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Short-term supplementation of acute long-chain omega-3 polyunsaturated fatty acids may alter depression status and decrease symptomology among young adults with depression: a preliminary randomized and placebo controlled trial.

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Abstract

The current study examined the psychological effects of acute and low-dose long-chain omega-3 polyunsaturated fatty acids (LCPUFAs) supplementation on young adults with depressive symptoms. Participants (N = 23, M age (SD) =20.2 (1.25), 78% female), with a Beck Depression Inventory (BDI) score of greater than ten, were randomly assigned to a placebo (corn oil) or LCPUFAs group (1.4g of eicosapentaenoic and docosahexaenoic acids) and were instructed to consume the assigned capsules daily for 21-days. BDI was completed prior to supplementation and at day 21. Group differences in depression status on day 21 were analyzed using chi-square tests. After 21-days of supplementation, there was a significant difference in depression status between groups. 67% of the LCPUFAs no longer met criteria for being depressed, while only 20%

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