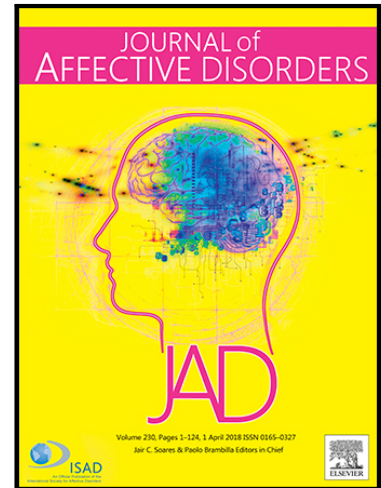


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Omega-3 Polyunsaturated Fatty Acids and Reduction of Depressive Symptoms in Older Adults: A Systematic Review and Meta-Analysis

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Highlights

- Available evidence suggested the efficacy of n-3 PUFA treatment with dosage greater than 1.5g/d in reducing depressive symptoms among adults aged 60 or older
- Our study searched ten databases and gray literature. Nine with low risk and bias studies were included, which made the results more comprehensive, accurate and credible compared with previous studies.
- This review synthesized the effects of n-3 PUFAs on older adults with depressive symptoms and explored subgroup differences (comorbidity, baseline depression, dosage, ratio of EPA and DHA, intervention duration).
- The current review used RVE in meta-regression to synthesize treatment effect size estimates, which could have produced more accurate results compared to traditional methods used in previous systematic reviews.

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