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P01.150 OMEGA-3 FATTY ACIDS AND DEPRESSION IN A
RANDOMLY SELECTED COMMUNITY SAMPLE

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Statement of the Study: The purpose of this study is to evaluate the association between omega-3 polyunsaturated essential fatty acids (PUFAs) and depression.

Methods: Data regarding 12-month prevalence rates of depression and median daily dietary intakes of omega-3 PUFAs were obtained from an age-stratified, population-based sample of women (n=755; 23–97yr) in the Barwon Statistical Division of South-Eastern Australia. A self-report questionnaire based on DSM-IV criteria was utilised to determine 12-month prevalence rates of depression in this sample, and data from biennial food frequency questionnaires examining

seafood and fish oil consumption over a six-year period were examined. Differences in median dietary intakes of omega-3 PUFAs between the depressed and non-depressed cohorts were analysed and results were adjusted for age, weight and smoking status.

Summary of Results: No significant differences in median omega-3 PUFA intake were identified between the two groups of women (median, range; depressed = 0.09g/day, 0.04–0.18 vs non-depressed = 0.11g/day, 0.05–0.22, $p=0.3$), although overall average intakes of omega-3 PUFAs were lower than recommended and rates of depression within this sample higher than expected, based on previous data.

Conclusion: Further research that takes into account ratios of omega-6 to omega-3 PUFAs, as well as other dietary sources of omega-3 PUFAs, is warranted.