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Nutritional Psychiatry: Current Evidence & Practice

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What is Nutritional Psychiatry?



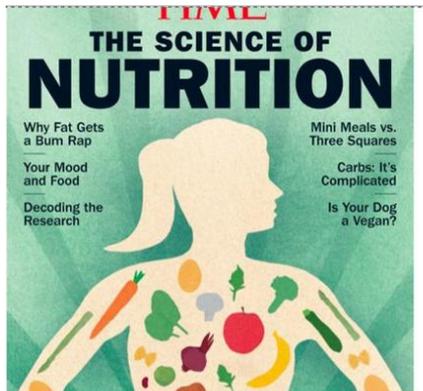
- Research developing and evaluating nutritional approaches to the prevention and treatment of mental and brain disorders and their comorbidities
- The application of evidence-based nutritional approaches to the prevention and treatment of mental and brain disorders and their comorbidities
- Clinical, public health (prevention), policy

What is it not?



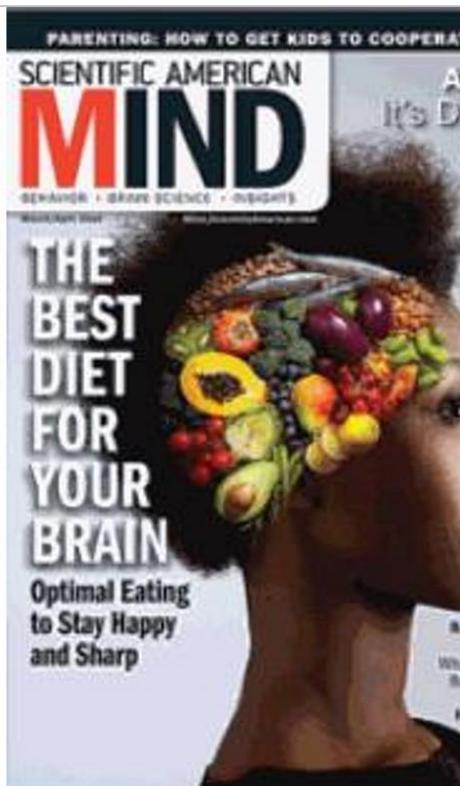
- Complementary medicine
- Integrative medicine
- Alternative medicine
- Functional medicine

Public Knowledge



tu salud mental

Cada vez más pagamos, además de evaluar el historial médico de los pacientes, consideramos su dieta. La evidencia científica sugiere que hay alimentos que mejoran el bienestar emocional y que incluso ayudan a combatir la depresión y la ansiedad. La idea no es reemplazar el tratamiento, sino potenciarlo.



The Washington Post

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Can what you eat affect your mental health? New research links diet and the mind.

By Gisela Telis, Tuesday, March 25, 8:12 AM



Diet and depression in adulthood



Molecular Psychiatry
<https://doi.org/10.1038/s41380-018-0237-8>

REVIEW ARTICLE



Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies

Camille Lassale^{1,2} · G. David Batty¹ · Amaria Baghdadli^{3,4} · Felice Jacka⁵ · Almudena Sánchez-Villegas^{6,7} · Mika Kivimäki^{1,8} · Tasnime Akbaraly^{1,3,9}

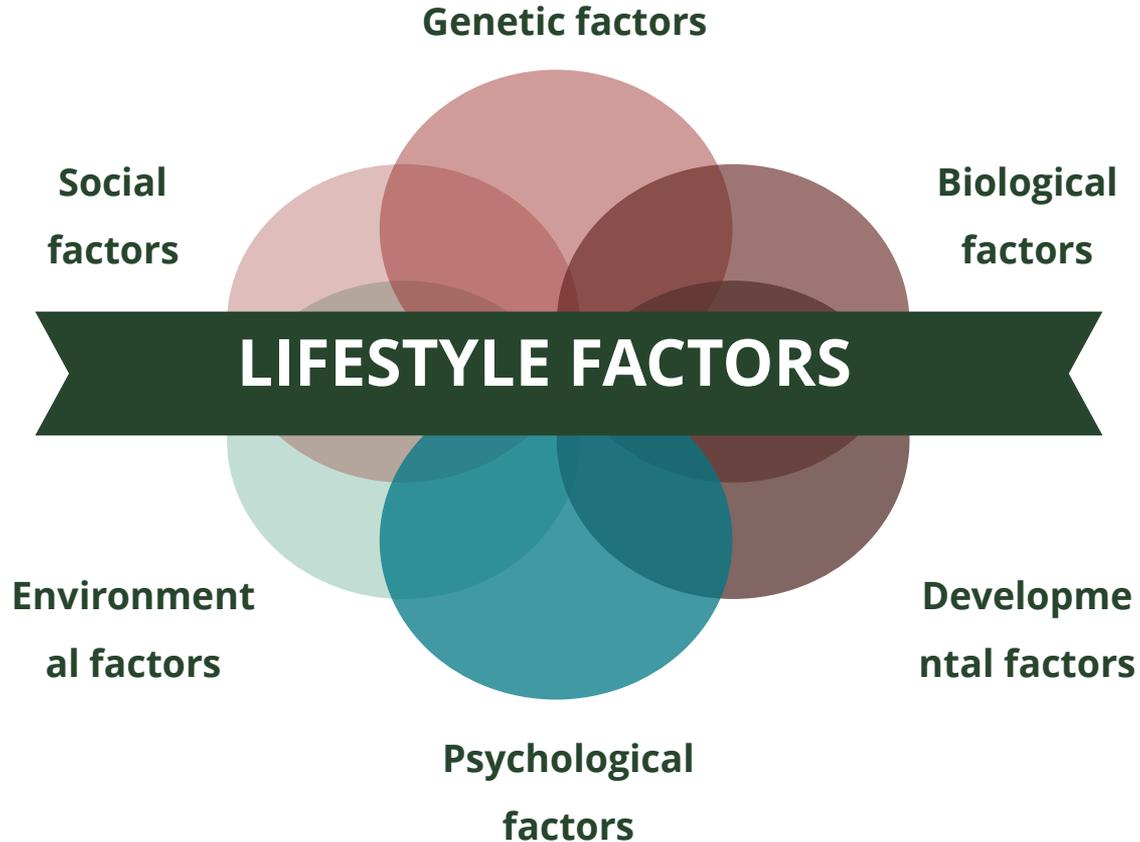
Received: 10 May 2018 / Revised: 26 July 2018 / Accepted: 2 August 2018
© Springer Nature Limited 2018

- A review and analyses of 41 studies showed decreased incidence of depression in those with a higher quality diet
- Overall, diets that are higher in whole, plant-based foods are associated with decreased risk

Diet and Mental Health are Linked Across the Life Stages



Determinants of Mental Health



Current Recommendations

RANZCP Guidelines

ANZJP

The 2020 Royal Australian and New Zealand College of Psychiatrists clinical practice guidelines for mood disorders

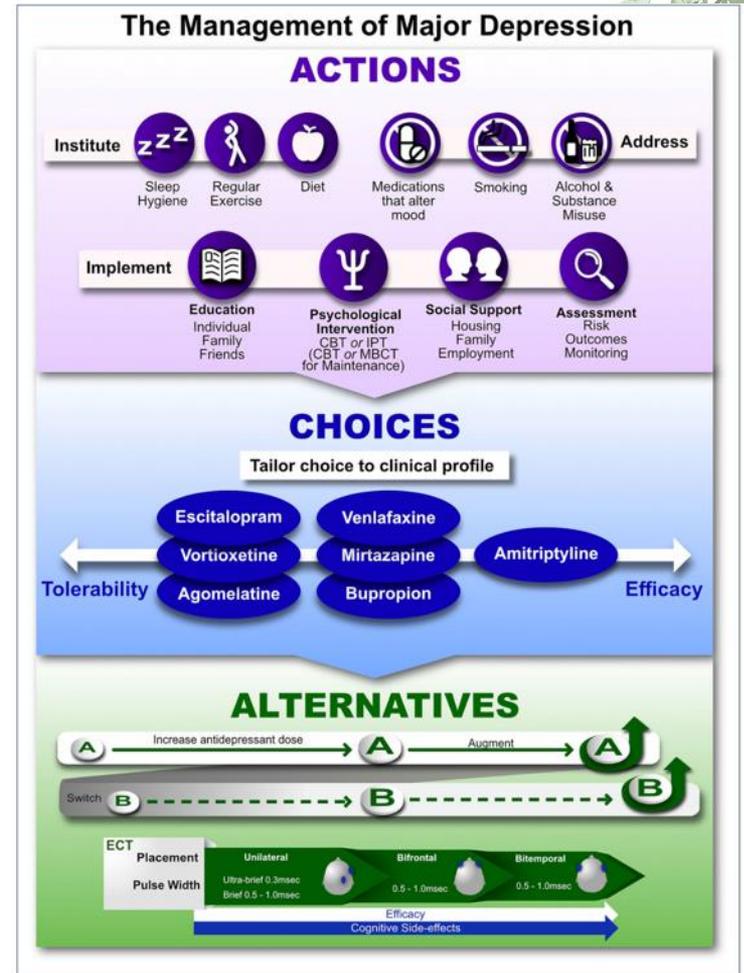
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SAGE

Gin S Malhi^{1,2,3}, Erica Bell^{1,2,3}, Darryl Bassett⁴, Philip Boyce^{5,6}, Richard Bryant⁷, Philip Hazell⁶, Malcolm Hopwood⁸, Bill Lyndon¹, Roger Mulder⁹, Richard Porter⁹, Ajeet B Singh¹⁰ and Greg Murray¹¹

The Royal Australian & New Zealand College of Psychiatrists

Pharmacological approaches have proven to be insufficient to address the burden



Do not address comorbidities or support change in behaviours

- Adjunctive dietary treatment - successful strategy for significant symptom improvement and:
 - Support physical health
 - Support behavioral change
 - Is highly cost-effective



Dietary Interventions for Mental Health-Related Outcomes



Several studies with mental health as primary outcomes

All used variations of Mediterranean Diet:

The SMILES trial – individual, in-person, 12 weeks, MDD (Jacka et al. 2017)

The AMMEND study – young males, online (Bayes et al. 2022)

The HELFIMED trial – group, diet + fish oil supplements (Parletta et al. 2019)

Uni students brief trial (2019) – young adults, 3 weeks (Francis et al. 2019)

The CALM non-inferiority trial (2022) – group, online, diet +PA (Young et al. 2022)

Mediterranean-Style Diet for Clinical Depression



The SMILES trial

First RCT that used diet to treat mental health symptoms (depression)

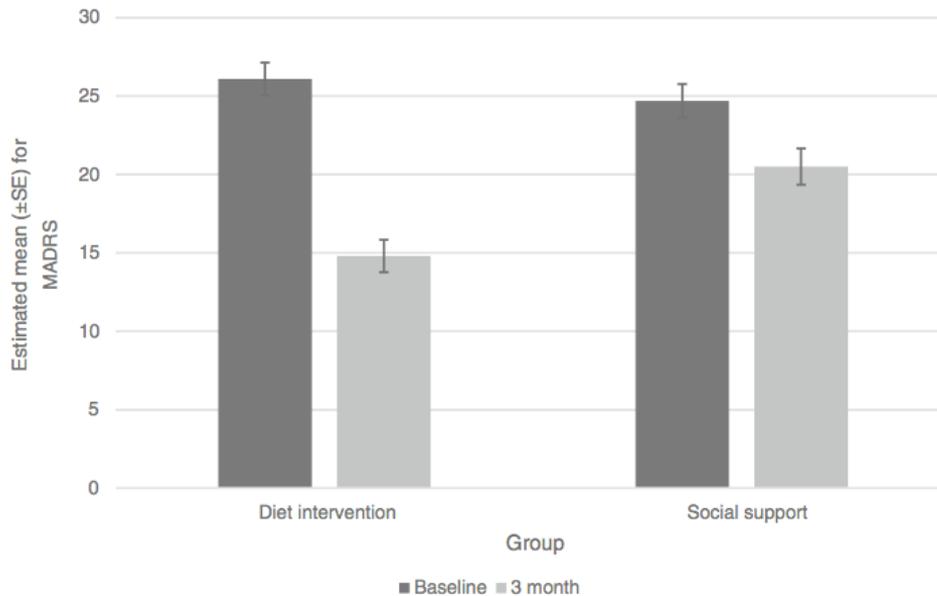
- 67 adults with clinical depression; 12 weeks
- 2 arms: diet and befriending protocol; we will unpack the diet in the next few slides



12 weeks intervention

Dietary support

Social support (befriending)



NNT= 4.1

Fig. 2 MADRS scores for dietary support and social support control groups at baseline and endpoint. Effect size: Cohen's $d = -1.16$ (95% CI $-1.73, -0.59$). Baseline data $n = 67$; 12 week data $n = 56$

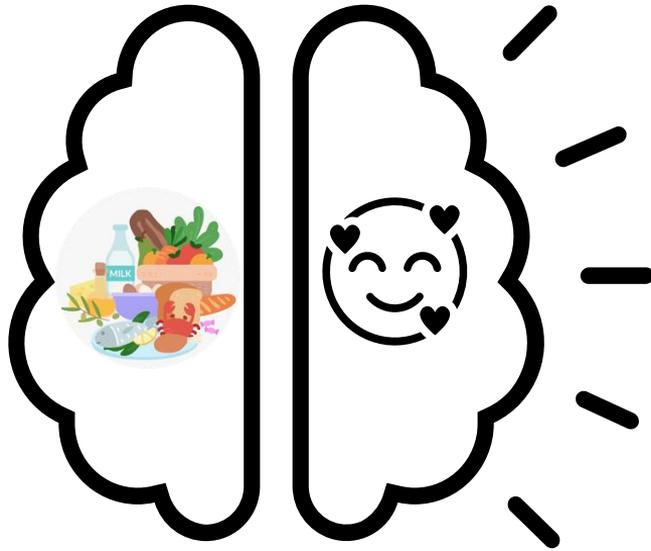
At 12 weeks, 32% of dietary support group achieved remission criteria compared to 8% in social support group



Implementation in Practice



Closer Look: Mediterranean-Style Diet



Combination of:

Traditional Mediterranean Diet

+

Australian Guidelines for Healthy Eating

The Main Principles of the SMILES



- Individualised approach, delivered by dietitians
- Person-centred recommendations based on nut. needs, knowledge, skills, resources, environment
- SMART goals, follow up, revisions, consistency, support, motivation





Discretionary food

Extras

<3 serves

Eggs



Up to 6

Poultry



2-3 serves

Regular intake of OILY FISH

Fish



At least 2 serves

Lean red meat



3-4 serves

Moderate in red meat

Legumes and beans

Legumes



3-4 serves

OLIVE OIL as main fat

Nuts



1 serve

Olive oil



60mL

Dairy



2-3 serves

Vegetables & Fruit



6 serves vegetables
3 serves fruit

Rich in VEGETABLES, FRUIT & WHOLEGRAINS

Whole grains



5-8 serves

* Alcohol - No more than 2 standard drinks

Weekly
Daily

Protein	AND	Cereals and Starchy Vegetables	AND	Vegetables
<p>Tinned sardines</p> 		<p>with wholegrain biscuits</p> 		<p>plus avocado, tomato and cucumber</p> 
<p>Tinned salmon</p> 		<p>with tinned chickpeas</p> 		<p>and salad</p> 
<p>Tinned tuna</p> 		<p>plus instant brown or basmati rice</p> 		<p>with tinned corn, peas and beetroot</p> 
<p>Egg</p> 		<p>on wholemeal toast</p> 		<p>with avocado, tomato and mushrooms</p> 
<p>Supermarket rotisserie chicken (skin removed)</p> 		<p>with couscous</p> 		<p>and frozen vegetables</p> 



Further Information

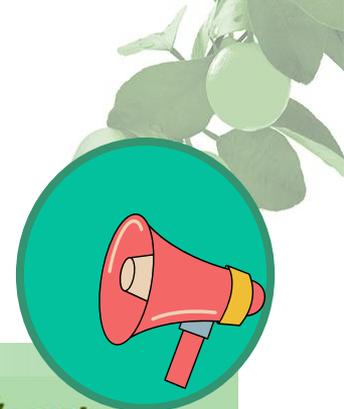


Jacka et al. 2017



Opie et al. 2018

Communicating



Timing is everything!



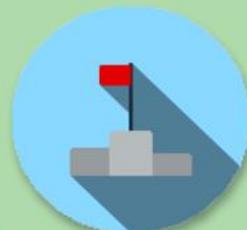
Centre of attention



Small steps long road



You can do it!



Breaking bad (barriers)



It's not goodbye, it's see you later



Key Skills for Practitioners



- Nutrition knowledge and counselling
 - Empathic, non-judgemental approach, psychosocial and cultural awareness
- Psychoeducation, counselling and behaviour change techniques
 - motivation and capacity for change and self-management
- Collaborative multidisciplinary approach



Continue Learning Nutritional Psychiatry



Developed by the experts in the field

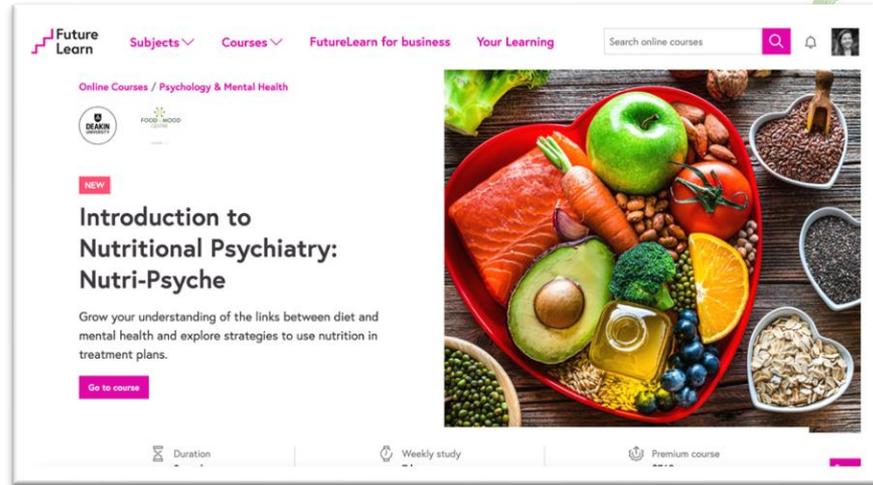


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20 hours of continuing professional development



It's on
NOW!!

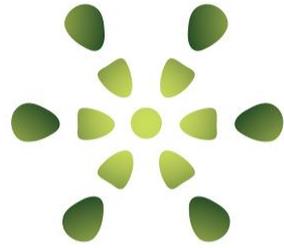


SCAN ME

Accessible Knowledge on Food and Mood



The screenshot shows the FutureLearn website interface. At the top, there are navigation links for 'Subjects', 'Courses', 'FutureLearn for business', and 'Your Learning'. Below this, the breadcrumb path is 'Online Courses / Healthcare & Medicine'. The course title is 'Food and Mood: Improving Mental Health Through Diet and Nutrition', with a description: 'Explore the relationship between nutrition and brain health, why it matters, and how to work towards positive food changes.' The course has a rating of 4.6 stars from 740 reviews and 83,185 enrolments. A prominent message on the right side of the page states 'You have already joined this course' with a 'Go to course' button. The bottom of the page features a vibrant image of various healthy foods including broccoli, an avocado, lentils, blueberries, and chickpeas.



FOOD & MOOD

CENTRE

A **DEAKIN** IDEA

