

## **Session Title: International Society for Nutritional Psychiatry Research: A showcase of recent research updates**

### **Summary**

The field of Nutritional Psychiatry has generated mechanistic, observational and efficacy data supporting a role for healthy dietary patterns in depression onset and symptom management. To guide future research and translation into clinical practice, this symposium provides a state-of-the-art overview of recent advances in our understanding of how diet may influence mental and brain health.

This symposium provides an overview of the neurobiological mechanisms likely modulated by diet, with a specific focus on the role of the gut microbiome and informed by recent and ongoing clinical trials of microbiome-targeted dietary interventions.

Consistent epidemiological evidence, particularly for depression, suggests an association between measures of diet quality and mental health, across multiple populations and age groups; these do not appear to be explained by other demographic, lifestyle factors or reverse causality. While nutrient dense dietary patterns are well-explored, the association between ultra-processed foods and depression have only recently been investigated. The emerging evidence regarding the role of ultra-processed foods in mental health, proposed mechanisms of action, and policy implications will be covered in this symposium.

Finally, we will discuss ongoing efforts to translate the emerging data into the clinical practice. This will include discussion of ongoing efforts to develop effective dietary screening tools in the mental healthcare setting, the role of food insecurity in mental health, and data exploring the determinants of disordered eating behaviors.