

## Diet and Depression Information Sources

1. Appleton KM, Rogers PJ, Ness AR (2010) Updated systematic review and meta-analysis of the effects of n-3 long-chain polyunsaturated fatty acids on depressed mood. *American Journal of Clinical Nutrition*. 91(3):757-70.
2. Anon. [Public title] ( 2010) In older adults (60+ years) at risk for depression, can sertraline and/or omega-3 fatty acids compared with a placebo, reduce or prevent depressive symptoms, incidence of new cases of depression and/or cognitive decline. WHO.. [Ongoing trial ACTRN12610000032055]
3. Basoglu C, Ates MA, Algul A, Ipcioglu OM, Gecici O, Yilmaz O ( 2009) Adjuvant folate with escitalopram treatment and homocystein, folate, vitamin B-12 levels in patients with major depressive disorder. *Klinik Psikofarmakoloji Bulteni*. 19:135-142. [In Turkish]
4. Fat food for a bad mood. Could we treat and prevent depression in Type 2 diabetes by means of omega-3 polyunsaturated fatty acids? A review of the evidence. *Diabet Med*. 22(11):1465-75.
5. Kraguljac NV, Montori VM, Pavuluri M, Chai HS, Wilson BS, Unal SS (2009) Efficacy of omega-3 Fatty acids in mood disorders - a systematic review and meta-analysis. *Psychopharmacology Bulletin*. 42(3):39-54. Searches up to 2008, trials in mood disorders, 21 located, 13 of these eligible for meta-analysis. Conclusions: The available evidence suggests that omega-3 fatty acids are a potential treatment of depressive disorders, but not mania. The unexplained between-study inconsistency and imprecision of the pooled estimates mitigate this suggestion.
6. Lesperance F, Frasere-Smith N, St-Andre E, Turecki G, Lesperance P, Wisniewski SR (2010). The efficacy of omega-3 supplementation for major depression: a randomized controlled trial. *J Clin Psychiatry*
7. Lin PY, Huang SY, Su KP( 2010) A meta-analytic review of polyunsaturated fatty acid compositions in patients with depression. *Biological Psychiatry*. (68(2):140-7. Meta-analysis of 14 trials. Conclusion: The results showed lower levels of EPA, DHA, and total n-3 polyunsaturated fatty acids in patients with depression, thus implying that n-3 polyunsaturated fatty acids play a role in the pathogenesis of depression.
8. Martins JG. (2009) EPA but not DHA appears to be responsible for the efficacy of omega-3 long chain polyunsaturated fatty acid supplementation in depression: evidence from a meta-analysis of randomized controlled trials. *Journal of the American College of Nutrition*. 28(5):525-42.
9. Murakami K, Sasaki S. ( 2010) Dietary intake and depressive symptoms: a systematic review of observational studies. *Molecular Nutrition & Food Research* 54(4):471-88 Search of PubMed for observational studies only
10. Nguyen PH, Grajeda R, Melgar P, Marcinkevage J, DiGirolamo AM, Flores R (2009) Micronutrient supplementation may reduce symptoms of depression in Guatemalan women. *Arch Latinoam Nutr Sep*;59(3):278-86.
11. Papakostas GI, Mischoulon D, Shyu I, Alpert JE, Fava M. S-Adenosyl Methionine (S-AdoMet) Augmentation of Serotonin Reuptake Inhibitors for Antidepressant Non-responders With Major Depressive Disorder: A Double-Blind, Randomized Clinical Trial. *Am J Psychiatry* 2010, 167(8):942-8.

12. Richardson A, Burton J, Sewell R, Spreckelsen T, Montgomery P (2012) Docosahexaenoic Acid for Reading, Cognition and Behaviour in Children Aged 7–9 Years: A Randomized, Controlled Trial (The DOLAB Study) PLoS One. Peer-reviewed on-line medical journal- trial from Oxford University
13. Rocha Araujo DM, Vilarim MM, Nardi A (2010) What is the effectiveness of the use of polyunsaturated fatty acid omega-3 in the treatment of depression? Expert Review of Neurotherapeutics., 10(7):1117-29. 19 studies identified (four double-blind randomized studies, four cohort, two cross-sectional and nine case-control studies). Findings: 13 showed a significant positive association between omega-3 and depression, while six studies did not show a relationship between the referred variables.
14. Rondanelli M, Giacosa A, Opizzi A, Pelucchi C, La VC, Montorfano G, et al. Effect of omega-3 fatty acids supplementation on depressive symptoms and on health-related quality of life in the treatment of elderly women with depression: a double-blind, placebo-controlled, randomized clinical trial. J Am Coll Nutr 2010 Feb;29(1):55-64.
15. Mokhber N, Namjoo M, Tara F, Boskabadi H, Rayman MP, Ghayour-Mobarhan M ( 2010) Effect of supplementation with selenium on postpartum depression: a randomized double-blind placebo-controlled trial. J Matern Fetal Neonatal Med 24(1):104-8. Epub
16. Mischoulon D, Papakostas GI, Dording CM, Farabaugh AH, Sonawalla SB, Agoston AM, et al. A double-blind, randomized controlled trial of ethyl-eicosapentaenoate for major depressive disorder. Journal of Clinical Psychiatry. 2009 Dec;70(12):1636-44.
17. Pouwer F, Nijpels G, Beekman AT, Dekker JM, van Dam RM, Heine RJ, Snoek FJ ( 2005)
18. Sawada T, Yokoi K (2010) Effect of zinc supplementation on mood states in young women: a pilot study. Eur J Clin Nutr 64(3):331-3.
19. Somer E Registered Dietitian (2000). Food & Mood: The Complete Guide to Eating Well and Feeling Your Best, Second Edition
20. Walker JG, Mackinnon AJ, Batterham P, Jorm AF, Hickie I, McCarthy A ( 2010) Mental health literacy, folic acid and vitamin B12, and physical activity for the prevention of depression in older adults: randomised controlled trial. Br J Psychiatry Jul;197(1):45-54