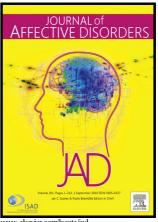# Author's Accepted Manuscript

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Cite this article as: Mojtaba Shafiee, Soheil Arekhi, Alireza Omranzadeh and Amirhossein Sahebkar, Saffron in the treatment of depression, anxiety and other mental disorders: current evidence and potential mechanisms of action, *Journal of Affective Disorders,* https://doi.org/10.1016/j.jad.2017.11.020

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Saffron in the treatment of depression, anxiety and other mental disorders: current evidence and potential mechanisms of action

Mojtaba Shafiee[1,2], Soheil Arekhi[2,3], Alireza Omranzadeh[2,3], Amirhossein Sahebkar[4*]

[1]Department of Nutrition, Faculty of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran.

[2]Student Research Committee, Mashhad University of Medical Sciences, Mashhad, Iran.

[3]Evidence Based Medicine Research Group, Mashhad University of Medical Sciences, Mashhad, Iran.

[4]Biotechnology Research Center, Mashhad University of Medical Sciences, Mashhad, Iran

sahebkara@mums.ac.ir;

amir_saheb2000@yahoo.com;

amirhossein.sahebkar@uwa.edu.au

Corresponding authors: *Department of Medical Biotechnology, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran, P.O. Box: 91779-48564, Iran. Tel: 985138002288; Fax: 985138002287.*

Abstract

Background:

Depression and anxiety are two common mental health problems with high economic and social costs. Currently, a number of treatments are available for patients with depression and anxiety disorders such as psychotherapy, electroconvulsive therapy and antidepressant drugs. Due to safety concerns, adverse effects, limited efficacy and low tolerability associated with many antidepressant and anti-anxiety medications, identification of novel agents with less toxicity and more favorable outcome is warranted.

Methods:

The current article provides a non-systematic review of the available *in vitro*, *in vivo* and clinical evidence on the efficacy, safety and mechanisms of action of saffron and its active ingredients in the treatment of anxiety, depression and other mental disorders.