

The Effectiveness of Omega-3 Supplements in Managing Symptoms of Depression

This research paper investigates the effectiveness of omega-3 fatty acid supplements, specifically Eicosapentaenoic Acid (EPA) and Docosahexaenoic Acid (DHA), in alleviating symptoms of depression. Omega-3 fatty acids, particularly EPA, have anti-inflammatory properties and support brain health, and may work as antidepressants. This poster discusses several clinical trials and meta-analyses to determine if supplements help alleviate depressive symptoms. Research findings indicate that EPA has stronger anti-depressive effects, while DHA primarily supports cognitive improvement. However, findings across various trials are mixed, showing definitive effects on depressive symptoms in some trials while showing minimal or no effects in others. These differences may be due to factors such as the mix of studies, dosage, participant demographics, and initial depression severity. The comparison between EPA and DHA highlights that DHA has less impact on mood, though combined treatments may sometimes create additive effects, although this outcome is not consistently observed.. From literature, omega-3 supplements, especially EPA, may serve as a valuable adjunct to pharmacotherapy for depression. More research is needed to determine the correct dosage and identify patient characteristics significantly affecting treatment outcomes. These findings suggest a role for omega-3s in nutritional psychiatry, emphasizing the importance of diet in mental health and the need for further standardized, controlled trials to provide clear recommendations on the use of omega-3 for depression.