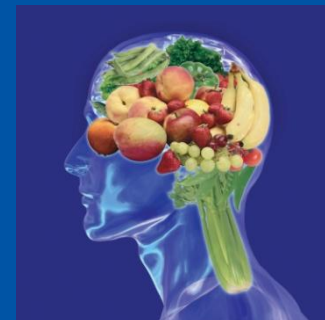


MooDFOOD

PREVENTING DEPRESSION THROUGH FOOD

GAMIAN-Europe
European Research project



Nov 2015

PARTNERS IN THE PROJECT & MOODFOOD NEWS

Dear reader,

It is with great pleasure that we present this year's GAMIAN-Europe's second newsletter on the MoodFOOD research project.

The project's dissemination activities are a bit behind schedule due to limited reporting from the project partners. Meanwhile effective communication channels between the project partners and GAMIAN-Europe have been established, and as the project is coming to speed, future newsletters will be issued more regularly. The focus will be on articles containing relevant research data and results, selected for our members, i.e. patient associations. More information should become available early 2016.

Compared to the first edition, this second issue has a new revised look, matching the website and branding of the MoodFOOD project as much as possible. We believe that this newsletter is an important tool for more effective communication and information sharing among GAMIAN-



Europe members and other interested stakeholders relating to research work on mental health care in Europe. We hope you enjoy the newsletter and do let us have your comments.

The Editorial Committee

Consortium partners and contents (a short reminder)

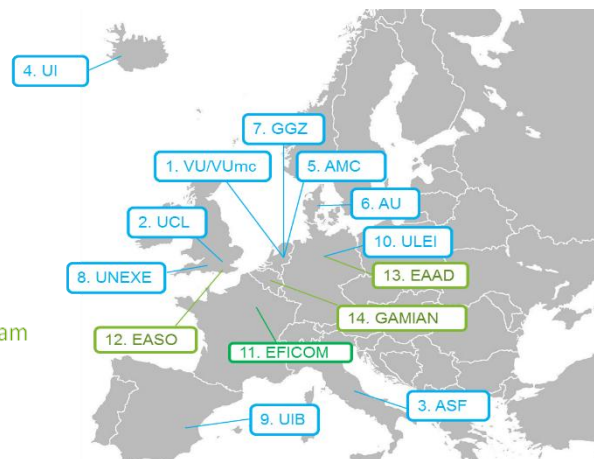
1. Stichting VU-VUmc
2. University College London
3. Azienda Sanitaria de Firenze
4. University of Iceland
5. Academic Medical Centre Amsterdam
6. Aarhus University
7. GGZ InGeest
8. University of Exeter
9. Universitat de les Illes Balears
10. Leipzig University
11. EFICOM Marketudes
12. The European Association for the Study of Obesity
13. European Alliance Against Depression
14. Global Alliance of Mental Illness Advocacy Network

IN THIS ISSUE

<i>A welcome to the reader</i>	1
<i>Word packages & deliverables</i>	2
<i>Social media & publications</i>	2

In the previous newsletters, we have already provided you with a description of the consortium and the staff involved in MoodFOOD.

For an overview click on [partners](#)



If you want to participate in this research project, live near one of the participating centres and meet all the study criteria, you might be

able to contribute to this important study. *Find out [more](#)*

Work packages in a nutshell

The project consists of 7 work packages (WPs):

WP1

Bi-directional link of food intake, nutrients and obesity with depression: observational evidence

WP2

Bi-directional link of food behaviour with depression: observational and experimental evidence

WP3

Feasibility of nutritional strategies to prevent depression: trial evidence

WP4

Effectiveness and sustainability of nutritional strategies to prevent depression: trial evidence

WP5

Integration of science and development of nutritional strategies for prevention of depression

WP6

Dissemination of nutritional strategies to prevent depression

WP7

Project management and coordination

Deliverables

For almost all Work Packages, the main deliverables are (scientific periodic) reports related to the WP concerned. The deliverable for WP6 (with GAMIAN-Europe's involvement) is slightly different and aims at:

- Organisation of interim workshops at international congresses

- Developing guidelines and practical tools to prevent depression using nutritional strategies
- Traditional and Online dissemination
- Organisation of a final project workshop and webinar
- Development of (a) scientific summary paper (s)

MooDFOOD in the social media

Since October 2015, MooDFOOD is also active on Facebook and Twitter.

Check out:

Facebook

MooDFOOD

<https://www.facebook.com/MooDFOOD/DEU/?fref=ts>

Exeter

<https://www.facebook.com/exetermoodfood/?fref=ts>

Mallorca

<https://www.facebook.com/moodfoodmallorca/?fref=ts>

Nederland

Click [here](#)

Twitter:

MooDFOOD

https://twitter.com/EU_MooDFOOD

Exeter

<https://twitter.com/ExeterMooDFOOD>

Mallorca

https://twitter.com/MooDFOOD_UIB

Recent publications related to MooDFOOD

Research staff of the project partners continuously monitor research papers

and findings related to nutrition and mental health.

We would like to share some with our readers :

A paper on multi-vitamin/mineral supplementation and the effects on mood in young adults. Click [here](#).

A paper on a research design related to omega-3 fatty acids and sertraline for the prevention of late-life depression in Australia

Click [here](#)

Dutch article on new nutrition guidelines in the Netherlands (very similar to the ones recommended by MooDFOOD).

Click [here](#)

Taking Your Brain Off the Hook for Weight Management

Click [here](#)

Sugar tax, fat fines and gold coins: new ways cities are tackling obesity

Click [here](#)

Dietary patterns and depressive symptoms in a Taiwanese population aged 53 years and over: Results from the Taiwan Longitudinal Study of Aging

Click [here](#)

Project leader: Ingeborg Brouwer
Stichting VUM-VUMC,
Amsterdam

The MoodFood project is part of the FP7 research

MooDFOOD
PREVENTING DEPRESSION THROUGH FOOD

GAMIAN-Europe

Washingtonstraat 40
1050 Brussels, Belgium