

Workshop: Mood & food

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Studiedag Noord Nederlands Netwerk Stemnings- en Angststoornissen

Nieuwe benaderingen van therapieresistentie bij stemmings- en angststoornissen

Outline

- Inventarisatie (5-10min)
- Inleiding (40min)
- Groepsdiscussie (15min)
- Presentaties en plenaire discussie (20min)
- Wrap-up (5min)

Heikel onderwerp



Woensdag 23 september 2015 | Het laatste nieuws het eerst op NU.nl

Voorpagina

Net binnen

Algemeen

Binnenland

Buitenland

Politiek

Economie

Geld

Ondernemen

Beurs

Criekenland

Sport

Voetbal

Champions League

Wielrennen

Formule 1

MijnTeam

Tech

Internet

Mobiel

Gadgets

Games

Entertainment

Achterklap

Films en series

Muziek

Boek en cultuur

Media

Lifestyle

Gezondheid

NU.nl



'Veel voedselinfecties ontstaan in eigen keuken'

Eén op de vijf Nederlanders beseft niet dat een goed ogende pastasalade niet meer te vertrouwen is als die langer dan twee uur buiten de koeling staat. Door dergelijke misvattingen ontstaan er veel voedselinfecties in de eigen keuken.



'Afvalen makkelijker bij 30 graden of hoger'

Afvalen gaat makkelijker bij temperaturen boven de 30 graden. Men eet tot een vijfde minder per dag als het kwik naar de dertig graden stijgt.



EU wil geen extra norm voor bioproducten

Voor biologische landbouwproducten is geen extra norm nodig als het gaat om schadelijke stoffen, zoals restantjes bestrijdingsmiddelen. Dat stelden de lidstaten van de Europese Unie dinsdag in Luxemburg.



Waarom lukt het ons nog steeds niet om écht gezond te eten?

Nederland eet ongezond en wordt daardoor te dik, blijkt deze week uit onderzoek. Groente, fruit en vis laten we vaak links liggen, maar een chocoladereep niet. Want die is op elke straathoek te vinden.

Mental Health Daily

Mental Health Blog

Eating Fish Makes Antidepressants More Effective

by GLOOM on NOVEMBER 4, 2014

Medscape Medical News > Conference News



Your source for the latest research news

Fatty Fish May Boost Antidepressant Response

Deborah Brauser

October 22, 2014

Mobile: iPhone Android Web

HEALTH PHYSICAL/TECH ENVIRONME

NATURE WORLD NEWS

Home News Animals Biology Environment Health & TRENDING TOPICS RESEARCH CLIMATE CHANGE ANIMAL BEHAVIOR MYSTERY BACTERIA

Eating Fish Could Help Antidepressants Work

By Brian Stalrod Oct 28, 2014 09:04



FOX NEWS

Health Home Men's Health Women's Health Children's Health Alternative Medicine Diabetes Heart Health Allergies

Eating fish may make an antidepressant more effective, study says

Published October 21, 2014 · FoxNews.com

Facebook 18 Twitter 0 Messenger 1 Email

MED MEDIA НОВОСТИ

Рыба оказалась «антидепрессивной» едой



Иллюстрация с сайта expertrain.com.

21 октября 2014 года, 12:43

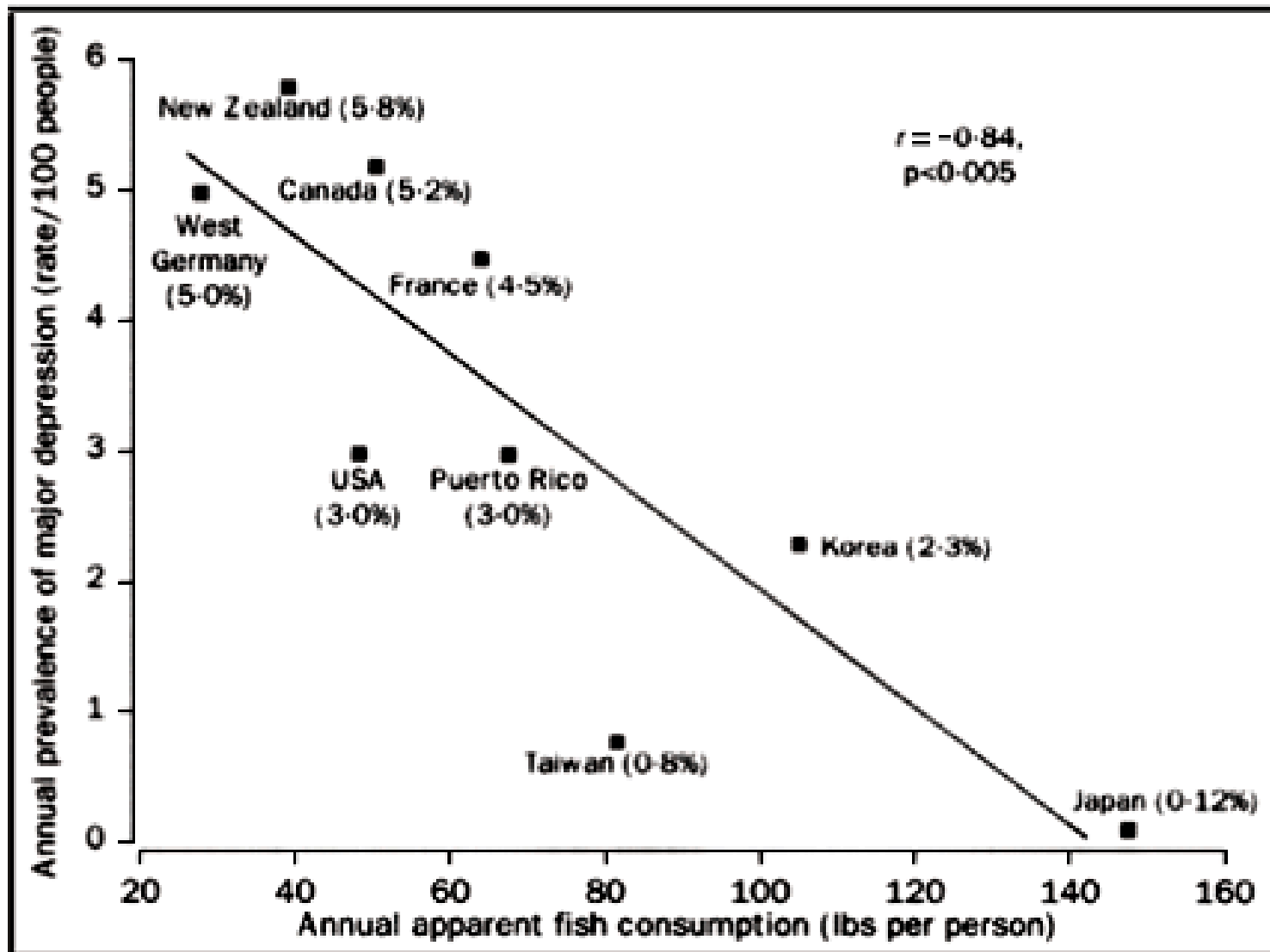


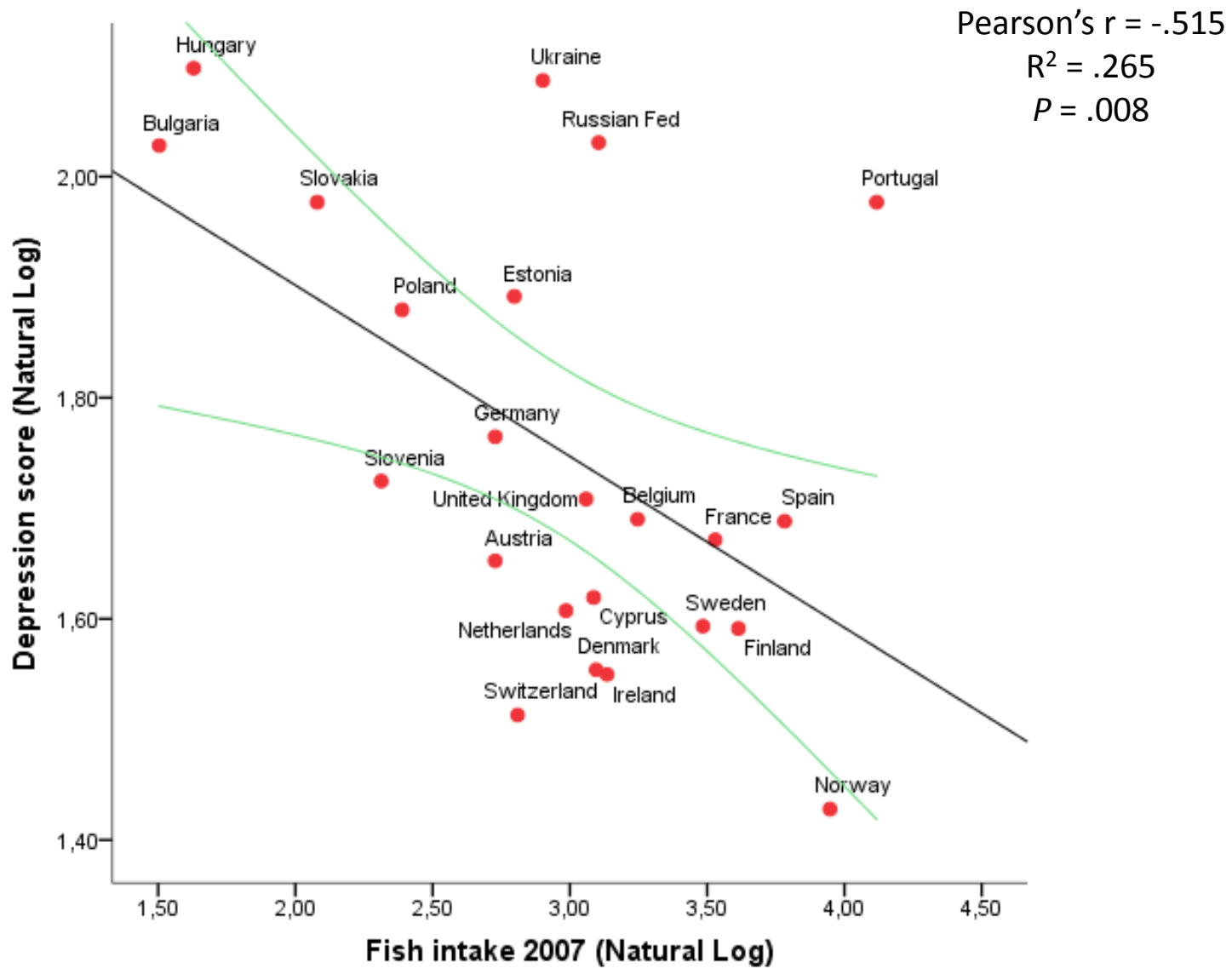
Waarom voeding & psychiatrie?

- Epidemiologie
- Werkingsmechanismes
- Interventies
- Overige toepassingen

Waarom voeding & psychiatrie?

- **Epidemiologie**
- Werkingsmechanismes
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Foodstuff	Depression prevalence
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Meat	0.70
Fish	−0.85**
Eggs	−0.12
Dairy	0.71*
Vegetable oil	−0.07
Sugar	0.74*
Cereals	−0.53
Pulses	0.11
Vegetables	−0.27
Starchy roots	−0.75*
Fruits	0.50
Nuts	−0.01
Coffee	0.39
Alcohol	0.69

Eur J Nutr (2014) 53:997–1013
DOI 10.1007/s00394-014-0652-9

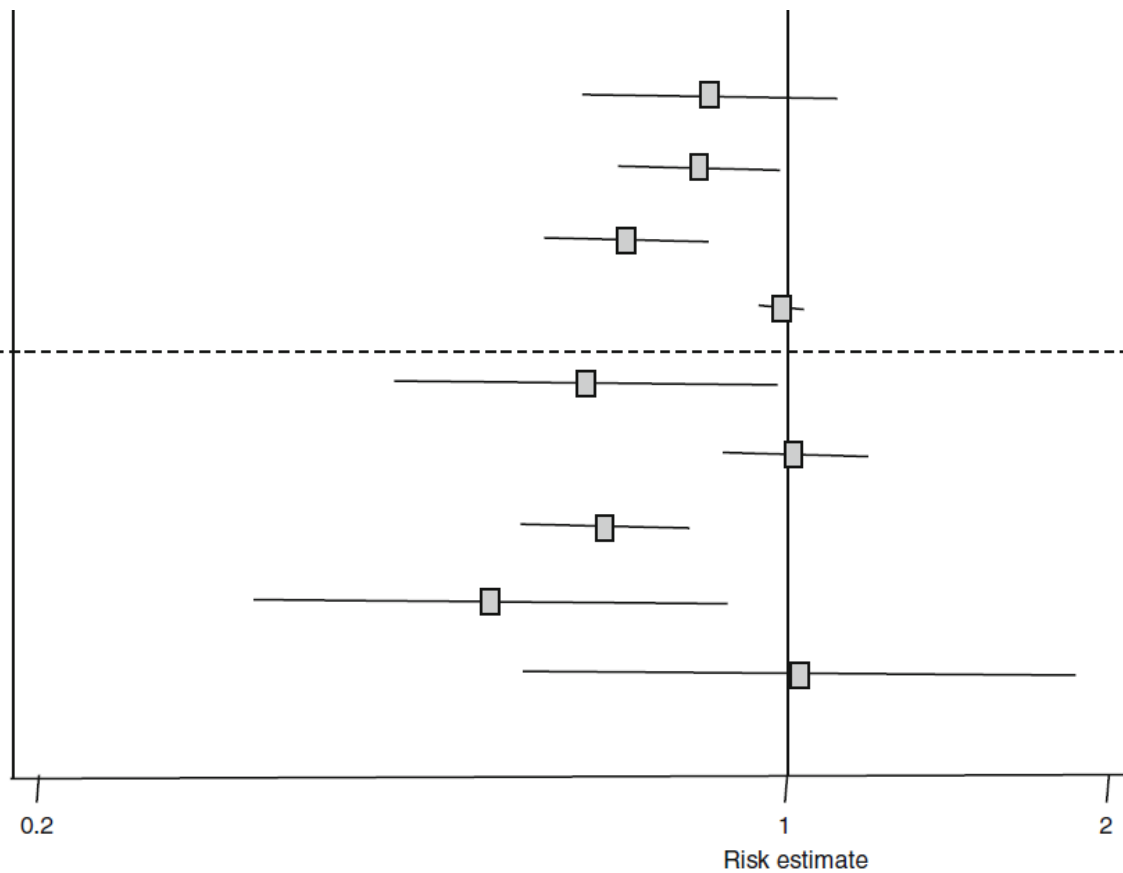
REVIEW

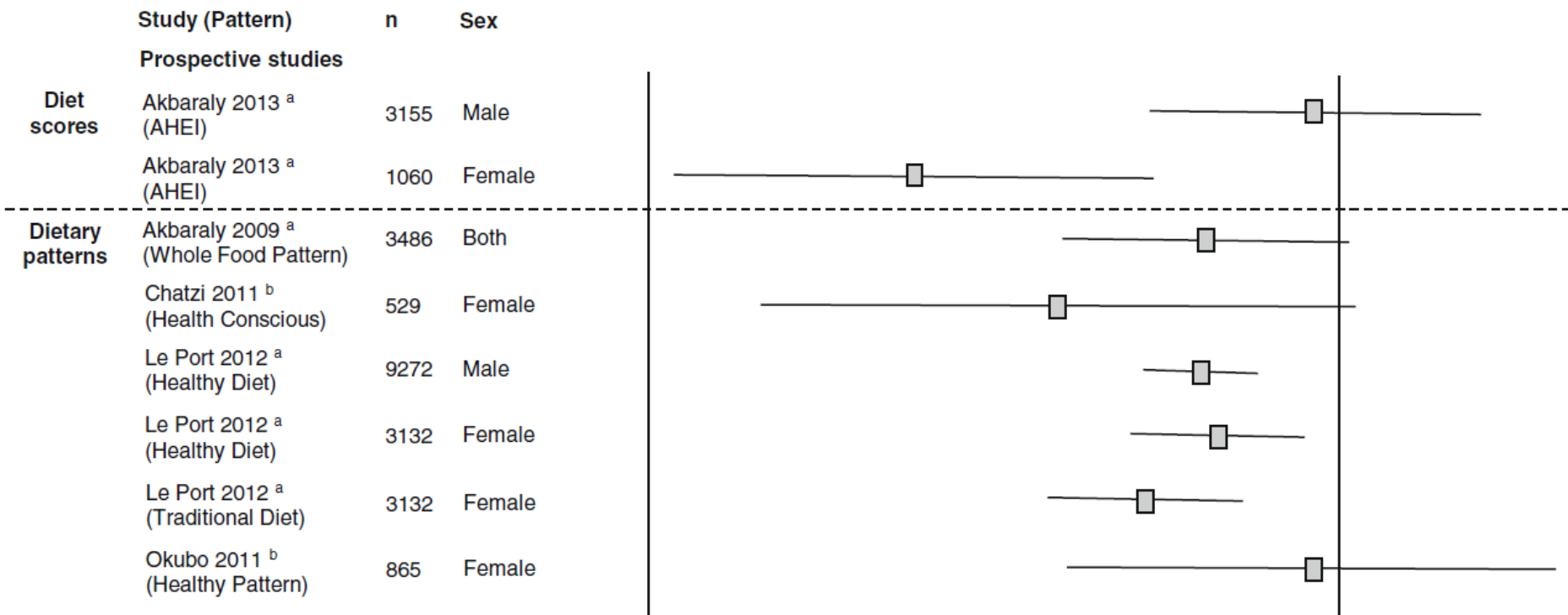
Dietary patterns and the risk of depression in adults: a systematic review of observational studies

Corinna Rahe · Michael Unrath · Klaus Berger

Cross-sectional studies			
Diet scores	Jacka 2010 ^c (Diet Quality Score)	1046	Female
	Jacka 2011a ^a (Diet Quality Score)	2477	Male
	Jacka 2011a ^a (Diet Quality Score)	3254	Female
	Jacka 2011b ^d (Diet Quality Score)	714	Female
<hr/>			
Dietary patterns	Jacka 2010 ^c (Traditional Pattern)	1046	Female
	Jacka 2011a ^a (Healthy Pattern)	2477	Male
	Jacka 2011a ^a (Healthy Pattern)	3254	Female
	Jacka 2011b ^d (Traditional Pattern)	714	Female
	Sugawara 2012 ^a (Healthy Pattern)	791	Both

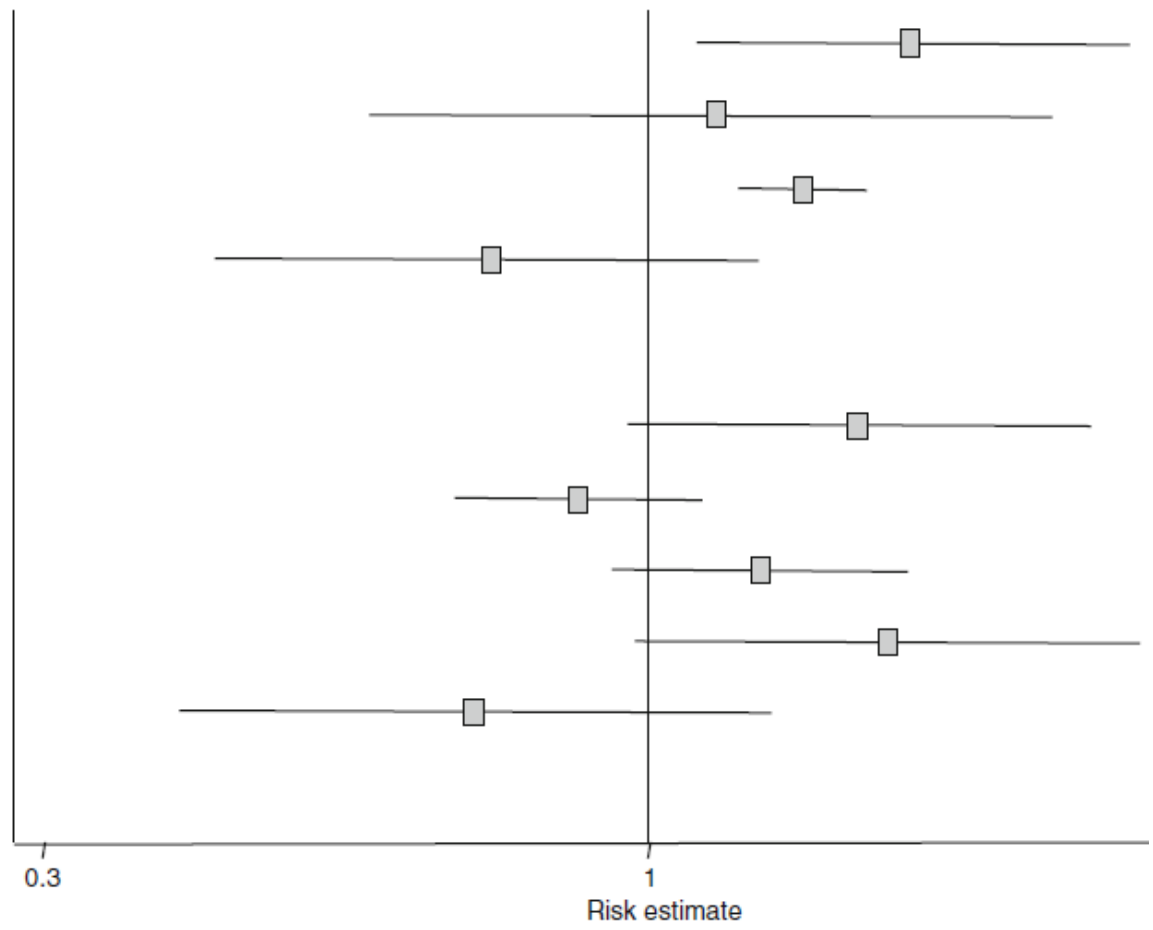
Heterogeneity:
 $Q=74.7$ ($p<0.001$); $I^2=79\%$





	Study (Pattern)	n	Sex
Prospective studies			
Dietary patterns	Akbaraly 2009 ^a (Processed Food Pattern)	3486	Both
	Chatzi 2011 ^b (Western Pattern)	529	Female
	Le Port 2012 ^a (Western Diet)	9272	Male
	Okubo 2011 ^b (Western Pattern)	865	Female
Cross-sectional studies			
Dietary patterns	Jacka 2010 ^c (Western Pattern)	1046	Female
	Jacka 2011a ^a (Western Pattern)	2477	Male
	Jacka 2011a ^a (Western Pattern)	3254	Female
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	Sugawara 2012 ^a (Western Pattern)	791	Both

Heterogeneity:
 $Q=21.0$ ($p=0.007$); $I^2=62\%$



Study (Pattern) **n** **Sex**

Prospective studies

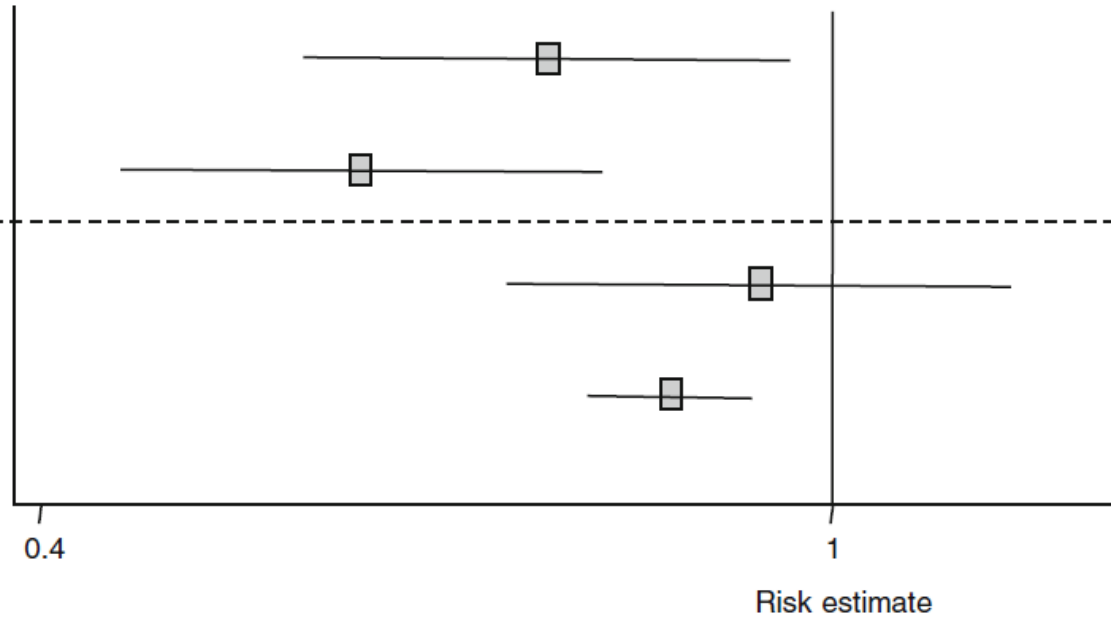
Diet scores

Hodge 2013 (Med. Diet Score)	8660	Both
Sanchez-Villegas 2009 (Med. Dietary Pattern)	10094	Both

Dietary patterns

Hodge 2013 (Modified Med. Pattern)	8660	Both
Rienks 2013 (Med. Style Pattern)	6060	Female

Heterogeneity:
Q=7.04 (p=0.07); I²=57%



PUBLIC HEALTH NUTRITION AND EPIDEMIOLOGY

Diet and the risk of unipolar depression in adults: systematic review of cohort studies

C. Sanhueza,* L. Ryan,† & D. R. Foxcroft*

*Faculty of Health and Life Sciences, Oxford Brookes University, Oxford, UK

†Functional Food Centre, Faculty of Health and Life Sciences, Oxford Brookes University, Oxford, UK

Abstract

Background: Nutrition may be a risk factor for unipolar depression. We aimed to review the association between dietary variables and the risk of depression.

Methods: Fifteen databases were searched up to May 2010. Only longitudinal studies for which outcomes were unipolar depression and/or depressive symptoms in adults were eligible for inclusion. Eleven studies were included and critically evaluated. Participants were in the age range 18–97 years and the study sample size was in the range 526–27 111. Follow-up ranged from 2 to 13 years. The diversity of dietary variables and nonlinear associations precluded formal meta-analysis and so a narrative analysis was undertaken.

Results: Variables inversely associated with depression risk were the consumption of nutrients such as folate, omega-3 fatty acids and monounsaturated fatty acids; foods such as olive oil and fish; and a diet rich in fruits, vegetables, nuts and legumes. Some of these associations varied by sex and some showed a nonlinear association.

Conclusions: At the study level, weaknesses in the assessment of exposure and outcome may have introduced bias. Most studies investigated a cohort subgroup that may have resulted in selection bias. At the review level, there is a risk of publication bias and, in addition, narrative analyses are more prone to subjectivities than meta-analyses. Diet may potentially influence the risk of depression, although the evidence is not yet conclusive. Strengthening healthy-eating patterns at the public health level may have a potential benefit. Robust prospective cohort studies specially designed to study the association between diet and depression risk are needed.

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Typical Tuscan Diet is Associated With Lower Depressive Symptoms Over Time: the InCHIANTI Study

Authors: Esther Vermeulen*¹, Karien Stronks¹, Marjolein Visser², Ingeborg A Brouwer², Aart H Schene^{3,4,5},
Roel JT Mocking³, Marco Colpo⁶, Stefania Bandinelli⁶, Luigi Ferrucci⁷ and Mary Nicolaou¹

After adjusting for confounding factors, an inverse association was observed between this dietary pattern and depressive symptoms at baseline (B= -1.65, 95% CI -2.30; -1.00). When looking at the relationship between this dietary pattern at baseline and depressive symptoms during follow-up, a similar association was found after full adjustment for confounding factors (B= -1.17, 95% CI: -1.65, -0.68). A diet containing high amounts of vegetables, olive oil, grains, fish and moderate intakes of red and processed meat is consistently associated with lower CES-D scores over a period of 9 years in the Tuscan population.

1,362 subjects



Dietary mismatch and vulnerability to psychopathology.

Nederhof E^{1,2}, Mocking RJT³, Nicolaou M⁴, Vermeulen E⁴, Derks E, Snijder M & Schene A^{5,6}

Vulnerability to psychopathology was significantly predicted by our dietary mismatch index ($B = 0.121$; $S.E. = 0.031$; $p < .001$), also after correcting for age, sex, and ethnicity ($B = 0.176$; $S.E. = 0.032$; $p < .001$).

5182 subjects

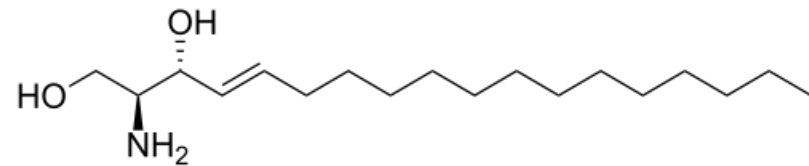


Waarom voeding & psychiatrie?

- Epidemiologie
- **Werkingsmechanismes**
- Interventies
- Overige toepassingen



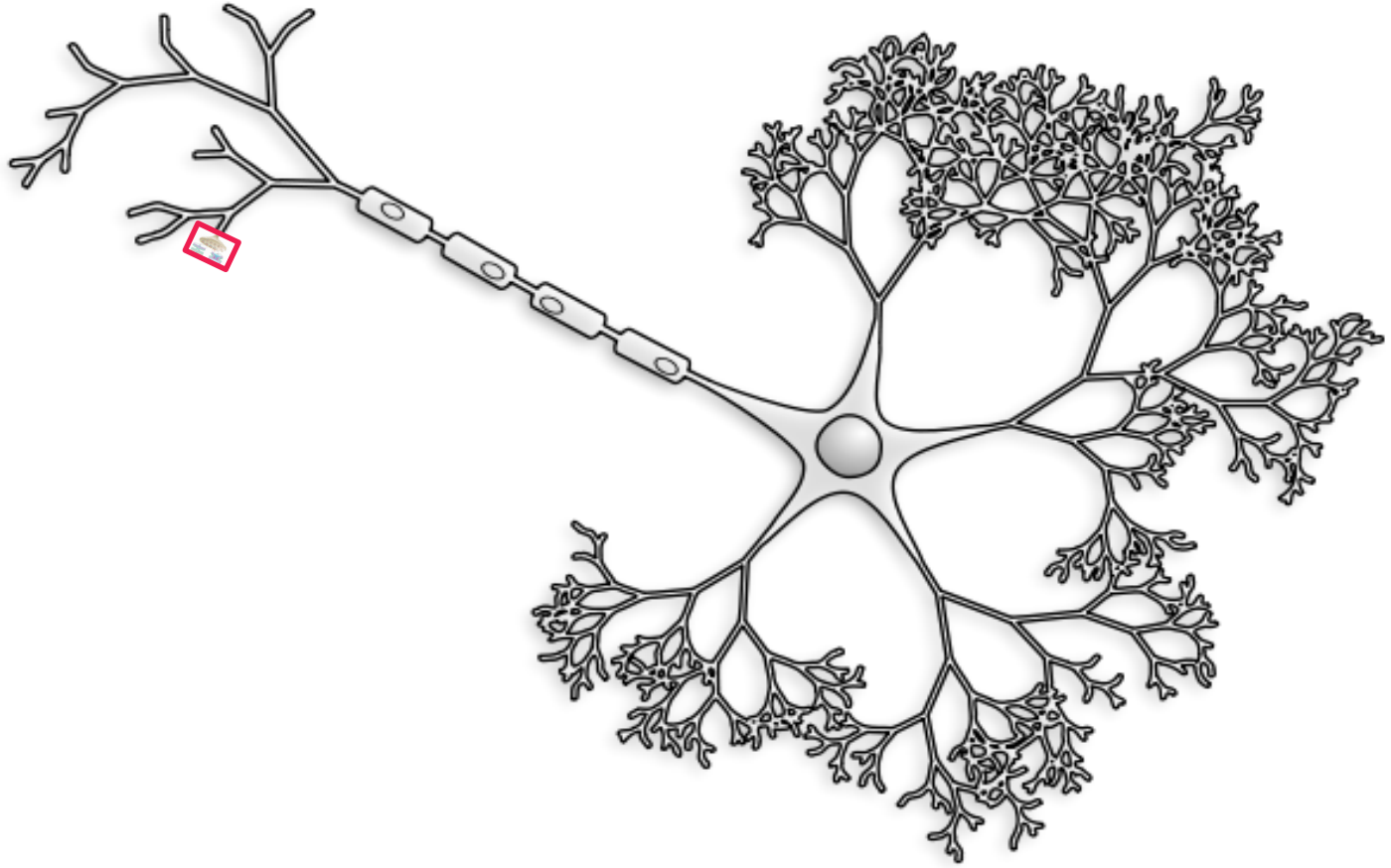
Johann Ludwig Wilhelm Thudichum

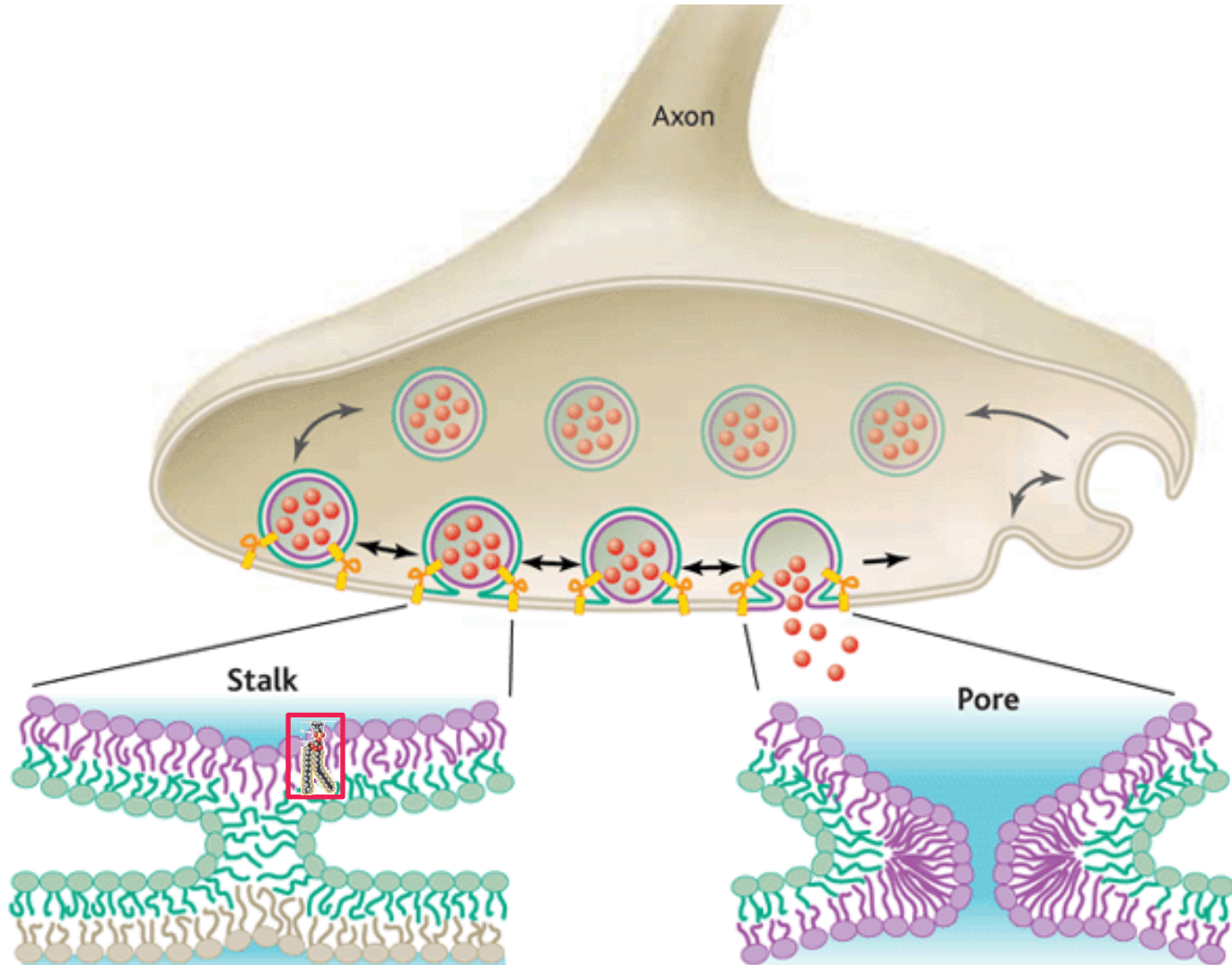
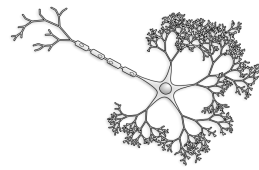


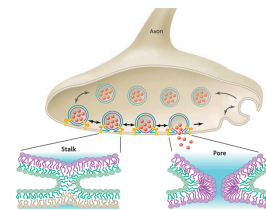
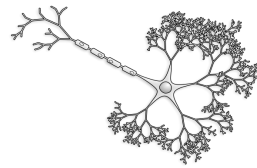
“In commemoration of the many enigmas which it presented to the inquirer...”

Sphingolipids

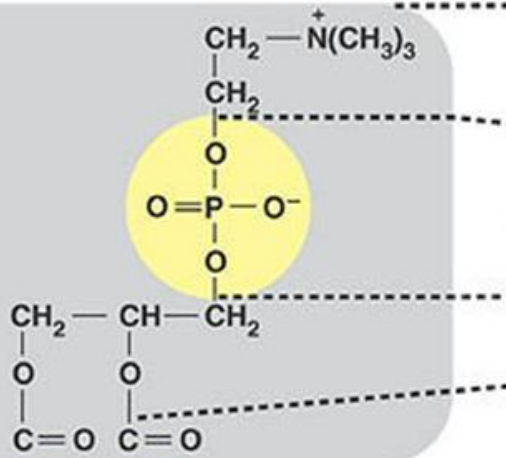




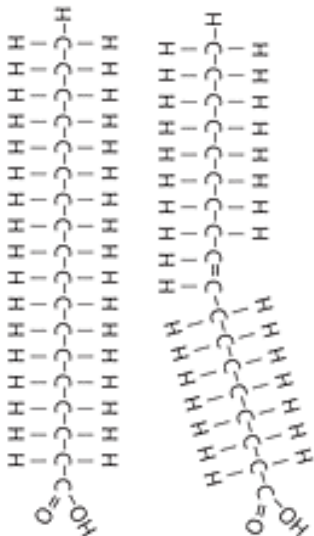




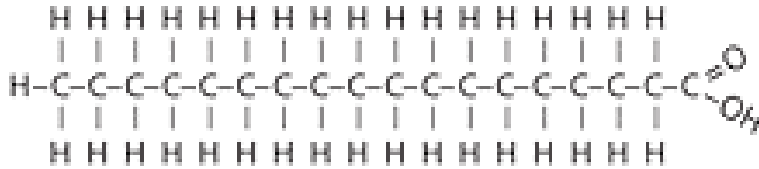
Hydrophilic head



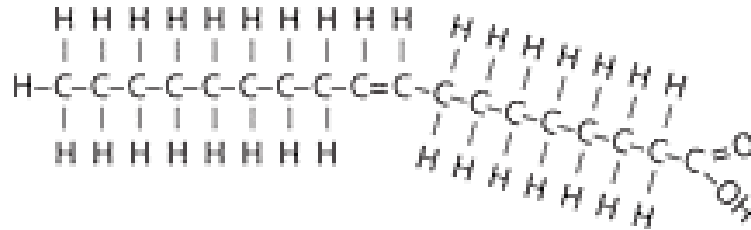
Hydrophobic tails



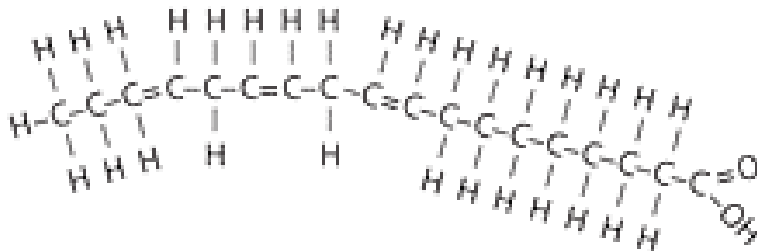
Saturated fatty acid (stearic acid)

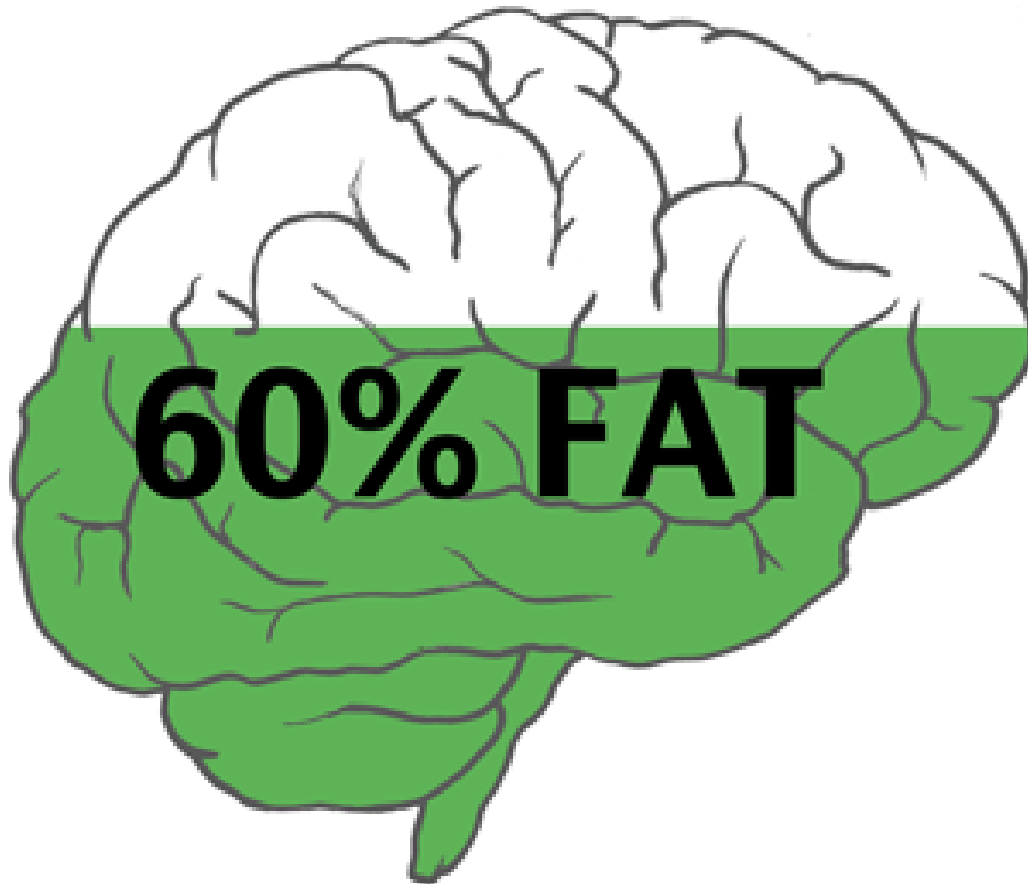


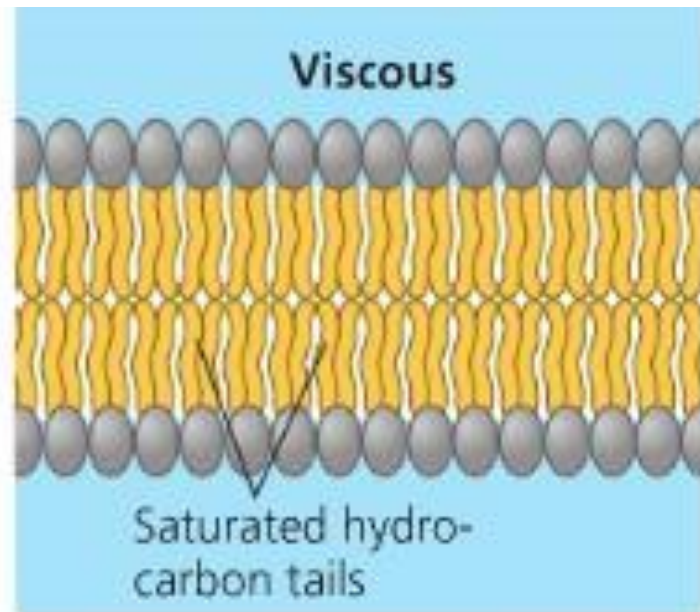
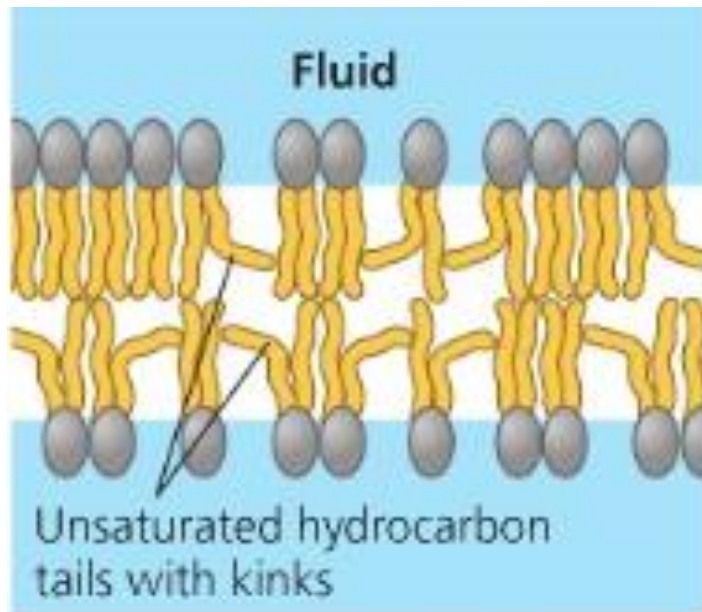
Monounsaturated fatty acid (oleic acid)

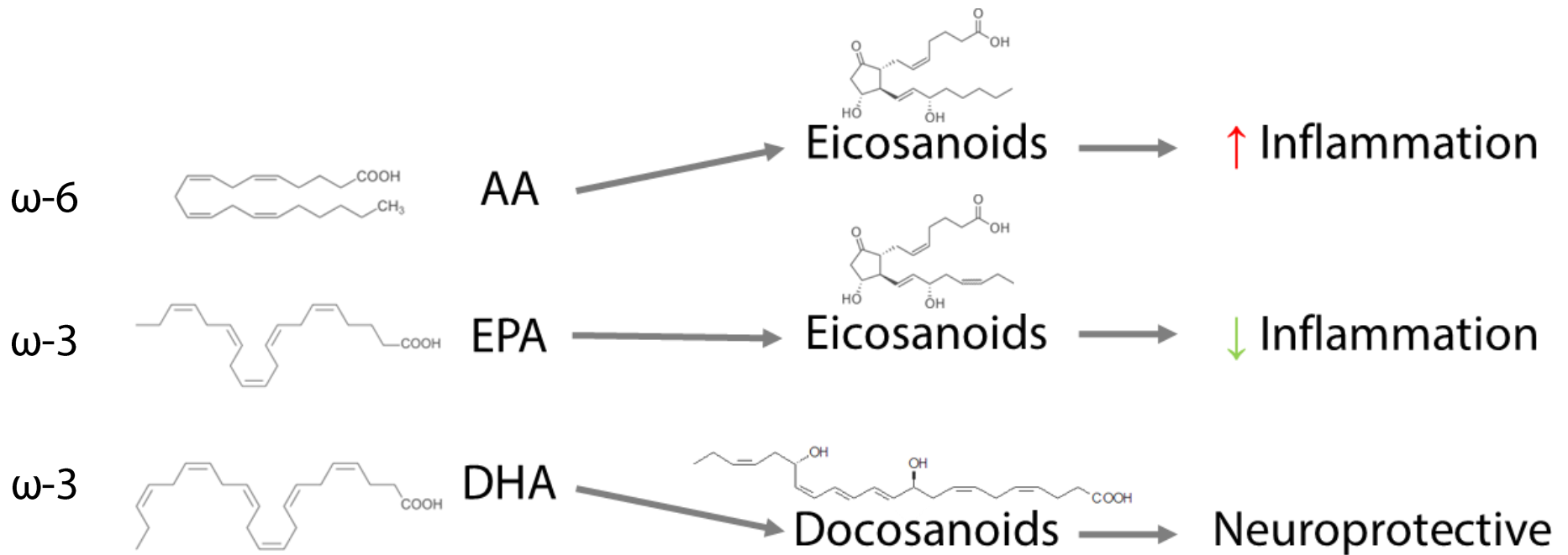


Polyunsaturated fatty acid (linolenic acid—an omega-3 fatty acid)

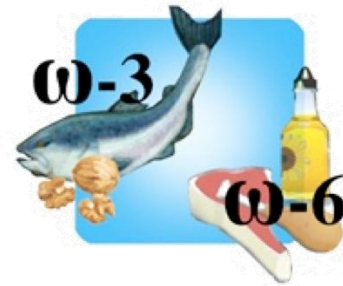
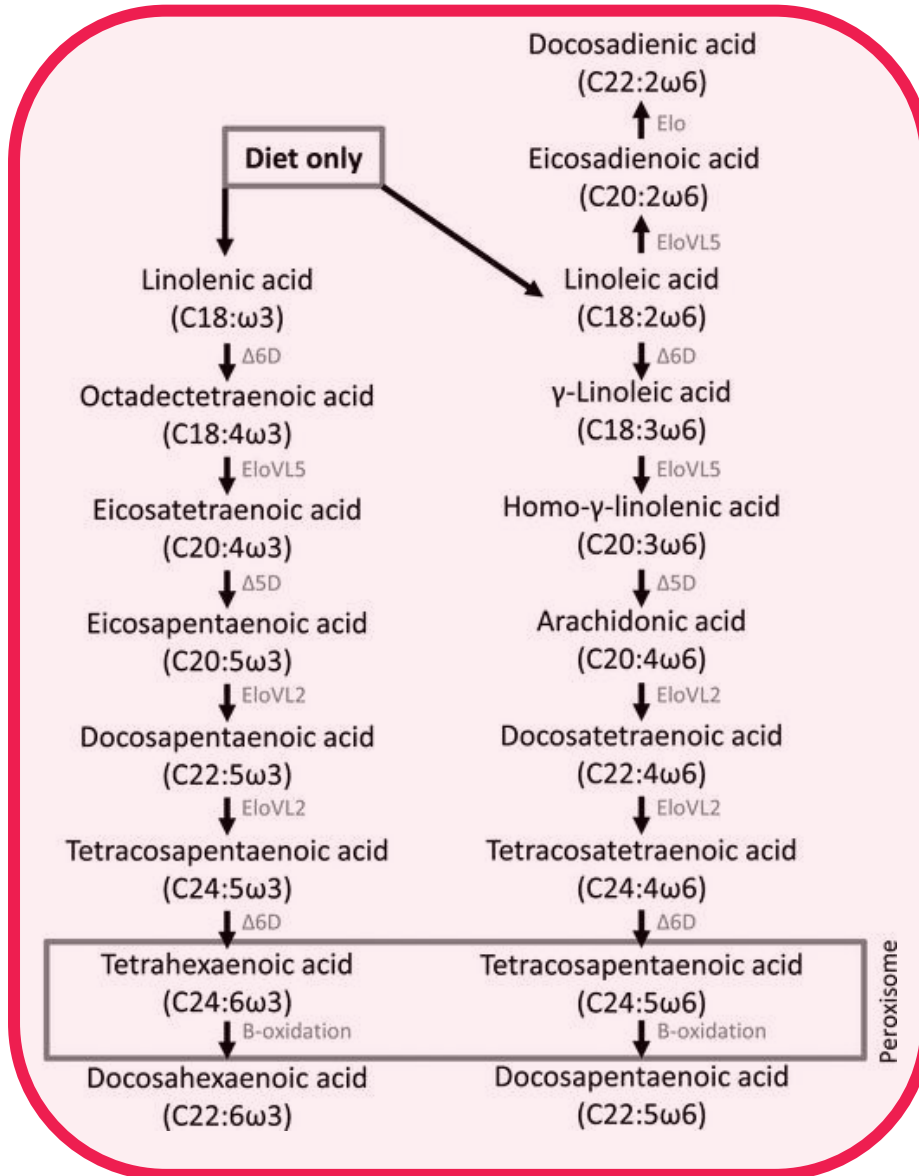
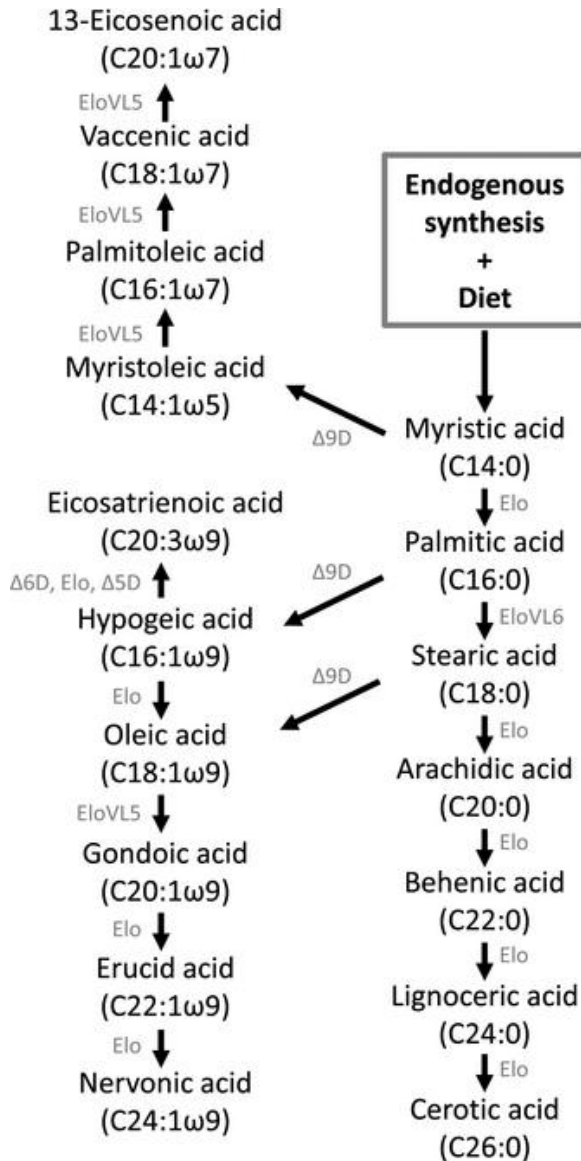


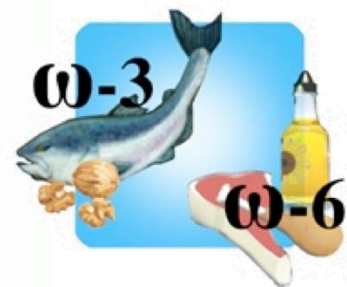
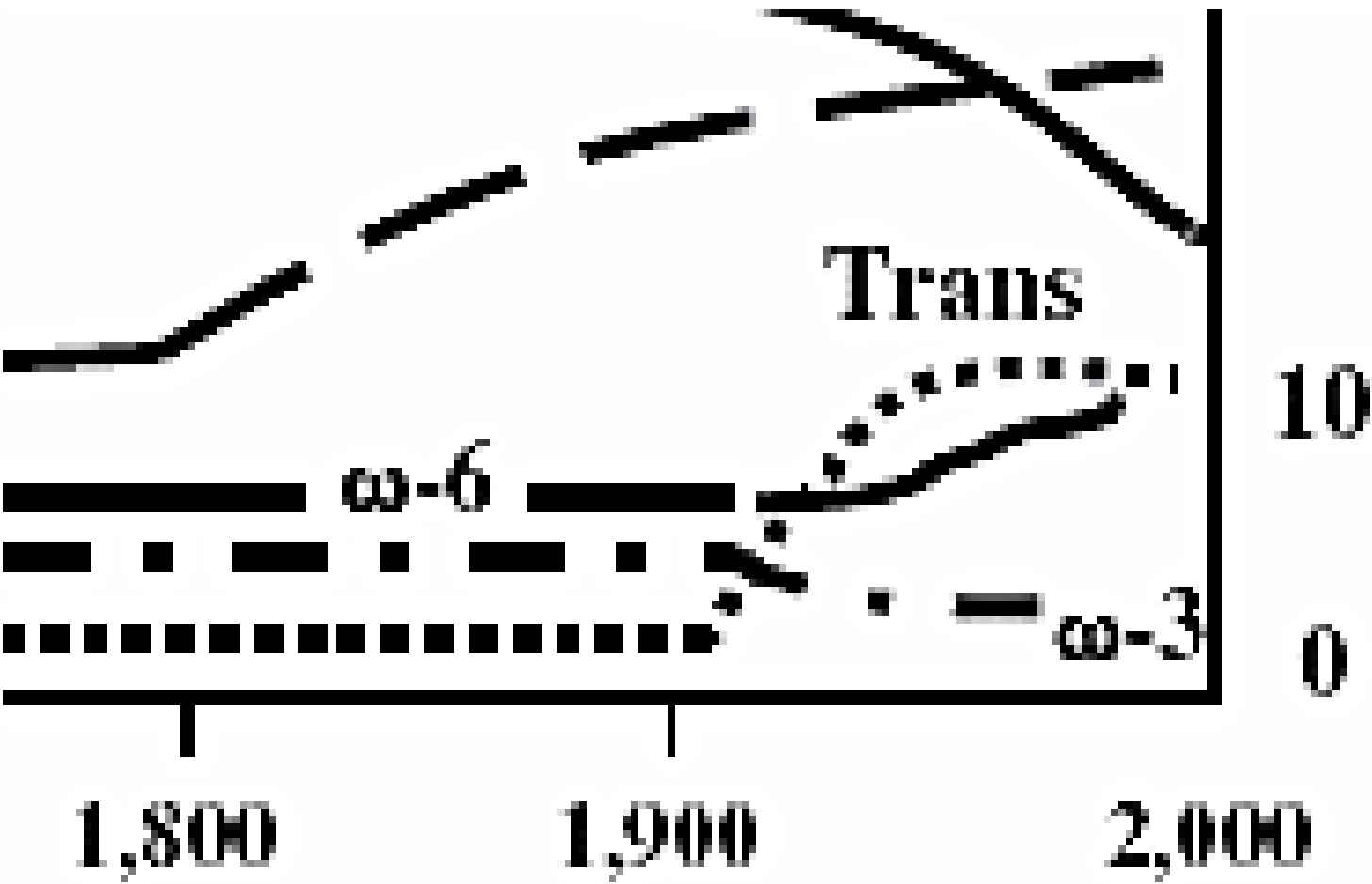


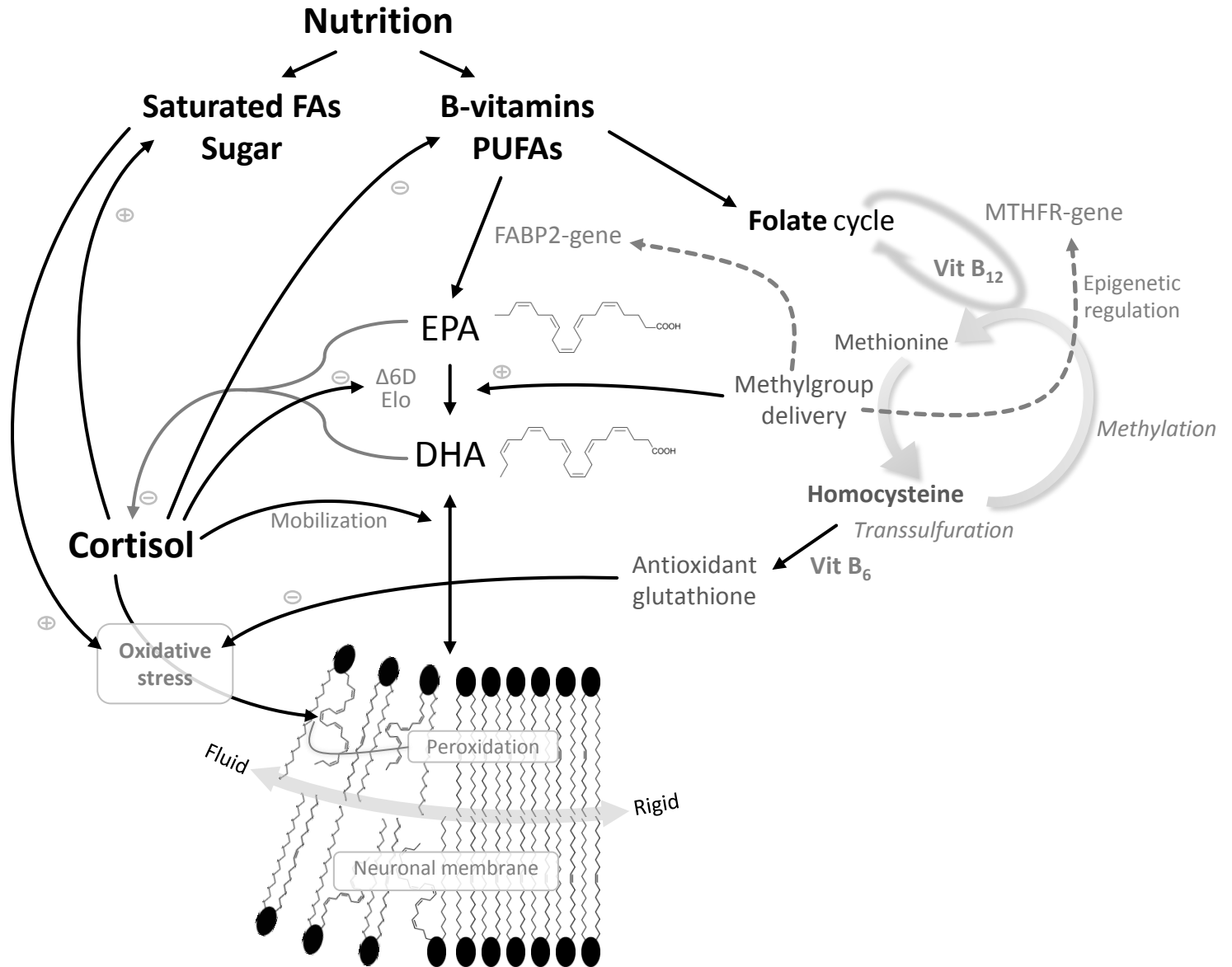


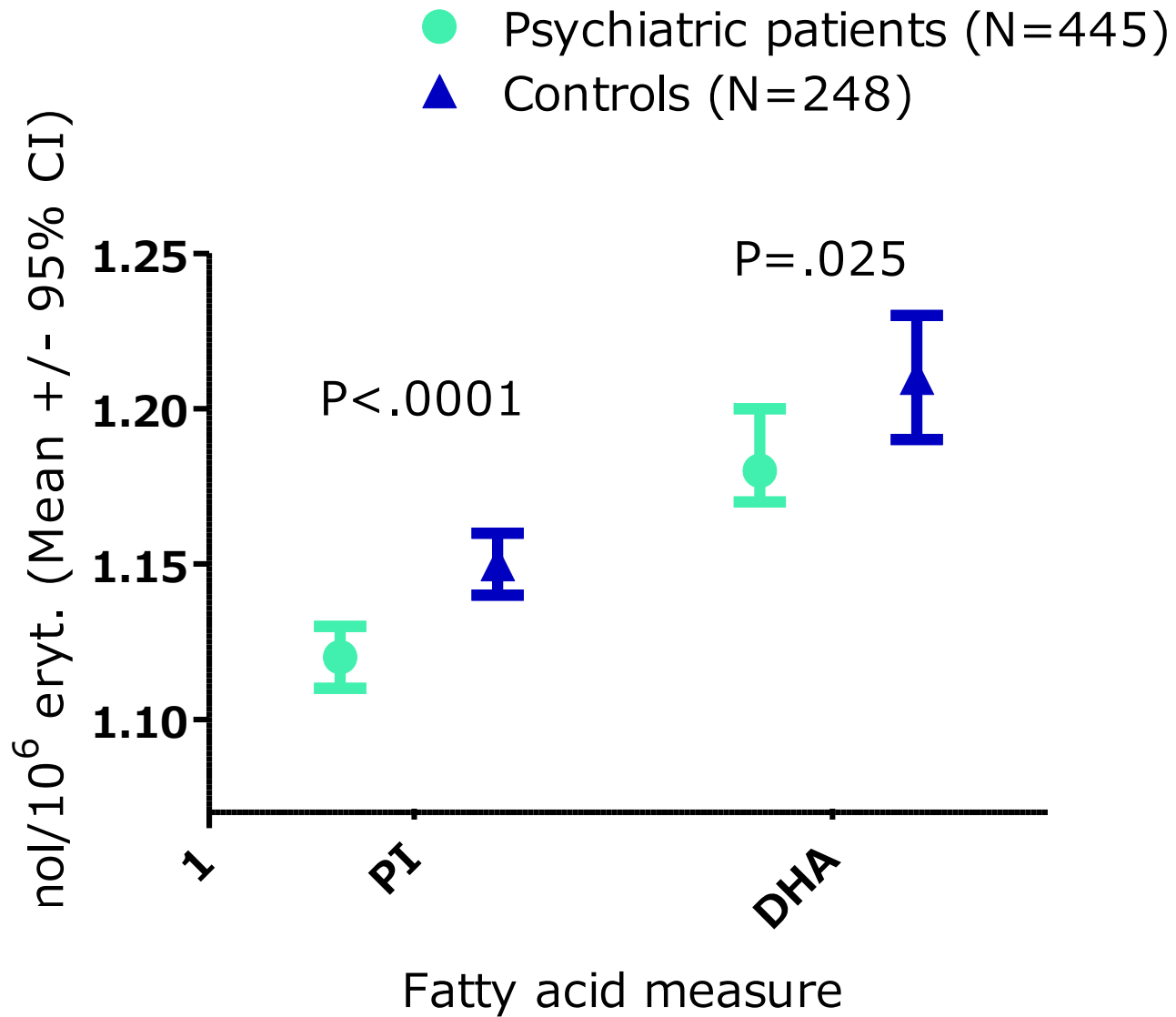


"Essential"

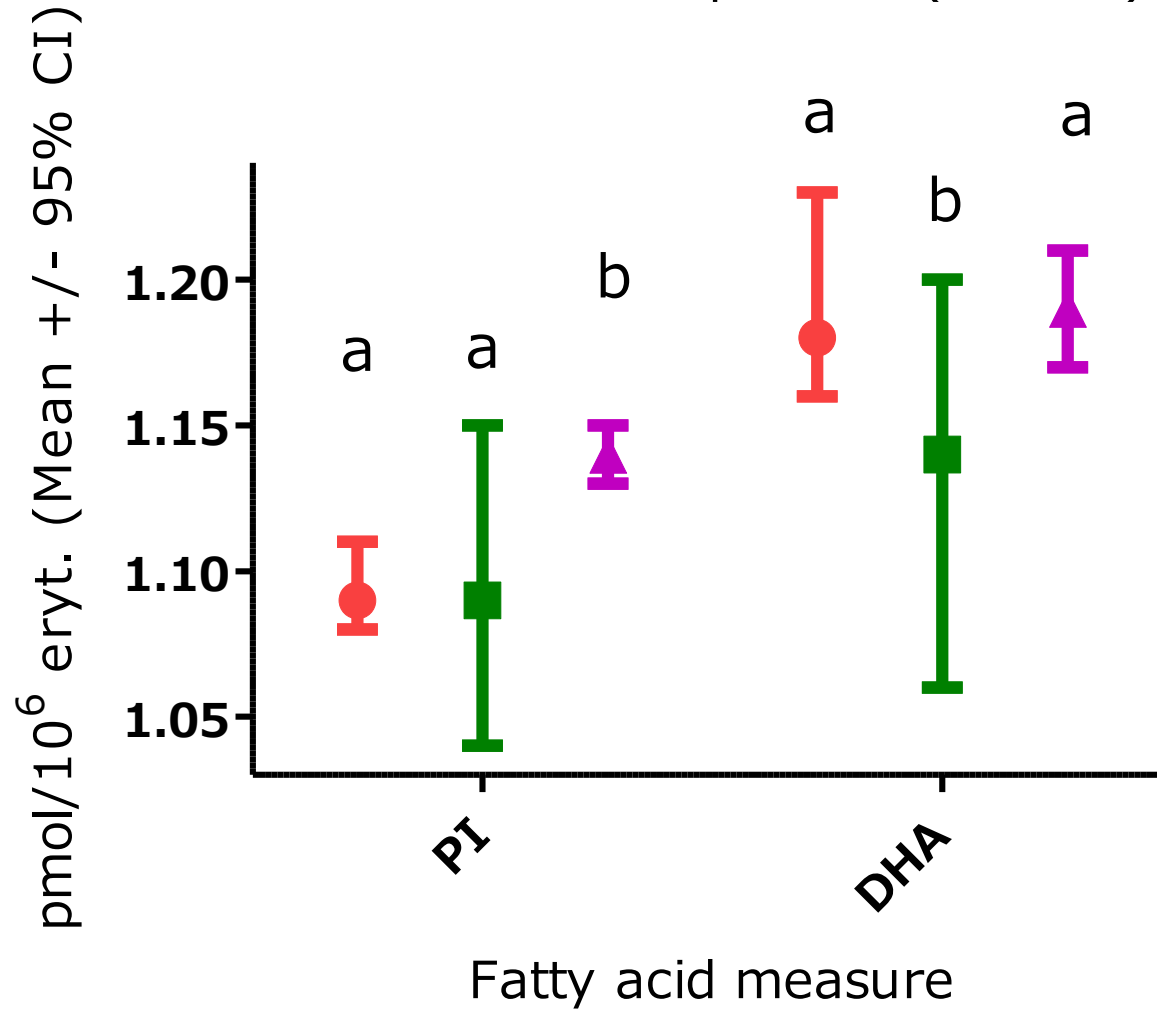


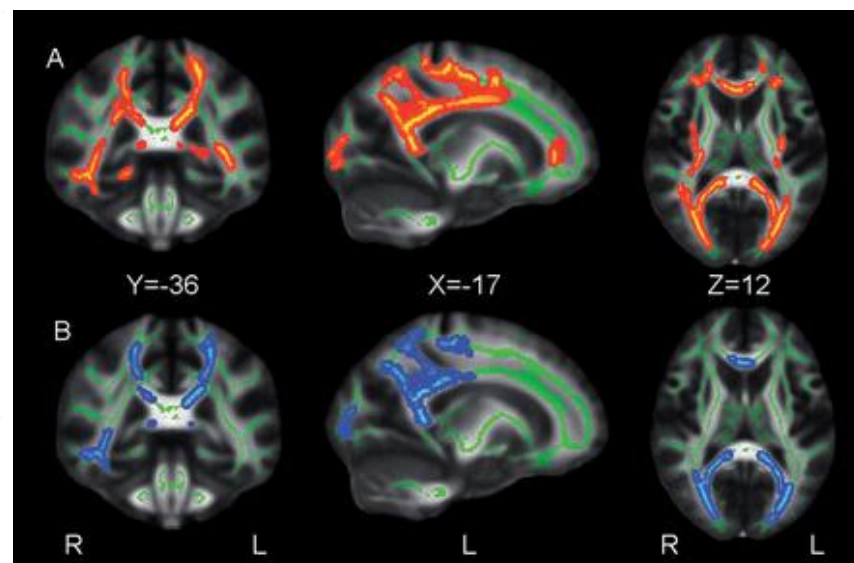
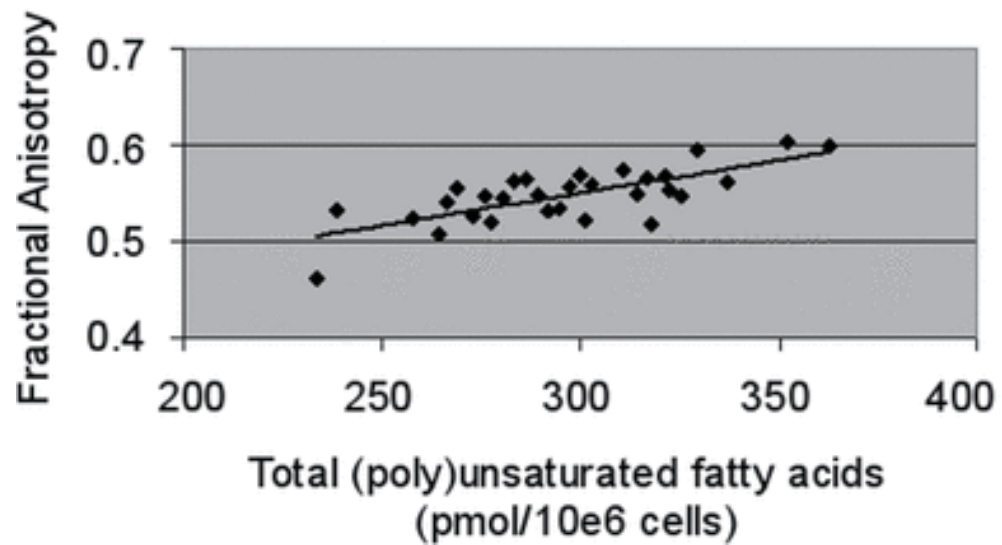






- MDD (N=181)
- PTSD (N=34)
- ▲ Schizophrenia (N=230)

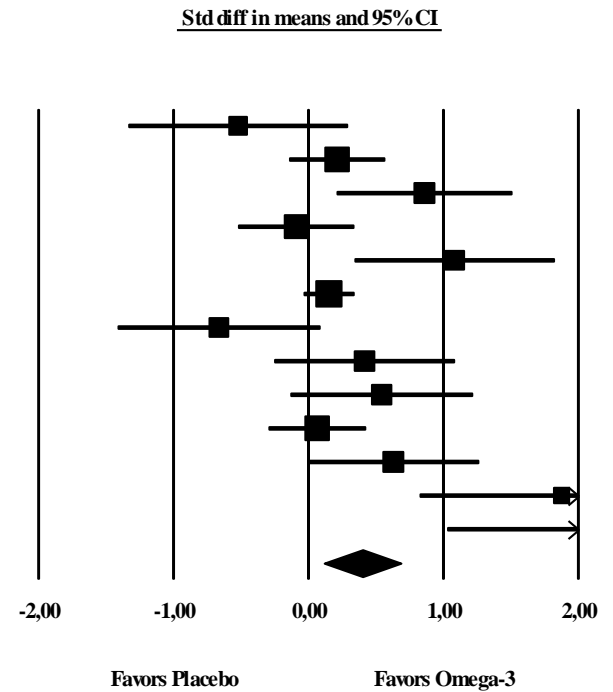




Waarom voeding & psychiatrie?

- Epidemiologie
- Werkingsmechanismes
- **Interventies**
- Overige toepassingen

Study name	Comparison	Statistics for each study						
		Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
Bot 2010	Blank	-0,521	0,415	0,172	-1,335	0,292	-1,256	0,209
Carney 2009	Blank	0,212	0,182	0,033	-0,144	0,568	1,168	0,243
Gertsik 2012	Blank	0,860	0,332	0,110	0,209	1,511	2,590	0,010
Grenyer 2007	Blank	-0,091	0,220	0,048	-0,521	0,340	-0,412	0,680
Jazayeri 2008	Blank	1,084	0,379	0,143	0,342	1,826	2,863	0,004
Lespérance 2011	Blank	0,152	0,096	0,009	-0,036	0,341	1,581	0,114
Lucas 2009	Blank	-0,663	0,383	0,147	-1,415	0,088	-1,730	0,084
Marangell 2003	Blank	0,416	0,342	0,117	-0,254	1,086	1,216	0,224
Mischoulon 2009	Blank	0,543	0,345	0,119	-0,134	1,220	1,572	0,116
Mischoulon 2015	Combined	0,065	0,184	0,034	-0,296	0,426	0,353	0,724
Mozaffari-Khosravi 2012	Combined	0,629	0,324	0,105	-0,006	1,265	1,941	0,052
Nemets 2002	Blank	1,876	0,537	0,288	0,824	2,928	3,496	0,000
Su 2003	Blank	2,067	0,530	0,280	1,029	3,105	3,903	0,000
		0,398	0,145	0,021	0,114	0,682	2,746	0,006



[Int Psychogeriatr](#). 2015 May;27(5):727-37. doi: 10.1017/S1041610215000046. Epub 2015 Feb 3.

Systematic review and meta-analysis of randomized placebo-controlled trials of folate and vitamin B12 for depression.

[Almeida OP](#)¹, [Ford AH](#)¹, [Flicker L](#)¹.

RESULTS: Two hundred and sixty-nine manuscripts were identified, of which 52 were RCTs and 11 fulfilled criteria for review. We found that the short-term use of vitamins (days to a few weeks) does not contribute to improve depressive symptoms in adults with major depression treated with antidepressants (5 studies, standardized mean difference = -0.12, 95% confidence interval--95% CI = -0.45, 0.22), but more prolonged consumption (several weeks to years) may decrease the risk of relapse (1 study, odds ratio (OR) = 0.33, 95% CI = 0.12, 0.94) and the onset of clinically significant symptoms in people at risk (2 studies, risk ratio = 0.65, 95% CI = 0.43, 0.98).

Review Article

The impact of whole-of-diet interventions on depression and anxiety: a systematic review of randomised controlled trials

Rachelle S Opie^{1,*}, Adrienne O'Neil^{2,3}, Catherine Itsiopoulos¹ and Felice N Jacka^{2,4}

Dietary intervention studies have the potential to achieve improved depression scores.

Interventions shown to produce positive effects shared similar characteristics including: a single delivery mode; a qualified dietitian to deliver the intervention; and being less likely to recommend reducing red meat intake/selecting lean meat/following a low cholesterol diet.

Study protocol

Highly accessed

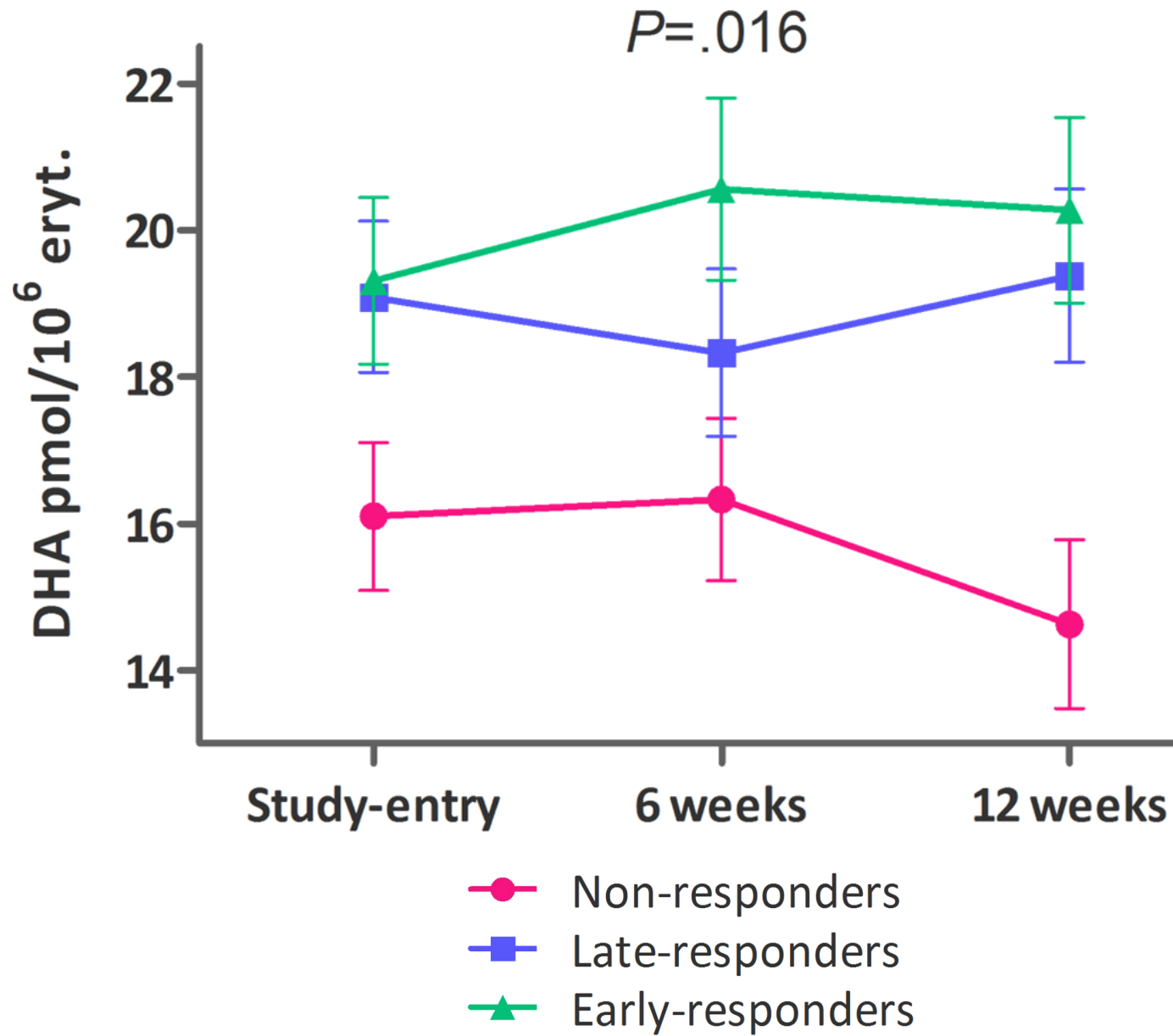
Open Access

A randomised, controlled trial of a dietary intervention for adults with major depression (the “SMILES” trial): study protocol

Adrienne O’Neil^{1,2*}, Michael Berk^{1,3,4}, Catherine Itsiopoulos⁵, David Castle⁶, Rachelle Opie⁵, Josephine Pizzinga¹, Laima Brazionis⁷, Allison Hodge⁸, Cathrine Mihalopoulos⁹, Mary Lou Chatterton⁹, Olivia M Dean^{1,10,4} and Felice N Jacka^{1,4}

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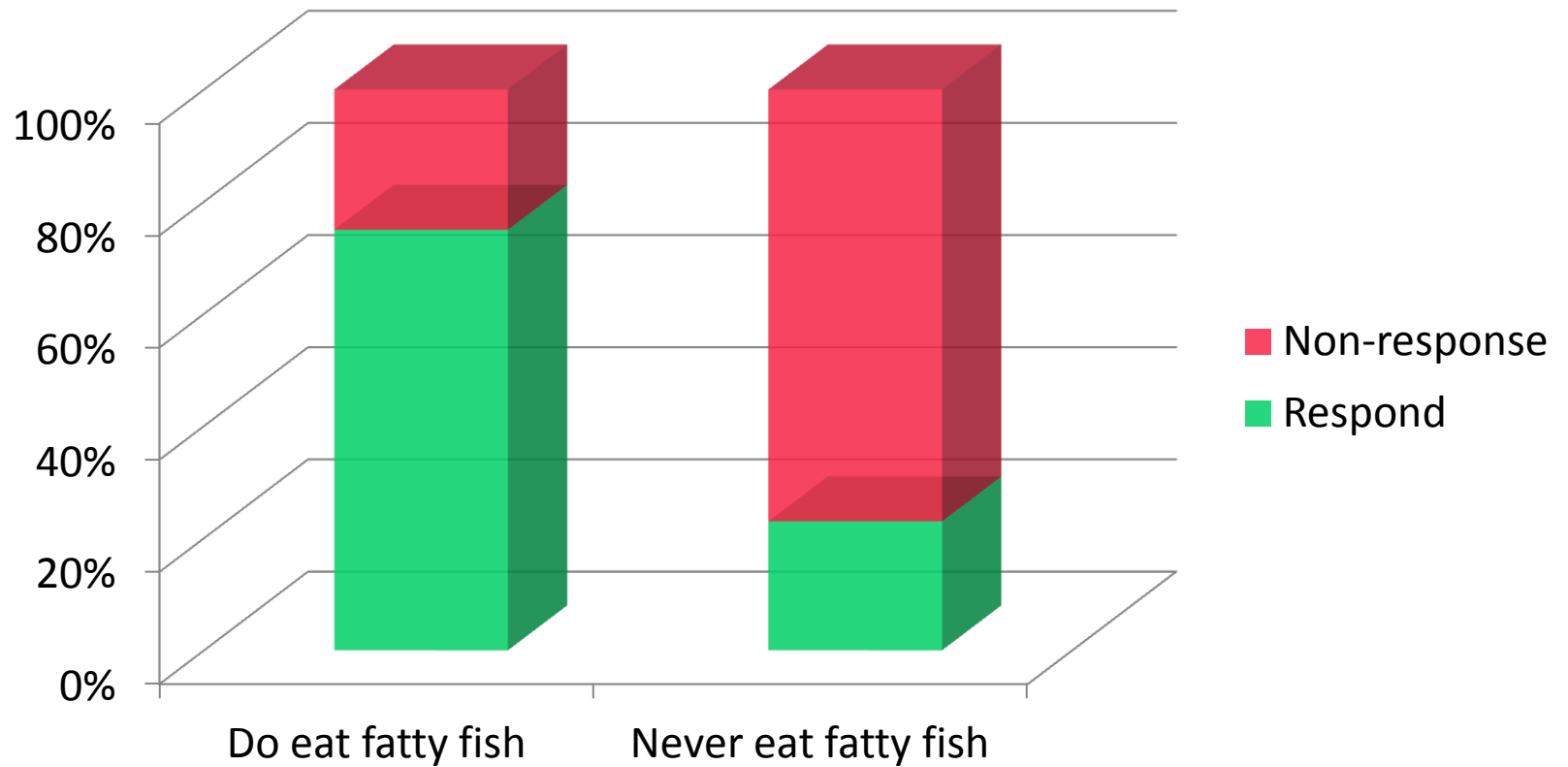
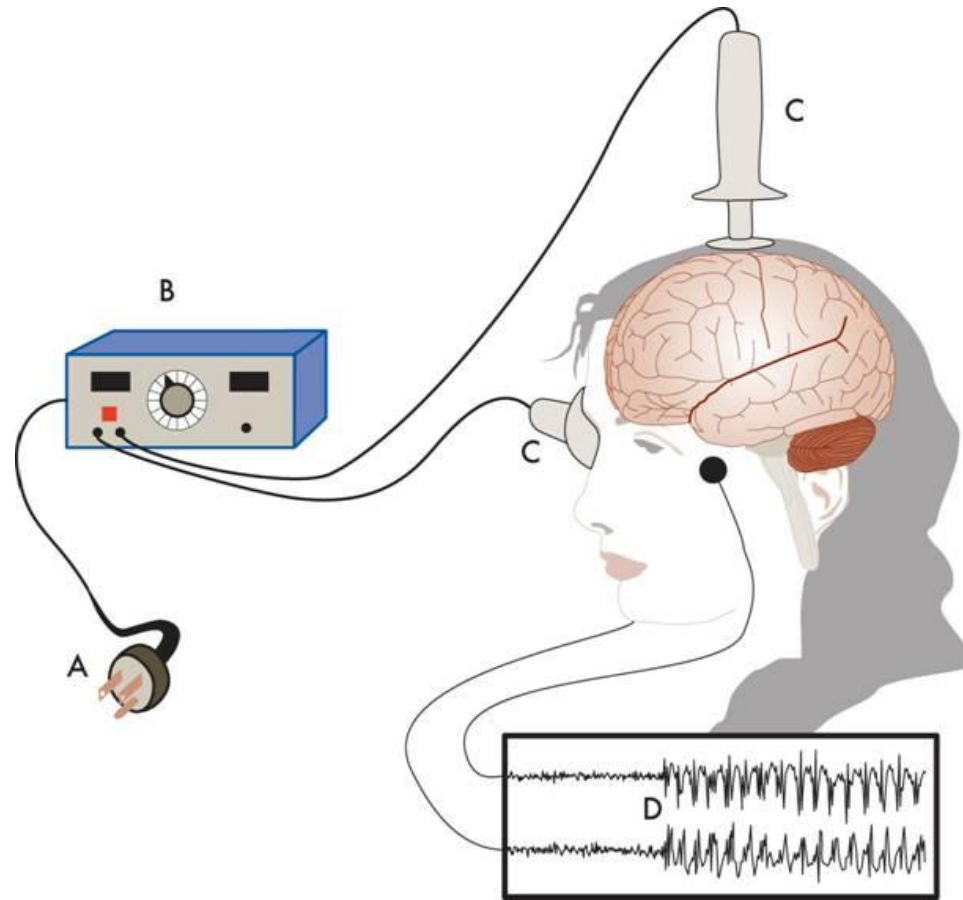


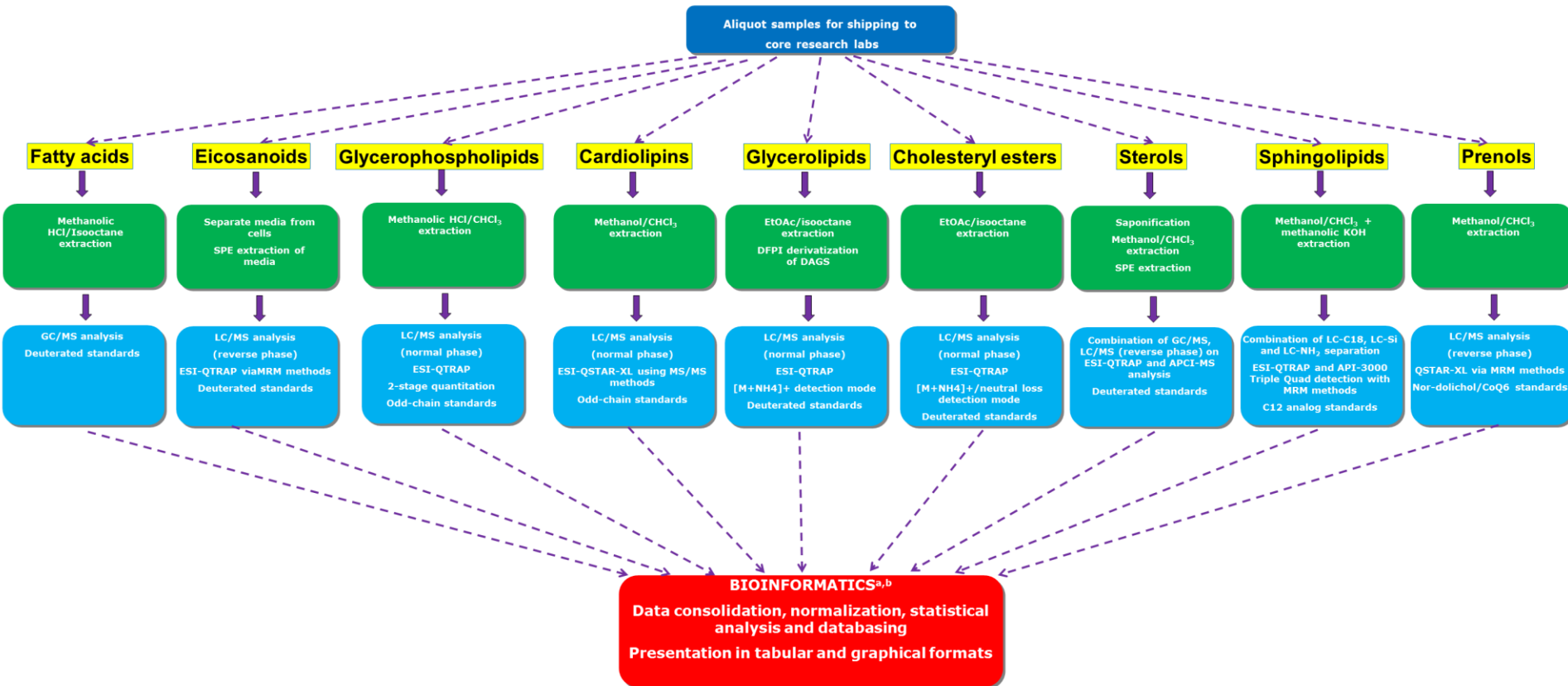
Figure 4. Relation between dietary fatty fish and response. Linear-by-linear dose-response association ($P=.011$), odds ratio=0.103 (95%CI=0.019-0.555, $P=.008$), 78% correct classification (sensitivity=50%, specificity=93.75%).



umcg



Rijnstate



Outline

- Inventarisatie (5-10min)
- Inleiding (40min)
- **Groepsdiscussie (15min)**
- Presentaties en plenaire discussie (20min)
- Wrap-up (5min)

Groepsdiscussie (15min)

- Hoe kunnen we de kennis over de relatie tussen voeding en psychiatrie implementeren?
- Hoe kunnen we de relatie tussen voeding en psychiatrie beter onderzoeken?

