE** Maladaptive impulsivity and compulsivity predispose to antisocial and addictive behaviours – with significant social consequences – but the factors influencing such traits are not fully identified or understood.



**THE GOAL** To investigate which dietary components and lifestyle factors influence our brain function and behaviour - and how.



General Assembly in Lisbon, November 2019

**THE PLAN** Using the largest existing samples worldwide, Eat2beNice will investigate the association of nutrition components and lifestyle with impulsivity/compulsivity, focusing on how such associations are moderated by age, culture, sex, socioeconomic status, the gut microbiome and genetics.



**THE IMPACT** To translate scientific results into real-life dietary solutions to help the general public, patients and their families, clinicians, and policy-makers.



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Website: <http://newbrainnutrition.com>  
<http://eat2benice.eu>



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