

Session Title: Nutritional and Behavioral Interventions for Mental Health of Older Individuals

Summary

The session will examine new lines of research focusing on the role of nutrition and behavioral interventions in the treatment and prevention of depression, with a focus on older populations. Drs. Olivia Okereke and David Mischoulon will co-chair the session. Dr. Mischoulon will give a brief overview of nutritional and behavioral interventions for older adults, and present about a new study of omega-3 in treatment resistant depression, currently in progress. Dr. Okereke will present an overview of her key findings in the VITAL-DEP study, which examined the role of omega-3 and vitamin D as preventive agents for depression in older individuals. Dr. Chirag Viyas will present on the mechanistic roles of biomarkers in the VITAL-DEP study. Ms. Vivian Anable Eme will present on the design of a novel behavioral intervention trial using homecare worker training for reducing behavioral and psychological symptoms and improving quality of life among patient and family member dyads facing cognitive impairment and dementia.