

# MooDFOOD

PREVENTING DEPRESSION THROUGH FOOD

GAMIAN-Europe  
European Research project

December  
2014

## PARTNERS IN THE PROJECT

### STICHTING VU-VUMC VUA (The Netherlands)

#### Role of VU University-VUmc Amsterdam

VU University-VUmc Amsterdam, as coordinating partner in the MoodFOOD project, aims to unravel the mystery of the relation between nutrition and depression by exploring novel pathways. They try to take advantage of the wealth of data collected in excellent cohort studies and new data from survey and short-term experiments (**WP1 and WP2**). They participate as a trial site in their multi-center long-term prevention trial to test the feasibility, effectiveness and sustainability of nutritional strategies (**WP3 and WP4**) and they coordinate the MoodFOOD project day-to-day management through our Project Office located at the VU University in Amsterdam (**WP7**).

#### Department of Health Sciences, VU University Amsterdam

The Department of Health Sciences was founded in 2003 to support the BSc and Msc Health Sciences program which now include over 700 students. It is part of the EMGO+ Institute for Health and Care Research which mission is excellence in research in public and occupational health, primary care, rehabilitation and long-term care and combines inter-disciplinary applied research dealing with care and public health. The department of Health Sciences participates in **all WPs**.

#### Department of Clinical Psychology, Faculty of Psychology and Education, VU University A'dam

The department of Clinical Psychology is one of the research groups within the Mental Health programme of the EMGO+ Institute. In the Department of Clinical

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Psychology, about 50 researchers are employed and focus on research on mental health problems over the life-span, with a special focus on screening, prevention and treatment of common mental disorders. The department of Clinical Psychology participates in **WP3 and 4**.

#### Department of Psychiatry, VU University Medical Center Amsterdam

The department of Psychiatry of VU University Medical Center main research aim is to contribute to better prevention and treatment of common

mental disorders. The focus is to determine the important causes of common mental disorders and predictors of their course. Most of the research focuses on depression and anxiety disorders. The department of Psychiatry participates in **WP 1, 2, 3 and 4**.

### Staff members in the project

#### VU University-VUmc Amsterdam

**Marjolein Visser**, *Coordinator and WP1 leader*

**Ingeborg Brouwer**, *Project manager and WP7 leader*

**Mieke Cabout**, *Assistant Project Manager WP7*

**Liset Elstgeest**, *PhD student WP1*

**Laura Winkens**, *PhD student WP2*

**Tatjana van Strien**, *Senior researcher WP2*

**Pim Cuijpers**, *Senior researcher WP3-4*

**Brenda Penninx**, *WP4 leader*

**Nadine Paans**, *PhD student WP3-4*

**Deborah Gibson-Smith**, *PhD student WP3-4*

#### University College London (UCL) (UK)

UCL is among the world's top universities, as reflected in performance in a range of rankings and tables. 21 Nobel prize-winners have come from the UCL community. The Whitehall II study group is one of 12 research groups within the Department of Epidemiology and Public Health. The research group is strong in epidemiological and statistical methods, and is particularly interested in causation and causal mechanisms relevant to public health policy. The Whitehall II study is a strong research platform for studying

the relation between diet and depression, and between adiposity and depression. Whitehall II is a well-known cohort study of 10,308 adults in its 28th year of follow-up. They have multiple high quality measures collected between 1985 and 2013. UCL contributes to **WP1, 5, 6 and 7**.

### Staff involved in the project

**Eric Brunner, PhD**, *co-leader of WP1*

**Martin Shipley, MSc**,

#### University of Exeter (UNEXE) (UK)

The Mood Disorders Centre, based at the University of Exeter, UK, is a collaborative partner in the MoodFOOD project as a whole. Their main focus (90% of our time) is on delivering a randomised controlled trial (WP3) investigating the role of diet and lifestyle changes in preventing depression. This work is a multi-country collaboration between Spain, the Netherlands, Germany and the UK. Approximately one thousand people at risk of suffering depression, who are overweight with elevated symptoms but have no current diagnosis, will participate in the study and be followed up for a year. About 250 of these will come from the UK. They are interested in testing the effects of dietary and lifestyle coaching, either with or without taking nutritional supplements, on preventing depression. The University of Exeter team is playing a significant role in the development and training of the behavioural intervention for the trial.

### Staff involved in the project

**Professor Watkins** is Lead Investigator for the Exeter site and Director of the Mood Disorders

Centre, which is a partnership between the National Health Service in England and the University of Exeter. He is an award-winning research clinical psychologist, with an MSc and Chartership in Clinical Psychology (1995) and a PhD (1998), both from the Institute of Psychiatry, London. From 1995-2003, he worked as a cognitive therapist at the Affective Disorders Unit, Maudsley Hospital, London, a national unit specialising in the treatment of depression, working in in-patient, out-patient and primary care settings. Professor Watkins is an expert in behavioural change and has many years' experience carrying out high quality research into psychological interventions for depression.

### New appointment

**Dr Matt Owens-Solari** has recently been appointed (November, 2014) as Research Fellow and Trial Manager for the MoodFOOD project. Matt has an MSc in Research Methods and a PhD in Psychology, which he completed at the University of Southampton (2004-2008). His most recent position was as a Postdoctoral Scientist at the Department of Psychiatry, Cambridge (2009-2014), where he investigated the causes and consequences of mood disorders.

<http://www.exeter.ac.uk/mooddisorders>

<http://www.exeter.ac.uk/>





### The European Alliance Against Depression (EAAD) (Germany)

Is an international non-profit organization based in Leipzig, Germany, with several European members and more than 100 regional network partners in Europe. The main aim of the EAAD is to improve the care and to optimize the treatment for patients with depressive disorders and to prevent suicidal behavior by initiating and implementing community-based 4-level intervention programmes.

It was co-funded within the EC Public Health Program until 2008. Since 2008, it is established as an independent research association and organization. Research expertise covers community-based intervention programs throughout the EU in the field of depression and suicide prevention and dissemination of research results. It provides materials and supports interested countries in initiating regional alliances against depression. The EAAD is involved in several European research projects targeting depression and suicide prevention in Europe.

Within the MoodFood project, the EAAD is partner in work package 6 and will take care of disseminating project results and nutritional strategies to prevent depression throughout Europe.

For more information about the EAAD and its work, please see:

[www.eaad.net](http://www.eaad.net)

For more information about depression:

[www.ifightdepression.com](http://www.ifightdepression.com)



### Universität Leipzig (ULEI) (Germany)

The Clinic for Psychiatry and Psychotherapy belongs to the public University of Leipzig and has long-time research experiences in various fields related to mental health. Within the projects EAAD I and EAAD II (European Alliance Against Depression, funded by the EU, 2004-2008, [www.eaad.eu](http://www.eaad.eu)) and OSPI (Optimizing suicide prevention programs and its implementation in Europe, [www.ospieurope.com](http://www.ospieurope.com)) the University of Leipzig has been the main-beneficiary.



### Staff involved in the project

**Ulrich Hegerl, PhD**, is professor and director of the Department of Psychiatry and Psychotherapy at the University Hospital in Leipzig. His work focuses on research, diagnosis, and treatment of mental disorders, especially depression.

**Elisabeth Kohls, PhD**, (EAAD) is project-coordinator of the European Alliance Against Depression and coordinator



Servizio Sanitario della Toscana

### Azienda Sanitaria Firenze (ASF) (Italy)

The Azienda Sanitaria di Firenze (ASF), established on 01.01.1995 by the National Health Service law 833/78, is one of the largest health care public agencies in Italy, with a jurisdiction on 33 municipalities and provides a pool of about 850,000 inhabitants, mostly living in the metropolitan area. The ASF is organized in 10 departments and has 6.640 employees. It consists of the 6 hospitals for a total of 1088 beds with almost 35.000 hospitalizations and about 1 million of outpatients visits annually (2008). Besides the six priority lines of hospital activities (emergency surgery, planned surgery, high medical care, low care, outpatients, route birth), the ASF provides territorial services oriented in three key areas: hospital to home discharge, care planning, collective prevention. The population with more than 65 years represents the 25% of the entire residents living in the ASF area. Although the primary ASF mission is to provide care and prevention for the resident population, over the last few years there has been increasing interest in conducting high quality research activity, especially on topics related to public health. A Research Committee was recently nominated to provide support and promote research activities among the different departments.

In particular, the main focus of the ASF research activity is to translate scientific evidence concerning new treatment, prevention and life-style risk factors into practical

interventions provided by the ASF medical and preventive facilities.

ASF contributes to WP 1, 6 and 7.

#### Staff enrolled in the project

##### **Stefania Bandinelli, PhD,**

coordinates the Outpatients Clinics dedicated to frailty and mobility disability for elderly patients of the Azienda Sanitaria Firenze

##### **Marco Colpo, PhD,**

expert in statistical methodology.

#### University of Balearic Islands (UIB)

The research group is a multidisciplinary team of psychiatrists, psychologists and Primary Care physicians studying the most prevalent mental disorders (affective and anxiety disorders). Members are PhDs working in the Institut Universitari d'Investigació en Ciències de la Salut (IUNICS) at the University of Balearic Islands in Palma de Mallorca, Spain.

The group is a member of the Primary Care Prevention and Health

Promotion Research Network in Spain (Rediapp, Retics, Carlos III Institute). Research topics include prevention of depression (first and recurrent episodes), lifestyle as antidepressant co adjuvant treatments (exercise, hygienic -dietetic measures) as well as the influence of economical crisis in mental disorders. They have also conducted and published the validation in the Spanish population of assessment instruments such as the IDS-SR30. In the past 5 years, the group has developed 25 projects, with 75 indexed publications  
UIB participates in WP3, 4, 5, 6 & 7.

#### Staff enrolled in MoodFOOD

**Miguel Roca, MD, PhD,** leader of WP3 and professor of Psychiatry at the UIB (Palma de Mallorca). Coordinator of Neuroscience Area at the Institut Universitari d'Investigació en Ciències de la Salut, Hospital Juan March, member of the Board of the World Psychiatric Association and editor of Actas Españolas de Psiquiatria.

**Margarita Gili, PhD,** is professor of Psychology at the UIB. She is member of the research group "Common mental health disorders in Primary Care".

Her research involves epidemiological studies on depression, anxiety and somatisation disorders in primary care

**Mauro Garcia-Toro, MD, PhD,** is assistant professor at the department of Psychology (UIB). As a clinical psychiatrist, he has treated depressive patients for more than 20 years. He has done research on Depression prevention and treatment, especially through lifestyle changes (diet, exercise and others).

**Jordi Llabrés Ph.D,** is head of the Department of Psychology and director of the Laboratory of Behaviour and Dynamic Systems at the UIB. As a researcher, he is now involved in the study of Information and Communication Technologies related to emotional disorder in adolescence.

**Miquel Tortella-Feliu, P.** is Clinical Psychologist and Senior Lecturer of Behaviour Therapy and Psychopathology of Anxiety and Affective Disorders at the UIB. As a researcher, he is now involved in the study of temperamental factors related to emotion regulation and the development of emotional disorders.

## GAMIAN-Europe European Research project

Washingtonstreet 40  
1050 Brussels, Belgium

Project leader: Ingeborg Brouwer  
Stichting VUM-VUMC,  
Amsterdam

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