

MEMO study: Mental health in Elderly Maintained with Omega-3.

Gepubliceerd: 28-07-2005 Laatste bijgewerkt: 18-08-2022

Counteract the process of mental deterioration in elderly people through enhancement of their EPA-DHA status.

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25512

Bron

Nationaal Trial Register

Verkorte titel

MEMO

Aandoening

Cognitive decline

Depression

Ondersteuning

Primaire sponsor: Wageningen University (Division of Human Nutrition):

Ir. O. van de Rest

Dr. Ir. L.C.P.G.M. de Groot

Dr. J.M. Geleijnse

Prof. Dr. Ir. F.J. Kok

Prof. W.A. van Staveren

University Medical Centre / Radboud University Nijmegen (Geriatrics):

Prof. Dr. W.H.L. Hoefnagels

Free University Amsterdam (Psychiatrics):

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Cognitive function and mental well-being.

Toelichting onderzoek

Achtergrond van het onderzoek

The efficacy of EPA-DHA supplementation will be assessed in a randomized placebo-controlled trial with cognitive decline and early signs of depression as primary outcome measures. In this study 300 elderly people will be randomly allocated to one of three treatments. Two groups will receive fish oil capsules with different doses EPA/DHA (a normal dose or a high dose) and the third group will receive placebo capsules. At the start and at the end of the intervention period cognitive function, the occurrence of depression, quality of life, anthropometric values and biochemical indicators will be measured.

After completion of the trial a workshop will be organized in which the outcomes of the proposed study will be presented to representatives of several key areas concerning mental health of elderly people.

Doel van het onderzoek

Counteract the process of mental deterioration in elderly people through enhancement of their EPA-DHA status.

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

1. 400 mg EPA-DHA in capsules;
2. 1.8 g EPA-DHA in capsules;

3. Placebo oil in capsules.

Contactpersonen

Publiek

Wageningen University, Division of Human Nutrition
P.O. Box 8129
Ondine Rest, van de
Wageningen 6700 EV
The Netherlands
+31 (0)317 485867

Wetenschappelijk

Wageningen University, Division of Human Nutrition
P.O. Box 8129
Ondine Rest, van de
Wageningen 6700 EV
The Netherlands
+31 (0)317 485867

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Men and women;
2. Aged 65 years and over;
3. Informed consent signed.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. A score of > 16 on the CES-D (Centre for Epidemiological Studies-Depression Scale);
2. A score of < 21 points on MMSE (Mini-Mental State Examination);

3. Current or recent (<4 weeks) use of fish oil supplements or intake of more than 4 times fish/ week; 24.35 g of EPA-DHA from fish per month (800 mg/day) as judged by a fish consumption questionnaire;
4. Current use of pharmacological antidepressants;
5. Current use of dementia (Alzheimer) medication;
6. Serious liver disease;
7. Use of more than 4 glasses of alcohol per day;
8. Unable to participate as judged by the responsible medical physician;
9. Allergy to fish(oil);
10. Swallowing problems;
11. Participation in another clinical trial less than 2 months before the start of the trial or at the same time.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Dubbelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-11-2005
Aantal proefpersonen:	300
Type:	Werkelijke startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies

Datum: 28-07-2005

Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL65
NTR-old	NTR97
Ander register	METC-WU : 2005_05/08
ISRCTN	ISRCTN46249783

Resultaten

Samenvatting resultaten

N/A