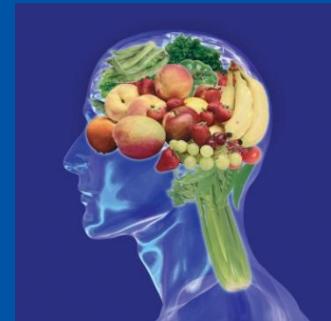




GAMIAN-Europe  
European Research project



June 2016

## IN THIS ISSUE

### Dear reader,

In this issue, we take a look at MooDFOOD's activities over the past three months. The project is making good progress. All nutrition supplements have been distributed and the trial is running smoothly: in March 2016, 500 participants had enrolled. A total of eight publications have been issued (summaries of these can be found on the [MooDFOOD website](#)). MooDFOOD researchers will present the project and its results at different international conferences. Workshops are planned during future congresses. GAMIAN-Europe is involved in the work package "*Dissemination of nutritional strategies to prevent depression*" (WP6). Therefore, Patient Advisory Board meetings are being organised to work in line with the objectives of WP6. More information on the above can be found in this newsletter and we hope you will enjoy it. Your comments, suggestions and contributions can be sent to [assistant@gamian.eu](mailto:assistant@gamian.eu)

### 3rd Consortium Meeting and General Assembly Reykjavik, 9 & 10 May 2016



On 9 May, some 30 participants (mainly professionals, i.e. researchers, psychiatrists), attended the Consortium meeting, hosted by the University of Iceland.

GAMIAN-Europe attended the meeting in order to represent 'the voice of the patient'.

After a warm welcome by Marjolein Visser (VU-VUmc) the current progress of Work Package "*Bi-directional link of food intake, nutrients and obesity with depression: observational evidence*" ([WP1](#)) was presented by the organisations involved. The language used was 'academic', showing the complexity of analysing the connections between the different parameters in this kind of study.

### 3rd Consortium Meeting and General Assembly in Reykjavik 9 & 10 May 2016

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### GAMIAN-Europe's Patient Advisory Board 19 March 2016

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### New Project Office member [MooDFOOD@social media](mailto:MooDFOOD@social media)

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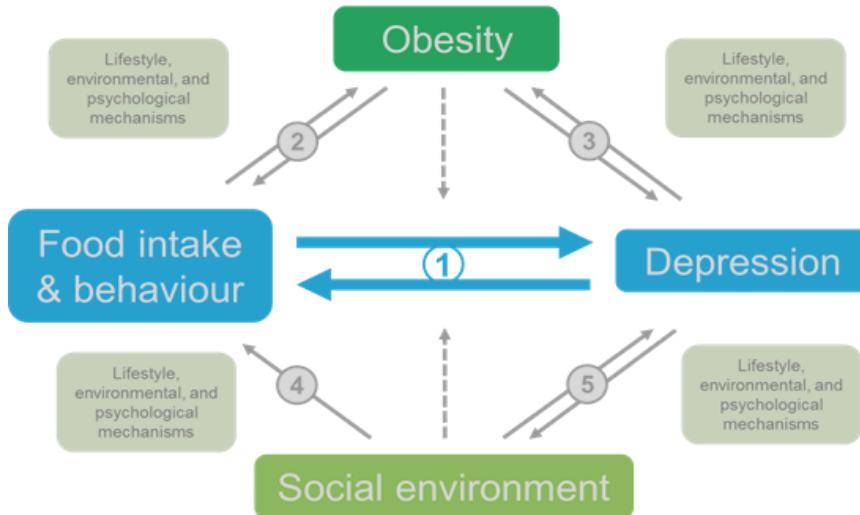
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It is not always easy to put the research results into an accessible and understandable format for the different stakeholders involved, such as patient organisations.

In this context, it is important to keep in mind the main objective(s) of the project, i.e. **how good food and food behaviour can be used as a (secondary) prevention of depression**.



## 'Work Package update' plenary programme - 9 May 2016



In order to update the studies on the relationship of food intake and obesity with depression, the presenters summarised their papers as well as their plans for further studies.

The effects of micronutrients - e.g. B12 and D vitamins - on depression were discussed. Magnesium, zinc, fish fatty acids (EPA DHA) are also important elements in these studies. Questions about the relation between dietary pattern with high fat / high sugar and depression were asked and answered, making use of research results.

References were made to other studies (e.g. NESDA, a Dutch study on depression and anxiety and HELIUS, (a survey on healthy life in an urban setting)) in order to find out whether data can be combined.

By means of a series of graphs, it was explained in what way food can be related to good or bad moods.

In addition, food taking 'behaviour' was looked at in relation to depressive symptoms. Questions relating to the ways people organise their lives and eating patterns and how this related to depression were raised.

The update on the prevention trial as part of WP3 (Feasibility of nutritional strategies to prevent depression and WP4 (Effectiveness and sustainability of

strategies to prevent depression) were presented in the afternoon.

The recruitment of participants will run until the end of the year with the aim to reach the target of 1000 people.

Because of the fact that for these trials, people should not be depressed or have had the last depressive episode less than 6 months ago, actual 'patients' cannot participate in the trials. The focus of MooDFOOD is on general population at risk. Nevertheless, the results of the study can be very useful for patients to prevent relapse.

An important issue with trials is the data quality and management. Therefore, all researchers were asked to report any 'strange' combinations of responses to the data managers. Adjustments can then be made as appropriate. In relation to the update of Work Package 5 (Integration of science and development of nutritional strategies for prevention of depression) questions were raised about whether other studies could help in setting up strategies and sustainable guidelines.

For Work Package 6 (Dissemination of nutritional strategies to prevent depression), four working areas were mentioned:

- Updating the website (4 languages)
- Publication of papers ( summaries)
- Social Media (Facebook, Twitter)
- Newsletters ( GAMIAN-Europe)

GAMIAN-Europe has the following roles:

- We will publish specific newsletters to communicate the findings and outcome of the project.

- We will also play an important role in the final phase of the project, when practical advice for an optimal diet and optimal food behaviour to

help prevent depression has to be developed. We can make a valuable contribution to this process by helping to translate the scientific results into practical guidelines for individual persons at risk of depression.

- We can also support with the testing of these guidelines, to assess whether they are easy to understand and to implement in the different countries.
- We can support the communication of these guidelines to individual persons at risk of depression and to their family members.

It is clear that for each of these tasks, patients and their family members have to be consulted. GAMIAN-Europe will organise Patient Advisory Boards (PABs) to this effect.

(For more information see the article on GAMIAN-Europe's Patient Advisory Board)

It is expected that as from now, dissemination and communication activities will increase significantly. Therefore the action plan initiated at the start of the project will be regularly reviewed to ensure that it remains relevant and effective.

The session on updating the Work Packages was closed with comments on the strong communication lines of the



MooDFOOD project team with the responsible EU desk officer. All reporting activities (content, financial and scientific), are in line with the expectations from the Commission.



## Work Package discussion meetings 10 May 2016

On the second day, separate sessions were organised for each of the Work Packages. GAMIAN-Europe participates in WP5 (Integration of science and development of nutritional strategies for prevention of depression) and WP6 (Dissemination of nutritional strategies to prevent depression) meetings.

Some interesting information about future **dissemination activities**:

- IUNS meeting, **October 2017** (Buenos Aires): the organisation of a MooDFOOD symposium will be proposed.
- EASO conference, **May 2017** (Porto): a proposal for a symposium will be submitted.
- Training sessions at EASO (two every year) might take place after the project is finished.
- Annual Convention of GAMIAN-Europe: presentation of MooDFOOD by one or two Consortium partners in 2017 or 2018.
- SAD & ISBD 2018: as this is a conference with attendance of patients, dissemination activities of MooDFOOD might be interesting. (**Note: GAMIAN-Europe will present 'Patient participation in research' at this year's congress in July** (for more information click [here](#))).

- Nordic Nutrition Conference, **June 2016**: poster presentation. For more information: <http://www.nnc2016.se/>

## General Assembly Meeting 10 May

Sixteen representatives of the MooDFOOD Consortium partners attended the General Assembly to discuss issues concerning project milestones, deliverables, reporting (to the Commission), finances, ethics and important dates. As the mid-term review by EU is coming soon, the Key message to all project partners is '**start reporting**'.



## GAMIAN-Europe's Patient Advisory Board Prague, 19 March 2016

In Prague, twenty-eight representatives from a variety of European patient organisations a Patient Advisory Board (PAB) on 19 March.



Feedback from the participants on the presentation of the MooDFOOD activities provided the first directions on how to consult and communicate with GAMIAN-Europe members about the project. Based on this information, a first set of guidelines for a

communication strategy with the patient organisations will be developed and further discussed in the next PAB. Similar to other research projects, the use of questionnaires, interviews will be initiated by GAMIAN-Europe's project team. Bearing in mind that in the second half of 2016, the dissemination activities of MooDFOOD will increase significantly, GAMIAN-Europe's Annual Convention, taking place in September will enable us to work out the input to the project in more details.

## New Project Office (PO) member: Rachel van der Pols



Rachel van der Pols is the newest member of the 'MooDFOOD family'. She replaces Mieke during her maternity leave as assistant project manager of MooDFOOD. Together with the PO, Rachel will take care of the scientific and financial mid-term reporting to the EU. And together with Ingibjorg (UI) she has organised the GA meeting in Iceland. Her background is in nutrition, healthy aging research and Rachel's main interest is the prevention of malnutrition among community dwelling older adults. She told us :"The Iceland meeting was a great opportunity to meet all Moodfood members and partners

*MOODFOOD.po@vu.nl*



## MooDFOOD @ social Media



### MooDFOOD

@EU\_MooDFOOD

MooDFOOD is the first large #EU consortium to address the role of #nutrition in the #prevention of #depression

📍 Europe 🌐 [moodfood-vu.eu](http://moodfood-vu.eu)

**470 FOLLOWING**   **305 FOLLOWERS**

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- ✓ **The value of the mediterenan diet ? [NY-times](#)**



- ✓ **What you don't see about depression. Click [here](#)**
  
- ✓ **How to eat like a Nordic person, read [here](#)**



**Looking for the previous GAMIAN-Europe newsletters on MooDFOOD ?**

You can find them [here](#)



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