Abstract Form

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Title of Presentation:

Prevention of depression through nutritional strategies – the MooDFOOD project

1. Brief description/abstract for the content of the presentation (150 words max). Introduction / Objectives / Methodology / Results / Conclusion

Introduction: MooDFOOD is a ‘Multi-country collaborative project on the role of Diet, Food-related behaviour, and Obesity in the prevention of Depression’. Depression is one of the most prevalent and disabling disorders. Objectives: Targeting food-related behaviours and nutritional status of people prone to overweight to prevent depression. Methodology: Existing data from longitudinal prospective European cohort studies will be combined with new data from surveys, short-term experiments and a long-term preventive intervention study. This will provide insight into the causality of the link between diet and depression, underlying pathways, and which modifications related to diet and dietary behaviour may lower depression risk. Results: Some of the first project results will be presented at the meeting. Conclusion: The project findings will be used to develop novel nutritional strategies to prevent depression and to translate these strategies into guidelines and practical tools to guide policy.

2. Please give two to three key references which can be used to inform future work:

3. Please identify up to three specific outcomes that dietitians and participants will take away to inform their future practice.

Knowledge on how dietary patterns, nutrients and food-related behavior may impact depression