



Omega-3 as a Treatment for Depression

PARTICIPANTS NEEDED

The Black Dog Institute is conducting a clinical trial of the treatment of Depression with Omega-3 polyunsaturated fatty acids. In the first phase of the study, participants will be randomized to receive Omega-3 or placebo for 6 weeks. In the second phase of the study, **all** participants will receive Omega-3 for 8 weeks. During the course of the study, participants will be asked not to take any other form of antidepressant medication, other omega-3 supplements or begin any new treatment for depression.

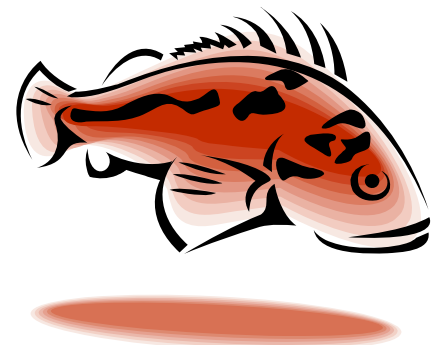
What is the Black Dog Institute? The Black Dog Institute is an educational, research and clinical facility offering specialist expertise in mood disorders. Our website provides comprehensive information on the services we offer, including resources for clinicians: www.blackdoginstitute.org.au

Why are we conducting this clinical trial? Converging evidence over the last decade suggests that mood disorders may be associated with lower than average levels of omega-3 fatty acids. Recently, there have been several small clinical trials demonstrating omega-3 supplementation to be effective as an adjunct treatment for major depression. Our study investigates whether omega-3 fatty acid supplements are an effective monotherapy for depression. We anticipate that this trial will appeal to patients who are seeking an alternative to standard antidepressant medication.

Who are we looking for?

We are seeking participants who meet all of the following criteria:

1. Are aged between 21 and 65
2. Have been depressed for more than six weeks and have not tried many antidepressant medications in the past
3. Are not pregnant or postpartum
4. Are NOT currently taking antidepressant medication or Omega-3 supplements and are unlikely to wish to start another treatment over the next six weeks.
5. Are able to attend the Black Dog Institute in Randwick for appointments



Note: As this is a research study, the Black Dog Institute will not take over participant's clinical care. We can, however, offer treatment recommendations at the end of the entire study, based on our results. This study has ethics approval from the University of NSW and South Eastern Sydney Area Health Service.

How do you refer patients to the clinical trial?

If you have any patients who may be interested in participating, please ask them to contact Catherine Owen, Study Coordinator, on:

Phone: 9382 4521

Email: omega3study@unsw.edu.au

Please call or email Catherine Owen if you would like further information.