

# What do we know about the relation between dietary patterns and depression risk among adolescents? Results of the Food4Thought systematic review study

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Time	Sunday 20 October 2019		
1030-1900	Registration		
1230-1400	<b>Workshop 1</b>	<b>Workshop 3</b>	<b>Workshop 4</b>
	<b>Introduction to Nutritional Psychiatry</b> Presenters: Felice Jacka, Tetyana Rocks, Wolfgang Marx	<b>Design, implement and publish a single case experimental design</b> Presenter: David Veale	<b>Launching an International Multisite Clinical Trial in Nutritional Psychiatry: Lessons Learned on the Frontline</b> Presenters: Leanna Perez, Brenda Leung, Jeanette Johnstone, Irene Hatsu
1400-1430	Afternoon tea		
1430-1600	<b>Workshop 2</b>	<b>Workshop 3</b>	<b>Workshop 5</b>
	<b>Nutritional Psychiatry on the Front Lines</b> Presenters: Laura LaChance, Uma Naidoo, Emily Deans	<b>Design, implement and publish a single case experimental design</b> Presenter: David Veale	<b>Nutritional and dietary interventions for ADHD and related developmental and psychiatric conditions: a FAB Research workshop</b> Presenters: Alex Richardson, Rachel Gow, David Rex
1700-1815	<b>Opening Panel - Felice Jacka, Kimberley Wilson and Rupy Aujla</b> Moderated by Michael Mosley		
1820-1920	Welcome drinks		
1920-onwards	Early Career Researchers Social Event		

Time	Monday 21 October 2019		
0730-1700	Registration		
900-1030	Personalised diets and microbes - Tim Spector		
	Nutrition and the Prevention of Depression: Final Results of the European MoodFOOD project - Marjolien Visser		
1030-1100	Morning Tea and Poster Viewing		
1100-1230	<b>Symposium 1</b>	<b>Symposium 2</b>	<b>Symposium 3</b>
	<b>Micronutrients for Mental Illness</b> Presenters: Kathleen Holton, Julia Rucklidge, Jeanette Johnstone, Lewis Mehl-Madrona	<b>Omega-3 Fatty Acids in Management of Depression and Anxiety: From Evidence to Dissemination to Practice</b> Presenters: Yutaka Matsuoka, David Mischoulon, Ta-wei Guu, Cherry Hui-Chih Chang	<b>The Impact of Dietary Interventions on Inflammation and Clinical Outcomes in Schizophrenia</b> Presenters: Deanna Kelly, Stephanie Flowers, Vicki Ellingrod
1230-1330	Lunch		
1330-1500	<b>STREAM: Mechanisms and novel pathways for mental illness and brain function</b>	<b>STREAM: Mental health in childhood and adolescence</b>	<b>STREAM: Late Breaking abstract session</b>
	Faecal Microbiota Transplants for depression: an overview of the Moving Moods Study protocol Presenter: Jessica Green	Dietary and physical activity risk behaviours and health-related quality of life: baseline findings of the Australian Goulburn Valley health behaviours monitoring study and implications for mental health prevention Presenter: Erin Hoare	Inulin-enriched diet as a sustainable dietary approach to modulate the gut microbiota and to improve metabolic, inflammatory and psychological health in obese subjects. Presenter: Quentin Leyrolle
	The impact of nutrition on brain function underlying decision making Presenter: Soyoung Park	Maternal vitamin D and the developing brain: implications for psychiatry Presenter: Darryl Eyles	CAN-BIND: identifying biochemical markers of depression and metabolic predictors of antidepressant response Presenter: Giorgia Caspani
	Mendelian Randomization for Causal Inference in Nutritional Psychiatry: Current Evidence, Opportunities and Challenges Presenter: Rebecca Carnegie	Qualitative Inquiry within a Clinical Trial Evaluating Micronutrients for ADHD Youth: The "MADDY" Study Presenter: Brenda Leung	The associations between physical health, health behaviours, the gut microbiome, and anxiety and depression symptomatology in adults undergoing colonoscopy Presenter: Amelia McGuinness
	Modification of the gut microbiome using ketogenic diet in an NMDA-receptor hypofunction model of schizophrenia Presenter: Ann-Katrin Kraeuter	Dietary fibre intake and depressive symptoms in adolescents; is the relationship confounded by inflammation and lifestyle? Presenter: Olivia Swann	Evidence Gap Map Study Protocol: Assessing The Evidence Of Micronutrients On Depression Among Children and Adolescents Presenter: Susan Campisi
	Relationship between striatal dopamine receptor availability and body weight under controlled dietary conditions Presenter: Valerie Darcey	Technology-Enabled Collaborative Care for Youth (TECC-Y): A Feasibility RCT Targeting Health Behaviours in Youth with Early Psychosis Presenter: Laura LaChance	Recipe for a Healthy Gut; Intake of Unpasteurised Milk Dramatically Increases Lactobacillus Abundance in the Human Gut Microbiome Presenter: Mary Butler
	Dietary Modulation of Adult Hippocampal Neurogenesis: Implications for Mental Health Presenter: Sandrine Thuret	Estimating Strength of Associations Between Prenatal Diet Quality and Child Developmental Outcomes – Results From a Large Prospective Pregnancy Cohort Presenter: Tiril Borge	Adherence to a healthy diet / lifestyle and social functioning in euthymic outpatients with bipolar disorder Presenter: Vicent Balanza-Martinez
1500-1530	Afternoon tea and Poster Viewing		
1530-1700	<b>Symposium 4</b>	<b>Symposium 5</b>	<b>Symposium 6</b>
	<b>The role of nutrition and nutrient supplementation in mental illness: Exploring the latest top tier evidence.</b> Presenters: Philip B. Ward, Scott Teasdale, Joseph Firth, Anu Ruusunen	<b>Dietary influences on neurocognition across the lifespan</b> Presenters: Andrew Scholey, Lauren Owen, Sandra Sünram-Lea, Alison Coates, Eef Hogervorst, David Smith	<b>Schizophrenia as a disease of energy metabolism: A perspective for nutritional interventions</b> Presenters: Zoltan Sarnyai, Toby Pillinger, Robert MacCullumsmith
1900 - 2300	Conference Dinner - Ironmongers' Hall		

Time	Tuesday 22 October 2019		
0730-1700	Registration		
900-1030	<p>Discovery Vitality: An innovative approach to health behavior change - Terry Harris</p> <p>Probiotics, Prebiotics, Fibre and the Gut Microbiome - Kevin Whelan</p> <p>Intersection of Diet, Brain, Gut and Behaviour - Margaret Morris</p>		
1030-1100	Morning Tea and Poster Viewing		
1100-1230	<b>Symposium 7</b>	<b>Symposium 8</b>	<b>Symposium 9</b>
	<p><b>The role of Omega-3 and other dietary fats in neurodevelopmental and mental health conditions – from research to practice</b></p> <p>Presenters: Alex Richardson, Rachel Gow, Simon Dyall</p>	<p><b>Moving Toward Nutrition Standards in Substance and Alcohol Use Disorder Treatment</b></p> <p>Presenters: Valerie Darcy, Kelly Ratteree, David Wiss</p>	<p><b>Psychobiotics - Modulating the microbiota-gut-brain axis to improve cognitive function and behaviour</b></p> <p>Presenters: Gerard Clarke, Phil Burnet, Yolanda Sanz, Lucile Capuron, Kirsten Berding Harold</p>
1230-1330	Lunch and ISNPR AGM		
1330-1500	<p><b>STREAM: Micronutrients and nutraceutical interventions for mental health</b></p> <p>Broad Spectrum Micronutrient Formulas for the Treatment of Psychiatric Symptoms in Clinical Samples: A Meta-analysis of RCTs Presenter: Andrew Hughes</p>	<p><b>STREAM: Mental health and chronic disease</b></p> <p>Elimination of additive-rich cordials improves agitation in severe dementia Presenter: Alexandra Seewann</p>	<p><b>STREAM: Diet-focused treatments for mental health</b></p> <p>A systematic literature review on the influence of prenatal and childhood nutrition on the development and endurance mental health issues in childhood: results of the Food4Thought review study. Presenter: ISM van der Wurff</p>
	<p>Is More Merrier...? An Appraisal of Multi-Nutrient Formulations for Depression Presenter: Jerome Sarris</p>	<p>Long- and Short-term Associations of diet quality with Risk of Dementia Presenter: Tasnime Akbaraly</p>	<p>A systematic literature review on the relation between dietary patterns and depression risk among adults: results of the Food4Thought review study. Presenter: Anke Oenema</p>
	<p>Omega-3 fatty acid deficiency compromises the resolving capacity in rats with a pro-inflammatory hippocampal lipid-mediator profile induced by iron deficiency Presenter: Jeannine Baumgartner</p>	<p>Fear of cancer recurrence among breast cancer survivors could be controlled by prudent dietary modification considering polyunsaturated fatty acids and gut microbiota Presenter: Yutaka Matsuoka</p>	<p>Healthy Dietary Patterns from Youth to Old Age in Relation to Late Life Depression in the population-based AGES-Reykjavik Study Presenter: Bryndis Eva Birgisdottir</p>
	<p>Nutrient Supplementation for Substance Use Disorder Recovery: A Systematic Review Presenter: Christopher Jenney</p>	<p>A Low Glutamate Diet Reduces Anxiety and PTSD Symptoms in Veterans with Gulf War Illness Presenter: Kathleen Holton</p>	<p>The role of dietary patterns in depression: An overview of the evidence. Presenter: Megan Lee</p>
	<p>A systematic review and meta-analysis of B vitamin supplementation on depressive symptoms, anxiety and stress: effects on healthy and 'at-risk' individuals Presenter: Lauren Young</p>	<p>Culinary Medicine for the Clinical Psychiatric Researcher Presenter: April Hackert</p>	<p>Ketogenic Diet for psychotic disorders: feasibility of randomised controlled pilot study in psychotic inpatients (PsyDiet) Presenter: Anu Ruusunen</p>
	<p>N-3 fatty acid and iron depletion, alone and in combination, during early development negatively affects behaviour in rats Presenter: Jeannine Baumgartner</p>		<p>Diet and Psychosis: A Scoping Review Presenter: Monique Aucoin</p>
1500-1530	Afternoon tea and Poster Viewing		
1530-1730	<p>International Society for Nutritional Psychiatry Research (ISNPR) Practice Guidelines for Omega-3 Fatty Acids in the Treatment of Major Depressive Disorder - Kuan Pin Su</p> <p>Rescuing neurons: Can Cognition be Restored in Severe Mental illness by Improving Glucose Utilization- Robert MacCullumsmith</p> <p>Innovation to Disruption: The Next Steps in Reducing the Burden of Mental Illness - Julia Rucklidge</p>		
	Conference prizes and summary		