The Effects of Omega-3 Fatty Acids Dietary Supplements (Fish Oil) on Mood and Cognitive Functions of Healthy Individuals

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To investigate the effects of omega-3 supplements on mood, impulsivity and depression-related cognition in a sample of physically healthy, non-depressed individuals. It is hypothesized that 4 weeks consumption of omega-3 fatty acids supplements will...

Ethical review	Approved WMO
Status	Will not start
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON29976

Source
ToetsingOnline

Brief title
Omega-3, mood and cognition

Condition

- Other condition

Synonym
attention, cognition, concentration, mood

Health condition

niet direct op aandoeningen gericht; indirect op psychische stoornissen (depressie)

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Leiden
Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: cognition, diet, fatty acids, mood

Outcome measures

Primary outcome

Mood (Profile of Mood States)

Cognition (Attention, Memory, Impulsivity, Emotion Recognition)

Secondary outcome

Psychiatric symptoms

Study description

Background summary

A number of studies have reported positive effects of omega-3 consumption on depression. Studies in healthy subjects indicate that omega-3 may improve aggression and cognitive functions, possibly through the serotonergic system.

Study objective

To investigate the effects of omega-3 supplements on mood, impulsivity and depression-related cognition in a sample of physically healthy, non-depressed individuals. It is hypothesized that 4 weeks consumption of omega-3 fatty acids supplements will positively affect subjective mood states and cognitive functions compared to placebo.

Study design

Double-blind placebo-controlled randomized trial

Intervention

4 weeks dietary supplements of omega-3 fatty acids (4 g/day)

Study burden and risks

Burden is 4 hours of interviews and tests (low burden; comparable to computer games). No risks (other than twice venapunction by experienced nurses).

Contacts

Public
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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Dutch-speaking men and women
Normal weight (BMI between 18 and 25).
Regular diets, not containing fish more than once a week

Exclusion criteria

Current episode of major depression
Current or past psychosis
Current substance abuse or past substance dependence
Any illness requiring medication
Smoking or current use of soft drugs (current = month prior to study till completion)
Any hard drug use (lifetime)
More than 3 alcoholic consumptions/day

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Placebo
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Will not start
Enrollment:	60
Type:	Anticipated

Ethics review

Approved WMO

Application type:	First submission
Review commission:	METC Leiden-Den Haag-Delft (Leiden)
	metc-ldd@lumc.nl

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL12067.058.06