

Intervention with Mediterranean diet in the improvement of depressive symptoms in patients recovered from depressive disorder. PREDI-DEP trial preliminary results

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Introduction

Prevention of depression recurrence is an important goal in the management of depressive patients. Our aim was to assess the effectiveness of a nutritional intervention based on Mediterranean diet to reduce residual depressive symptoms after 4 months of intervention in patients with a previous episode of depression (PREDI-DEP trial).

Methods

DESIGN: The PREDI-DEP is a multicenter, two-arm, parallel-group clinical trial with 2 years of intervention in patients with a previous major depressive episode in a stage of total or partial remission. The study has been prospectively registered in the U.S. National Library of Medicine (<https://clinicaltrials.gov>) with NCT number: NCT03081065

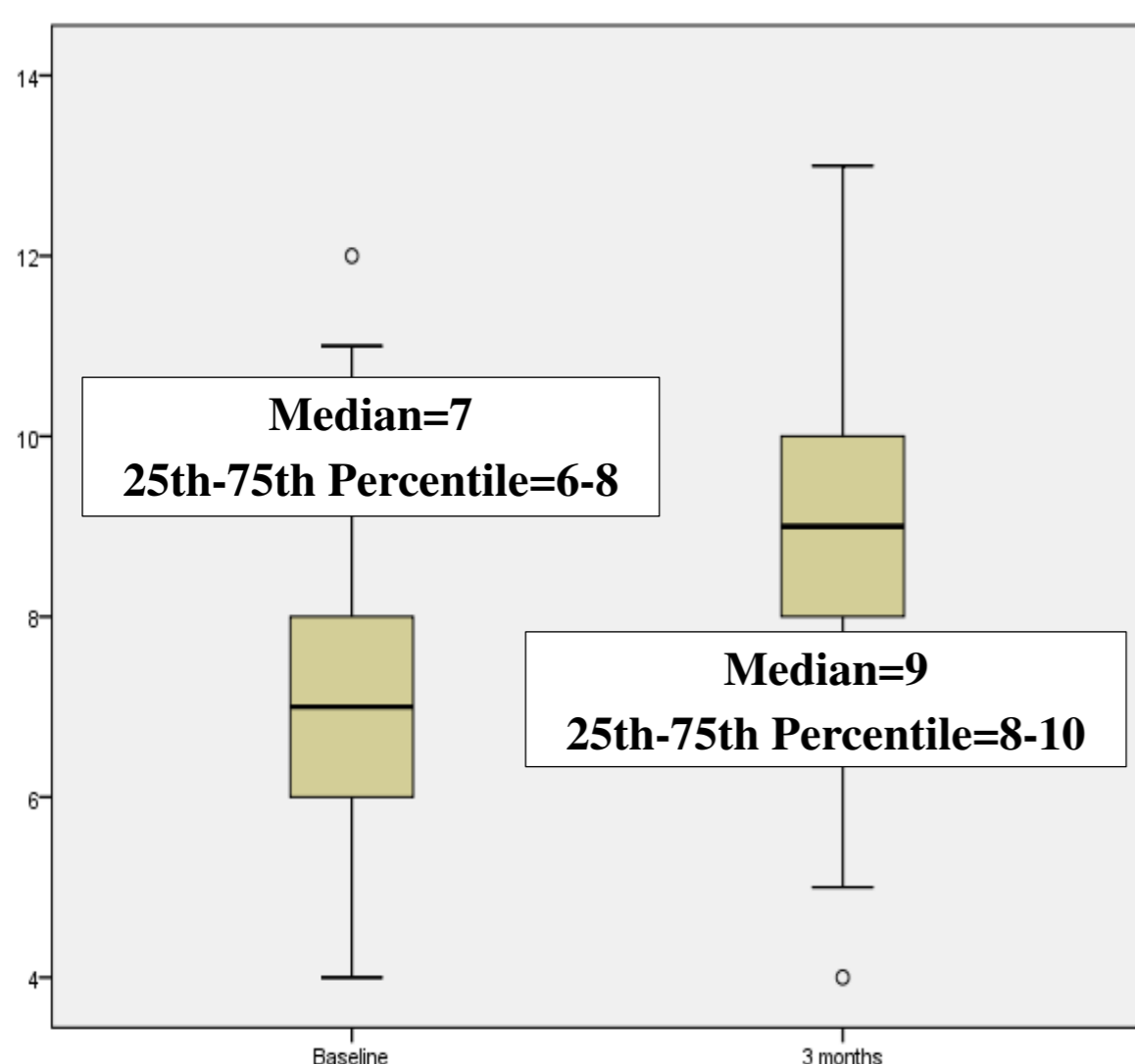
INTERVENTION: One group is assigned to a Mediterranean diet supplemented with extra-virgin olive oil and the control group has no nutritional intervention.

MEASUREMENTS: Adherence to the Mediterranean diet was assessed in the intervention group after 3 months of follow-up through a validated Mediterranean Diet Assessment Screener (MEDAS) (0-14 points). Depressive symptoms were assessed after 4 months in the overall sample using the Beck Depression Inventory (BDI) validated in Spain.

STATISTICAL ANALYSIS: Differences in the scores of the MEDAS questionnaire (change in the adherence to the Mediterranean diet after 3 months of intervention) was assessed through a Paired-t test. Generalized Linear Models were used to calculate the adjusted mean changes and their 95% confidence intervals (95% CI) in BDI scores after 4 months of intervention. Results were adjusted for sex, age and baseline score in BDI.

Results

127 patients of the trial with at least 4 months of follow-up (n=72, intervention group; n=55, control group) (70.9% women).



Change in the adherence to the Mediterranean diet (MEDAS score) after 3 months of intervention

Mean change and 95% CI in depressive symptoms after four months of nutritional intervention

	n	Mean change	95% CI for mean change	P ANCOVA
Control	55	0.328	-1.682 to 2.337	0.01
Intervention	72	-3.060	-4.883 to -1.237	

Adjusted for baseline depressive symptoms, age and sex

Conclusions

Our results suggest that the nutritional intervention with Mediterranean diet supplemented with extra virgin olive oil could improve depressive symptoms in patients recovered from a depressive disorder.

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