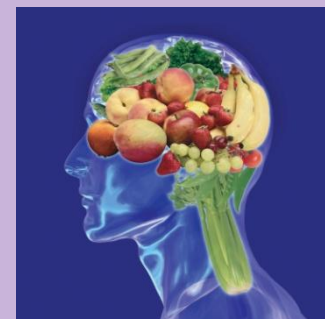


MooDFOOD

PREVENTING DEPRESSION THROUGH FOOD

GAMIAN-Europe

partner in
European Research project



July 2015

PARTNERS IN THE PROJECT & MOODFOOD NEWS

IN THIS ISSUE

University of Iceland (UI) (Iceland)

The University of Iceland (UI) is a progressive educational and scientific institution, renowned in the global scientific community for its research, not at least due to close collaboration with different research institutes. One of those is the Icelandic Heart Association (IHA), a non-profit research organisation established in 1967 focusing on the epidemiology and genetics of the most common diseases affecting men. The IHA also leads the Age Gene/Environment Susceptibility (AGES) Reykjavik study. The Unit for Nutrition Research (UNR) is a leading research unit in the field of human nutrition in Iceland, closely collaborating both with government organisations as well as with non-profit research institutes. UNR is one of the most active research units within the University of Iceland.

UI expertise will support WP's 1, 6 and 7.



Staff participating in the project

Ingibjorg Gunnarsdottir PhD: professor of human Nutrition at the UI. She has coordinated several scientific projects, Icelandic and Nordic.

Vilmundur Gudnason MD PhD: Director of IHA, Professor in Cardiovascular Genetics at the University of Iceland, and the principal investigator for the Age Gene/Environment Susceptibility (AGES) Reykjavik study of older people.

Laufey Steingrimsdottir PhD: professor at the UI, director of The Icelandic Nutrition Council from 1992 to 2003 and coordinator of several scientific projects.

<i>The UNIVERSITY of ICELAND (Iceland)</i>	1
<i>Academic Medical Centre Amsterdam (The Netherlands)</i>	2
<i>Aarhus University (Denmark)</i>	2
<i>General Assembly and Project meeting Palma de Mallorca, Spain, 29-30 April</i>	3-4

Inga Thorsdottir PhD: professor of human Nutrition at the UI, Dean of School of Health Sciences UI. She has published 119 peer-reviewed papers and many book chapters and has coordinated European research projects.

[More details on the MoodFOOD project description.](#)

**Academic Medical Centre
Amsterdam (AMC)**
(The Netherlands)



Academic Medical Center

University of Amsterdam

With around 25,000 students and 5000 staff, University of Amsterdam; ranks among the largest comprehensive universities in Europe. It belongs to the League of European Research Universities. Two departments of the Academic Medical Center of the university are involved in MoodFOOD:

1. the department of Public Health has a track record in research into social determinants of health, with a particular focus on socio-economic status and ethnicity,
2. the department of Psychiatry has been involved in epidemiological studies on depression, also with special interest in ethnic diversity.

The AMC is involved in WP's 1, 5, 6 and 7.

Staff participating in the project

Mary Nicolaou PhD: co-leader of WP1 focusing on the nutritional component as well as co-leader of WP5.

She is a post doctoral researcher at the department of Public Health. Her research is on diet, obesity and ethnic minorities. She is the initiator of the dietary studies within the HELIUS cohort and has published over 20 articles.

Aart H. Schene MD PhD: professor at the department of Psychiatry at the AMC and a specialist in the neurobiology of depression. He has published over 130 articles.

Karien Stronks PhD: professor and Head of the department of Public Health. Her research relates to socio-economic health inequalities, with a focus on ethnic minorities. She has published over 160 articles.

Marieke Snijder PhD: Scientific Coordinator of the HELIUS study. Her research area relates to obesity and cardiovascular disease (including diabetes). She has published over 50 articles.

Aarhus University (AU)
(Denmark)



AARHUS UNIVERSITY

Since 1991, MAPP(*) Centre for Research on Customer Relations in the Food Sector, School of Business and Social Sciences at Aarhus University has conducted research on marketing-related problems in the food sector. MAPP is regarded as a world-class centre of excellence on consumer science in the food area. It has a long track record of participating in EU FP programmes.

()Originally MAPP was an acronym for the title of the research programme that launched MAPP, namely **Market-Based Process and Product Development in the Food Sector.***

AU MAPP has expertise on determinants of consumers' food choices and food-related behaviours from over 20 years of research on product-related, psychological and social factors influencing behaviour. Research applies to a wide range of methods from qualitative techniques to quantitative surveys, experimental laboratory and survey designs.

Within MoodFOOD, AU is responsible for **WP2** studying the relation between different food-related behaviours and depressive symptoms

with BMI, social environment and eating behaviours as moderators in these relationships.

AU participates in WP's 2, 5, 6 and 7.

Staff participating in the project

Liisa Lähteenmäki PhD: leader of WP2 and professor in Food Choice. Her research area is consumer behaviour, food choice and healthy eating, and responsible consumer behaviour. She has (co-)authored more than 80 peer-reviewed international publications.

Klaus Grunert PhD: professor and director of the MAPP Centre for research on customer relations in the food sector. His research area relates to consumer behaviour, marketing, perception of health-related information. He has (co-)authored 148 international peer-reviewed publications.

Athanasios Krystallis PhD: professor in Consumer Choice with research interests in consumer strategy and food-related behaviour. He has (co-)authored more than fifty peer-reviewed international publications.

Ana Alina Tudoran: assistant professor with expertise in multivariate statistics, structured equation modelling, research methodology in consumer studies. She has (co-)authored more than 15 peer-reviewed international publications.

Note :

If you have no access to the Podio communication tool for downloading reference documents of the following article yet, send a request to ewoodward@easo.org

MooDFOOD meeting -Palma de Mallorca, Spain 29th- 30th of April, 2015

Opening and introduction by MooDFOOD Coordinator Marjolein Visser

(Department of Health Sciences, VU University Amsterdam),

She acknowledged the presence of the Chancellor of UNIVERSITAT DE LES ILLES BALEARSUIB and thanked him for his presence, the strong support of his University in the MooDFOOD project and their hospitality in the successful organisation of this MooDFOOD meeting and General Assembly.

General Assembly - April, 29th

Ingeborg Brouwer (Department of Health Sciences, VU University Amsterdam)

welcomed the 21 participants for this GA in Palma de Mallorca.

(Gamian was not represented at the MooDFOOD General Assembly 2015)

Agenda

- Opening (attendance)
- Deliverables
- Milestones
 - Communication Plan WP6
 - Design of the prevention trial (WP3)
- Finances
- Internal Reporting
- Reporting to the Commission
- Ethics
- Set date next GA
- Closure



The updated Interim Communication and Dissemination Plan is one of the MooDFOOD milestones that had to be approved by the GA members. Each GA member present or represented had one vote and the approval was

achieved by a majority of votes. Also, the design of the prevention trial was approved by the majority of GA members present.

In view of the 5 June deadline for the first periodic report (financial and scientific reporting) to be uploaded/submitted by the Project Office (PO) on the 28th of June 2015, participants were requested to start reporting as soon as possible.

Key message of GA:

Start reporting now!



MoodFood meeting April, 29th -30th

Chairpersons on 29 April:

Marjolein Visser and Ingeborg Brouwer (both VUA)

Chairpersons on 30 April :

Miquel Roca (UIB) and Brenda Penninx (VUA)

Analysis Proposals and Publication

Guidelines (Marjolein Visser)

Brenda Penninx will make general information slides on MooDFOOD available on Podio.

Ways to best analyse were discussed and guidelines for publication were provided.

[Read more via podio](#)

Work Packages Updates

There were no comments with respect to the Work packages, apart from WP3 and WP4.

The main concerns were related to the issue of ethical approval:

- Concern about insurance aspects (UIB)
- Concern of 'non medical product', yes or no? (VUA and UNEXE (University of Exeter))
- Need for more details on preparation of the multi-nutrients (quality, storage, distribution etc.) (VUA)
- Minor questions regarding additional patient insurance, DNA and blood collection) (ULEI (Universitaet Leipzig))
- Additional exclusion criteria (e.g. not participating in other trials) (ULEI)

There is a need to create a monitoring system (in the protocol) :

- What to do if one site has trouble with recruitment?
- The use of already prepared MooDFOOD contingency plans in the "Description of Work document"(DoW)

MooDFOOD Advisory Overview

The Advisory Board recognized the multi-disciplinary and multicentre approaches of the MooDFOOD project partners. The general approach is comprehensive and implemented with the required involvement requirement of nutritionists, epidemiologists,

psychologists and other specialists. ...It is difficult to do more.

It is good to see the number of WP publications that are already in the pipeline as it demonstrates that the MoodFOOD partners are (re)active.

The Advisory Board expressed the need to communicate the overall vision more clearly, as well as how studies relate to one another and how findings will be transferred into strategies and guidelines.

Clinical Trial Update by Miquel Roca and Brenda Penninx

Different recruitment strategies are used in the different trial sites. VUA will make a selection of these and share them with all trial sites.

A few examples were mentioned:

- UNEXE: database medical research + general promotion of Exeter via fliers, radio, TV, social media + GP registry.
- ULEI: database of another project (LIFE study), advertising strategies from previous projects + patient organisation(s)
- UIB: research network primary care + press release of University
- VUA: different screening procedures with large amount of people.

In relation to trials, an additional exclusion criteria has to be enforced, i.e. 'not pregnant or breast feeding'.

It was decided to use MINI Plus as assessment instruments. Thus, all sites will have to check the availability of the MINI Plus in their own language.

Regarding logistics and accommodation UNEXE will create an agenda and send the information to the sites.

Per site, two psychologists will be active:

- All attendants will be trained
- The sessions/role plays will be recorded
- Nutrition will be given on the Tuesday (Ingeborg Brouwer will be present)
- Basic nutrition background for psychologists is required
- All participants will do a test on the final day and get a certificate
- Many similar sessions will take place during the complete trial (= fidelity check)

[Read more details of the trial update](#)

Data management (by Gerard van Grootheest)

Data management trainings were scheduled for the end of June, (by means of conference calls). Information for all local IT departments will be shared.

The researchers have to be kept unaware of the participation of study participants in the FBC (Food Behavioral Change) intervention. Height and weight measurements at baseline as well as self-reported values for randomisation will lead to high numbers of data, i.e. the number of

screened subjects is between 5000 and 10.000 data.

It has been decided that UNEXE will provide details on the calculations to be done on these values. The information of the MoodFOOD participant has to be added with extra details in order to send the complete records to the participants' GP.

Statistical Analyses Trial (Mariska Bot)

The power calculation needs to be updated to include new outcome measures. Brenda Penninx and Mariska Bot will perform this.

Please Note:

✓ **General Assembly 2016**

Location: Reykjavik, Iceland
Date: 21st-22nd of April 2016

✓ **Potentially relevant events for MoodFOOD:**

- European Congress of Psychiatry (EPA), 12-15 March, 2016, Madrid, Spain
- European Congress on Obesity (ECO), 2016, Gothenburg Sweden
- International Society of Behavioral Nutrition and PA (ISBNPA), June 08-11, 2016, Cape Town, South Africa
- International Congress of Nutrition (ICM), 22-27 October, 2017, Buenos Aires, Argentina

GAMIAN-Europe

Washingtonstraat 40
1050 Brussels, Belgium

Project leader: Ingeborg Brouwer
Stichting VUM-VUMC,
Amsterdam

The MoodFood project is part of the FP7 research programme funded by the European Commission

MoodFOOD
PREVENTING DEPRESSION THROUGH FOOD

