

CITATION REPORT

List of articles citing

A Mediterranean-style dietary intervention supplemented with fish oil improves diet quality and mental health in people with depression: A randomized controlled trial (HELFIMED)

DOI: 10.1080/1028415x.2017.1411320

Nutritional Neuroscience, 2019, 22, 474-487.

Source: <https://exaly.com/paper-pdf/74844148/citation-report.pdf>

Version: 2024-04-25

This report has been generated based on the citations recorded by exaly.com for the above article. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

| # | Paper | IF | Citations |
|-----|--|----|-----------|
| 256 | Combining Lifestyle Medicine and Positive Psychology to Improve Mental Health and Emotional Well-being. 2018 , 12, 370-374 | | 9 |
| 255 | Expanding collaborative care: integrating the role of dietitians and nutrition interventions in services for people with mental illness. 2018 , 26, 47-49 | | 12 |
| 254 | Exploring the Perceived Barriers to Following a Mediterranean Style Diet in Childbearing Age: A Qualitative Study. 2018 , 10, | | 11 |
| 253 | Does Fruit and Vegetable Consumption During Adolescence Predict Adult Depression? A Longitudinal Study of US Adolescents. 2018 , 9, 581 | | 9 |
| 252 | The SMILES trial: an important first step. 2018 , 16, 237 | | 3 |
| 251 | Validity of the Mediterranean Diet and Culinary Index (MediCul) for Online Assessment of Adherence to the 'Traditional' Diet and Aspects of Cuisine in Older Adults. 2018 , 10, | | 9 |
| 250 | The Gut-Brain-Microbe Interaction: Relevance in Inflammation and Depression. 2018 , 241-252 | | |
| 249 | Relationship between Diet and Mental Health in a Young Adult Appalachian College Population. 2018 , 10, | | 49 |
| 248 | Interplay Between the Gut-Brain Axis, Obesity and Cognitive Function. 2018 , 12, 155 | | 120 |
| 247 | Implementing a Mediterranean-Style Diet Outside the Mediterranean Region. 2018 , 20, 28 | | 25 |
| 246 | Magnesium and mood disorders: systematic review and meta-analysis. 2018 , 4, 167-179 | | 15 |
| 245 | A Mediterranean Diet with Fresh, Lean Pork Improves Processing Speed and Mood: Cognitive Findings from the MedPork Randomised Controlled Trial. 2019 , 11, | | 21 |
| 244 | Association of recommended food score with depression, anxiety, and quality of life in Korean adults: the 2014-2015 National Fitness Award Project. 2019 , 19, 956 | | 4 |
| 243 | Rôle de la nutrition et de la micronutrition dans la lutte contre les troubles de l'humeur. 2019 , 58, 33-38 | | 1 |
| 242 | Nutritional psychiatry: Towards improving mental health by what you eat. 2019 , 29, 1321-1332 | | 82 |
| 241 | Sodium and potassium excretion predict increased depression in urban adolescents. 2019 , 7, e14213 | | 9 |
| 240 | Translation of a Mediterranean-Style Diet into the Australian Dietary Guidelines: A Nutritional, Ecological and Environmental Perspective. 2019 , 11, | | 18 |

| | | |
|-----|--|-----|
| 239 | Linking What We Eat to Our Mood: A Review of Diet, Dietary Antioxidants, and Depression. 2019 , 8, | 36 |
| 238 | Validity and reliability of Food-Mood Questionnaire (FMQ). 2019 , 25, 253-264 | 7 |
| 237 | Fish Oil, but Not Olive Oil, Ameliorates Depressive-Like Behavior and Gut Microbiota Dysbiosis in Rats under Chronic Mild Stress. 2019 , 9, | 9 |
| 236 | The Mediterranean diet and depression [Can a healthier dietary pattern reduce the risk of depression?]. 2019 , 44, 65-73 | 2 |
| 235 | Lower Depression Scores among Walnut Consumers in NHANES. 2019 , 11, | 11 |
| 234 | What Is the Role of Dietary Inflammation in Severe Mental Illness? A Review of Observational and Experimental Findings. 2019 , 10, 350 | 34 |
| 233 | The Effects of Dietary Improvement on Symptoms of Depression and Anxiety: A Meta-Analysis of Randomized Controlled Trials. 2019 , 81, 265-280 | 176 |
| 232 | Nutrition and Stress. 2019 , 463-495 | |
| 231 | Effect of Multinutrient Supplementation and Food-Related Behavioral Activation Therapy on Prevention of Major Depressive Disorder Among Overweight or Obese Adults With Subsyndromal Depressive Symptoms: The MoodFOOD Randomized Clinical Trial. 2019 , 321, 858-868 | 54 |
| 230 | It is time to investigate integrative approaches to enhance treatment outcomes for depression?. 2019 , 126, 82-94 | 9 |
| 229 | Impacts of Psychological Stress on Osteoporosis: Clinical Implications and Treatment Interactions. 2019 , 10, 200 | 32 |
| 228 | The underestimation of antidepressants role in risk of fractures: clinical and public health implications. 2019 , 30, 533-534 | 1 |
| 227 | Diet and Depression: From Epidemiology to Novel Therapeutics. 2019 , 285-292 | 3 |
| 226 | Preventing the recurrence of depression with a Mediterranean diet supplemented with extra-virgin olive oil. The PREDI-DEP trial: study protocol. 2019 , 19, 63 | 16 |
| 225 | Táplakozpszichológia a tanácsadásban. 2019 , 20, 319-341 | |
| 224 | Dietary Patterns Vary by Depressive Symptom Severity in Youth With Depressive Disorders. 2019 , 34, 287-300 | |
| 223 | Bidirectional associations between food groups and depressive symptoms: longitudinal findings from the Invecchiare in Chianti (InCHIANTI) study. 2019 , 121, 439-450 | 20 |
| 222 | An apple a day: Protective associations between nutrition and the mental health of immigrants in Canada. 2019 , 54, 567-578 | 10 |

| | | | |
|-----|---|-----|-----|
| 221 | Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies. 2019 , 24, 965-986 | | 203 |
| 220 | A Mediterranean diet supplemented with dairy foods improves mood and processing speed in an Australian sample: results from the MedDairy randomized controlled trial. <i>Nutritional Neuroscience</i> , 2020 , 23, 646-658 | 3.6 | 23 |
| 219 | Cost effectiveness and cost-utility analysis of a group-based diet intervention for treating major depression - the HELFIMED trial. <i>Nutritional Neuroscience</i> , 2020 , 23, 770-778 | 3.6 | 10 |
| 218 | Diet and Psychosis: A Scoping Review. 2020 , 79, 20-42 | | 23 |
| 217 | Association of food groups with depression and anxiety disorders. 2020 , 59, 767-778 | | 29 |
| 216 | Cross-sectional association of seafood consumption, polyunsaturated fatty acids and depressive symptoms in two Torres Strait communities. <i>Nutritional Neuroscience</i> , 2020 , 23, 353-362 | 3.6 | 6 |
| 215 | Association of dietary patterns with depressive symptoms: a harmonised meta-analysis of observational studies. 2020 , 50, 1872-1883 | | 24 |
| 214 | Microbiota-Gut-Brain Axis: New Therapeutic Opportunities. 2020 , 60, 477-502 | | 112 |
| 213 | Fruit and Vegetable Intake and Mental Health in Adults: A Systematic Review. 2020 , 12, | | 84 |
| 212 | Is dairy consumption associated with depressive symptoms or disorders in adults? A systematic review of observational studies. 2020 , 60, 3653-3668 | | 7 |
| 211 | Improving diet for psychiatric patients: High potential benefits and evidence for safety. 2020 , 265, 567-569 | | 6 |
| 210 | Linking Mediterranean Diet and Lifestyle with Cardio Metabolic Disease and Depressive Symptoms: A Study on the Elderly in Europe. 2020 , 17, | | 3 |
| 209 | A Mediterranean Lifestyle Is Associated With Lower Hypertension Prevalence and Better Aerobic Capacity Among New England Firefighter Recruits. 2020 , 62, 466-471 | | 5 |
| 208 | Investigation into the diets and nutritional knowledge of young men with depression: The MENDDS survey. 2020 , 78, 110946 | | 3 |
| 207 | Toward a Mediterranean-style diet beyond the Mediterranean countries: Evidence of implementation and adherence. 2020 , 129-138 | | |
| 206 | Mediterranean diet and mental well-being in the young. 2020 , 465-472 | | |
| 205 | Multiple lifestyle factors and depressed mood: a cross-sectional and longitudinal analysis of the UK Biobank (N = 84,860). 2020 , 18, 354 | | 12 |
| 204 | An integrative collaborative care model for people with mental illness and physical comorbidities. 2020 , 14, 83 | | 6 |

| | | |
|-----|---|-------|
| 203 | Midlife vulnerability and food insecurity: Findings from low-income adults in the US National Health Interview Survey. 2020 , 15, e0233029 | 8 |
| 202 | Nutrition and depression: Summary of findings from the EU-funded MooDFOOD depression prevention randomised controlled trial and a critical review of the literature. 2020 , 45, 403-414 | 3 |
| 201 | Mediterranean diet: Woman fertility and pregnancy. 2020 , 13, 101-111 | 4 |
| 200 | Diet and Mental Health During Emerging Adulthood: A Systematic Review. 2020 , 216769682094302 | 7 |
| 199 | Antidepressant-Like Properties of Fish Oil on Postpartum Depression-Like Rats Model: Involvement of Serotonergic System. 2020 , 10, | 4 |
| 198 | Association between sucrose and fiber intake and symptoms of depression in older people. <i>Nutritional Neuroscience</i> , 2020 , 1-12 | 3.6 2 |
| 197 | Acceptability and feasibility of two interventions in the MooDFOOD Trial: a food-related depression prevention randomised controlled trial in overweight adults with subsyndromal symptoms of depression. 2020 , 10, e034025 | 2 |
| 196 | The Role of a Food Literacy Intervention in Promoting Food Security and Food Literacy-OzHarvest's NEST Program. 2020 , 12, | 11 |
| 195 | Nutritional assessments in pregnancy and the risk of postpartum depression in Chinese women: A case-control study. 2020 , 99, e21647 | 1 |
| 194 | A cross-sectionally analysis of two dietary quality indices and the mental health profile in female adults. 2020 , 1 | 1 |
| 193 | A meta-review of "lifestyle psychiatry": the role of exercise, smoking, diet and sleep in the prevention and treatment of mental disorders. 2020 , 19, 360-380 | 132 |
| 192 | Emerging Complementary and Integrative Therapies for Geriatric Mental Health. 2020 , 7, 1-24 | 0 |
| 191 | Changes in Diet, Sleep, and Physical Activity Are Associated With Differences in Negative Mood During COVID-19 Lockdown. 2020 , 11, 588604 | 104 |
| 190 | A randomised controlled trial assessing the effect of a Mediterranean diet on the symptoms of depression in young men (the 'AMMEND' study): a study protocol. 2021 , 126, 730-737 | 3 |
| 189 | Understanding the Self-Perceived Barriers and Enablers toward Adopting a Mediterranean Diet in Australia: An Application of the Theory of Planned Behaviour Framework. 2020 , 17, | 7 |
| 188 | Multinutrients for the Treatment of Psychiatric Symptoms in Clinical Samples: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. 2020 , 12, | 5 |
| 187 | Examining Regional Differences of Dietary Inflammatory Index and Its Association with Depression and Depressive Symptoms in Korean Adults. 2020 , 17, | 3 |
| 186 | Efficacy of a fasting-mimicking diet in functional therapy for depression: A randomised controlled pilot trial. 2020 , 76, 1807-1817 | 5 |

| | | | |
|-----|--|-----|----|
| 185 | Diet quality and depressive symptoms. Assessing the direction of the association in a population-based cohort study. 2020 , 274, 347-353 | | 2 |
| 184 | Nutrition interventions in populations with mental health conditions: a scoping review. 2020 , 45, 687-697 | | 3 |
| 183 | Complementary Medicine and Natural Medications in Psychiatry: A Guide for the Consultation-Liaison Psychiatrist. 2020 , 61, 508-517 | | 1 |
| 182 | Evidence of the Importance of Dietary Habits Regarding Depressive Symptoms and Depression. 2020 , 17, | | 28 |
| 181 | Fish consumption and multiple health outcomes: Umbrella review. 2020 , 99, 273-283 | | 20 |
| 180 | Food and mood: how do diet and nutrition affect mental wellbeing?. 2020 , 369, m2382 | | 54 |
| 179 | Mediterranean Diet and the Emotional Well-Being of Students of the Campus of Melilla (University of Granada). 2020 , 12, | | 7 |
| 178 | The Feasibility and Efficacy of a Brief Integrative Treatment for Adults With Depression and/or Anxiety: A Randomized Controlled Trial. 2020 , 25, 2515690X20937997 | | 1 |
| 177 | Mental health symptoms and their relations with dietary diversity and nutritional status among mothers of young children in eastern Democratic Republic of the Congo. 2020 , 20, 225 | | 0 |
| 176 | Adherence to the Australian dietary guidelines and development of depressive symptoms at 5 years follow-up amongst women in the READI cohort study. 2020 , 19, 30 | | 8 |
| 175 | High Variability in Erythrocyte, Plasma and Whole Blood EPA and DHA Levels in Response to Supplementation. 2020 , 12, | | 5 |
| 174 | The diet-microbiome tango: how nutrients lead the gut brain axis. 2020 , 62, 122-132 | | 30 |
| 173 | Meat consumption, depressive symptomatology and cardiovascular disease incidence in apparently healthy men and women: highlights from the ATTICA cohort study (2002-2012). <i>Nutritional Neuroscience</i> , 2020 , 1-10 | 3.6 | 1 |
| 172 | Reverse phase dispersive liquid-liquid microextraction coupled to slotted quartz tube flame atomic absorption spectrometry as a new analytical strategy for trace determination of cadmium in fish and olive oil samples. 2020 , 90, 103486 | | 8 |
| 171 | Nutrient patterns and depressive symptoms among Australian adults. 2021 , 60, 329-343 | | 3 |
| 170 | Mediterranean diet adherence is associated with better cognitive status and less depressive symptoms in a Greek elderly population. 2021 , 33, 1033-1040 | | 12 |
| 169 | Diet and depression: exploring the biological mechanisms of action. 2021 , 26, 134-150 | | 66 |
| 168 | Targeting the perinatal diet to modulate the gut microbiota increases dietary variety and prebiotic and probiotic food intakes: results from a randomised controlled trial. 2021 , 24, 1129-1141 | | 2 |

| | | |
|-----|---|-------|
| 167 | Psychological comorbidity in gastrointestinal diseases: Update on the brain-gut-microbiome axis. 2021 , 107, 110209 | 10 |
| 166 | Nutrition Strategies for Reducing Risk of Burnout Among Physicians and Health Care Professionals. 2021 , 15, 126-129 | 7 |
| 165 | Diet Quality and Mental Health Amongst Acute Inpatient Psychiatric Patients. 2021 , 13, e12434 | |
| 164 | Dietary Inflammation and Mental Health. 2021 , 417-429 | |
| 163 | Association between Depression, Lifestyles, Sleep Quality and Sense of Coherence in a Population with Cardiovascular Risk. 2021 , 13, | 3 |
| 162 | Diet, Obesity, and Depression: A Systematic Review. 2021 , 11, | 6 |
| 161 | Mental health in relation to changes in sleep, exercise, alcohol and diet during the COVID-19 pandemic: examination of four UK cohort studies. | 3 |
| 160 | Nutrition-based interventions for mood disorders. 2021 , 21, 303-315 | 9 |
| 159 | Diet and the Microbiota-Gut-Brain Axis: Sowing the Seeds of Good Mental Health. 2021 , 12, 1239-1285 | 29 |
| 158 | Association of habitual intake of fruits and vegetables with depressive symptoms: the AusDiab study. 2021 , 60, 3743-3755 | 5 |
| 157 | Feasibility and Acceptability of a Healthy Nordic Diet Intervention for the Treatment of Depression: A Randomized Controlled Pilot Trial. 2021 , 13, | 1 |
| 156 | Optimizing Engagement in an Online Dietary Intervention for Depression (My Food & Mood Version 3.0): Cohort Study. 2021 , 8, e24871 | 3 |
| 155 | Foods, Nutrients and Dietary Patterns in Relation to Irrational Beliefs and Related Psychological Disorders: The ATTICA Epidemiological Study. 2021 , 13, | 1 |
| 154 | Association between Fruit and Vegetable Intakes and Mental Health in the Australian Diabetes Obesity and Lifestyle Cohort. 2021 , 13, | 0 |
| 153 | Immunological Interfaces: The COVID-19 Pandemic and Depression. 2021 , 12, 657004 | 2 |
| 152 | Assessing the feasibility of an m-Health intervention for changing diet quality and mood in individuals with depression: the My Food & Mood program. 2021 , 33, 266-279 | 1 |
| 151 | The association of diet and depression: an analysis of dietary measures in depressed, non-depressed, and healthy youth. <i>Nutritional Neuroscience</i> , 2021 , 1-8 | 3.6 3 |
| 150 | Nutrition-focused group intervention with a strength-based counseling approach for people with clinical depression: a study protocol for the Food for Mind randomized controlled trial. 2021 , 22, 344 | 1 |

| | | |
|-----|--|----|
| 149 | Dietary Diversity and Healthy Aging: A Prospective Study. 2021 , 13, | 1 |
| 148 | The Association Between Mediterranean Diet and Emotional Status Among University Students. | |
| 147 | Factors affecting the incidence of depression in obese persons. 2021 , 11, 90-96 | |
| 146 | Personalized machine learning of depressed mood using wearables. 2021 , 11, 338 | 3 |
| 145 | Mediterranean Diet as an Antioxidant: The Impact on Metabolic Health and Overall Wellbeing. 2021 , 13, | 13 |
| 144 | Is Fatty Liver Associated With Depression? A Meta-Analysis and Systematic Review on the Prevalence, Risk Factors, and Outcomes of Depression and Non-alcoholic Fatty Liver Disease. 2021 , 8, 691696 | 11 |
| 143 | Adherence to a Mediterranean diet and health-related quality of life: a cross-sectional analysis of overweight and obese middle-aged and older adults with and without type 2 diabetes mellitus. 2021 , 1-7 | 1 |
| 142 | Diet, Sleep, and Mental Health: Insights from the UK Biobank Study. 2021 , 13, | 4 |
| 141 | Mediterranean diet scoring systems: understanding the evolution and applications for Mediterranean and non-Mediterranean countries. 2021 , 1-22 | 2 |
| 140 | Do Healthy Dietary Interventions Improve Pediatric Depressive Symptoms? A Systematic Review and Meta-Analysis. 2021 , 12, 2495-2507 | |
| 139 | The impact of maternal post-partum depressive symptoms on child diet at 18 months. 2021 , 17, e13187 | 1 |
| 138 | A Systematic Review of the Usefulness of Dietary Scores in Predicting Non-Communicable Diseases: Mediterranean Diet Score. 2021 , 79, 219-241 | |
| 137 | Extra-Virgin Olive Oil Improves Depression Symptoms Without Affecting Salivary Cortisol and Brain-Derived Neurotrophic Factor in Patients With Major Depression: A Double-Blind Randomized Controlled Trial. 2021 , | 5 |
| 136 | Influence of dietary habits on depression among patients with rheumatoid arthritis: A cross-sectional study using KURAMA cohort database. 2021 , 16, e0255526 | 0 |
| 135 | A Microbiome-Driven Approach to Combating Depression During the COVID-19 Pandemic. 2021 , 8, 672390 | 1 |
| 134 | Association between fish oil supplementation and cancer risk according to fatty fish consumption: A large prospective population-based cohort study using UK Biobank. 2021 , | 0 |
| 133 | The Association between Dietary Habits, Substance Use, and Mental Distress among Adults in Southern Norway: A Cross-Sectional Study among 28,047 Adults from the General Population. 2021 , 18, | 0 |
| 132 | Cross-sectional associations of schoolchildren's fruit and vegetable consumption, and meal choices, with their mental well-being: a cross-sectional study.. 2021 , 4, 447-462 | 4 |

| | | |
|-----|--|----|
| 131 | Quarantine during COVID-19 outbreak: Adherence to the Mediterranean diet among the Cypriot population. 2021 , 90, 111313 | 2 |
| 130 | Increased metabolic variability is associated with newly diagnosed depression: A nationwide cohort study. 2021 , 294, 786-793 | 0 |
| 129 | Mediterranean-Type Dietary Pattern and Physical Activity: The Winning Combination to Counteract the Rising Burden of Non-Communicable Diseases (NCDs). 2021 , 13, | 17 |
| 128 | Nutrition Provides the Essential Foundation for Optimizing Mental Health. 2021 , 6, 131-154 | 2 |
| 127 | Nutrition and the ageing brain: Moving towards clinical applications. 2020 , 62, 101079 | 29 |
| 126 | Infrared-assisted oil extraction for valorization of carp viscera: Effects of process parameters, mathematical modeling, and process optimization. 2020 , 129, 109541 | 7 |
| 125 | Nutrition and behavioral health disorders: depression and anxiety. 2021 , 79, 247-260 | 28 |
| 124 | The gut microbiome and neuropsychiatric disorders: implications for attention deficit hyperactivity disorder (ADHD). 2020 , 69, 14-24 | 19 |
| 123 | Diet and Neurocognition in Mood Disorders - An Overview of the Overlooked. 2020 , 26, 2353-2362 | 3 |
| 122 | Mediterranean Diet and its Benefits on Health and Mental Health: A Literature Review. 2020 , 16, 156-164 | 21 |
| 121 | Targeting the Infant Gut Microbiota Through a Perinatal Educational Dietary Intervention: Protocol for a Randomized Controlled Trial. 2019 , 8, e14771 | 9 |
| 120 | Psychoneuroimmunoendocrinology and Immune Homeostasis: Gut-brain Axis, Obesity and Cognitive Function. 2000 , 6, 124-154 | 2 |
| 119 | Emotional Eating in Relation to Worries and Psychological Distress Amid the COVID-19 Pandemic: A Population-Based Survey on Adults in Norway. 2020 , 18, | 22 |
| 118 | Dietary modification in the treatment of schizophrenia spectrum disorders: A systematic review. 2020 , 10, 187-201 | 4 |
| 117 | Cortical and Subcortical Brain Volumes Partially Mediate the Association between Dietary Composition and Behavioral Disinhibition: A UK Biobank Study. 2021 , 13, | 0 |
| 116 | Exploring the Impact of Flavonoids on Symptoms of Depression: A Systematic Review and Meta-Analysis. 2021 , 10, | 2 |
| 115 | Attitudinal Factors for Personal Health. 2019 , | |
| 114 | The Role of the Gut in the Neurobiology of Functional Somatic Symptoms. 2020 , 203-219 | |

| | | |
|-----|--|----|
| 113 | A study on association between dietary eating habits and mental health among medical students studying in a private medical college in Tiruvallur district, Tamil Nadu.. 2021 , 1 | |
| 112 | Rffences bibliographiques. 2020 , 311-331 | |
| 111 | The Inpatient Lifestyle Medicine Consultation Service. 2020 , 215-231 | |
| 110 | Mental health in relation to changes in sleep, exercise, alcohol and diet during the COVID-19 pandemic: examination of four UK cohort studies. 2021 , 1-24 | 5 |
| 109 | Validity and reliability of Turkish version of the Food-Mood Questionnaire for university students. 2021 , 1-9 | 1 |
| 108 | Diet and depression: future needs to unlock the potential. 2021 , | 3 |
| 107 | Optimizing Engagement in an Online Dietary Intervention for Depression (My Food & Mood Version 3.0): Cohort Study (Preprint). | |
| 106 | The role of modified Mediterranean neuroprotective diet on emotion, cognition, and depression. 2022 , 551-579 | |
| 105 | Omega-3 fatty acids for depression in adults. 2021 , 11, CD004692 | 4 |
| 104 | Mediterranean diet and depression: a population-based cohort study. 2021 , 18, 153 | 5 |
| 103 | Healthy diet, depression and quality of life: A narrative review of biological mechanisms and primary prevention opportunities. 2021 , 11, 997-1016 | 3 |
| 102 | Diet and mental health in pregnancy: Nutrients of importance based on large observational cohort data.. 2022 , 96, 111582 | 0 |
| 101 | Food supplements to complement brain functioning: the benefits of a combination of magnesium, folic acid, omega-3 fatty acids and vitamin E. 11, 140 | 0 |
| 100 | Supporting Dietary Change for the Treatment of Mood Disorders in Adults: How Can We Harness Digital Platforms?. 2022 , 52, 62-66 | |
| 99 | Exploring the associations of depressive symptoms with healthy eating self-efficacy over time amongst women in the READI cohort study.. 2021 , 18, 161 | 0 |
| 98 | Diet and Anxiety: A Scoping Review.. 2021 , 13, | 5 |
| 97 | A systematic review of gut microbiota composition in observational studies of major depressive disorder, bipolar disorder and schizophrenia.. 2022 , | 12 |
| 96 | Pro-inflammatory diet and depressive symptoms in the healthcare setting.. 2022 , 22, 125 | 1 |

| | | |
|----|--|---|
| 95 | An observational study of acupuncture and complementary treatments for major depression: Case series from a preliminary study of proposed collaborative care model. 2022, | |
| 94 | Cardio-Protective Properties and Health Benefits of Fish Lipid Bioactives; The Effects of Thermal Processing.. 2022, 20, | 5 |
| 93 | Inflammation, Lifestyle Factors, and the Microbiome-Gut-Brain Axis: Relevance to Depression and Antidepressant Action.. 2022, | 2 |
| 92 | Does the evidence support a relationship between higher levels of nut consumption, lower risk of depression, and better mood state in the general population? A systematic review.. 2022, | 0 |
| 91 | Lifestyle risk factors for obsessive-compulsive symptoms and related phenomena: What should lifestyle interventions target?. 2022, 48674221085923 | 0 |
| 90 | Assessing dietary, exercise, and non-pharmacological modalities within psychiatric hospitals.. 2022, 76, 31-35 | |
| 89 | Association of Dietary Inflammatory Index (DII) and Depressive Disorders.. 2021, 14, 6959-6973 | 0 |
| 88 | Associations between Depression, Nutritional Status and Mediterranean Diet in Dalmatian Kidney Transplant Recipients.. 2021, 13, | 0 |
| 87 | A healthy eating score is inversely associated with depression in older adults: results from the Chilean National Health Survey 2016-2017.. 2021, 1-12 | 0 |
| 86 | The effect of a Mediterranean diet on the symptoms of depression in young males (the "AMMEND" study): A Randomized Control Trial.. 2022, | 1 |
| 85 | Epigenetic Effects of Healthy Foods and Lifestyle Habits From The Southern European Atlantic Diet Pattern: A Narrative Review.. 2022, | 2 |
| 84 | Evidence based and emerging dietary approaches to upper Disorders of Gut-Brain Interaction.. 2022, | 0 |
| 83 | Role of diet and its effects on the gut microbiome in the pathophysiology of mental disorders.. 2022, 12, 164 | 2 |
| 82 | Table_1.DOCX. 2018, | |
| 81 | Table_1.docx. 2020, | |
| 80 | Table_2.docx. 2020, | |
| 79 | Effects of infrared heating as an emerging thermal technology on physicochemical properties of foods.. 2022, 1-20 | 2 |
| 78 | Inflammatory potential of diet in mental disorders and psychosocial stress. 2022, 531-563 | |

| | | | |
|----|---|-----|---|
| 77 | A Possible Antidepressive Effect of Dietary Interventions: Emergent Findings and Research Challenges.. 2022 , 1-12 | | 0 |
| 76 | Dairy food intake is not associated with spinal trabecular bone score in men and women: the Framingham Osteoporosis Study.. 2022 , 21, 26 | | |
| 75 | Quantification of diet quality utilizing the rapid eating assessment for participants-shortened version in bipolar disorder: Implications for prospective depression and cardiometabolic studies.. 2022 , 310, 150-155 | | 0 |
| 74 | Lipids and mental health. 2022 , 51-73 | | |
| 73 | Effect of High Ratio of n-6/n-3 PUFAs on Depression: A Meta-Analysis of Prospective Studies. 2022 , 9, | | 1 |
| 72 | Nutrition and bipolar disorder: a systematic review. <i>Nutritional Neuroscience</i> , 1-15 | 3.6 | 0 |
| 71 | Nutrition and Mental Health. 2022 , 57-77 | | |
| 70 | Shame, Name, Give Up the Game? Three Approaches to Uncertainty. 2022 , 209-217 | | |
| 69 | The Effect of the Low Glutamate Diet on the Reduction of Psychiatric Symptoms in Veterans With Gulf War Illness: A Pilot Randomized-Controlled Trial. 13, | | 1 |
| 68 | Eat, sleep, play: health behaviors and their association with psychological health among cancer survivors in a nationally representative sample. 2022 , 22, | | 0 |
| 67 | Ultra-Processed Food Consumption and Mental Health: A Systematic Review and Meta-Analysis of Observational Studies. 2022 , 14, 2568 | | 3 |
| 66 | Effectiveness of a remote nutritional intervention to increase the adherence to the Mediterranean diet among recovered depression patients <i>Nutritional Neuroscience</i> , 1-10 | 3.6 | |
| 65 | Effectiveness of dietary interventions in mental health treatment: A rapid review of reviews. 2022 , 79, 279-290 | | 0 |
| 64 | Effect of the dietary intake of fish oil on psycho-social behavioral disorder caused by social-defeat stress. 2022 , 254, 113913 | | |
| 63 | Role of the gut microbiome in the pathophysiology of brain disorders. 2023 , 913-928 | | |
| 62 | Mediterranean Diet on Sleep: A Health Alliance. 2022 , 14, 2998 | | 4 |
| 61 | Food and mood: healthy eating for mental health with chronic kidney disease. 2022 , 7, 172-177 | | |
| 60 | Cross-sectional Examination of Ultra-processed Food Consumption and Adverse Mental Health Symptoms. 1-24 | | 0 |

| | | |
|----|--|---|
| 59 | Overnutrition Induced Cognitive Impairment: Insulin Resistance, Gut-Brain Axis, and Neuroinflammation. 16, | 1 |
| 58 | Long-Term Adherence to a Mediterranean Diet 1-Year after Completion of the MedLey Study. 2022 , 14, 3098 | 3 |
| 57 | Is dietary quality associated with depression? An analysis of the Australian longitudinal study of women's health data. 1-8 | 2 |
| 56 | The health benefits and practical considerations for the adoption of a Mediterranean Style dietary pattern. 1-12 | |
| 55 | The Association of High-Frequency Nut Intake With a Low Risk of Psychological Problems in Female Methamphetamine Users. 13, | |
| 54 | Nutrition and mental health: A review of current knowledge about the impact of diet on mental health. 9, | 2 |
| 53 | Association of energy adjusted nutrient-rich foods on mental health among obese and overweight women: a cross-sectional study. | |
| 52 | Severe psychiatric disorders and general medical comorbidities: inflammation-related mechanisms and therapeutic opportunities. 2022 , 136, 1257-1280 | 0 |
| 51 | Effectiveness of diet quality indices in measuring a change in diet quality over time: a systematic review and meta-analysis of randomized controlled trials. | 1 |
| 50 | Nutrition and Depression. 2022 , 139-169 | 0 |
| 49 | Diet and the microbiota-gut-brain-axis: a primer for clinical nutrition. 2022 , 25, 443-450 | 2 |
| 48 | Nutrition et troubles dépressifs. 2022 , | 0 |
| 47 | Dietary fiber intake for the treatment of morning headache: A randomized controlled trial. 13, | 0 |
| 46 | The Microbiota-Gut-Brain Axis in Psychiatric Disorders. 2022 , 23, 11245 | 1 |
| 45 | Effect of fruit smoothie supplementation on psychological distress among people with substance use disorders receiving opioid agonist therapy: protocol for a randomised controlled trial (FruktBAR). 2022 , 8, | 0 |
| 44 | Microbiota-Gut-Brain Axis Regulation of Adult Hippocampal Neurogenesis. 2022 , 1-23 | 3 |
| 43 | Personal Barriers and Enablers to Consuming a Med Diet. 2022 , 135-150 | 0 |
| 42 | Epidemiological Evidence on Health Outcomes. 2022 , 38-57 | 0 |

| | | |
|----|---|---|
| 41 | Molecular pathways of major depressive disorder converge on the synapse. | 1 |
| 40 | Causal influence of dietary habits on the risk of major depressive disorder: A diet-wide Mendelian randomization analysis. 2022 , 319, 482-489 | 0 |
| 39 | The A, B, C, D's of dietary trials. | 0 |
| 38 | Feed your microbes to deal with stress: a psychobiotic diet impacts microbial stability and perceived stress in a healthy adult population. | 2 |
| 37 | Association between Different Types of Edible Oils and Anthropometric Indices Mood, and Appetite among Women. 2022 , 2022, 1-18 | 0 |
| 36 | Phenolic Acids as Antidepressant Agents. 2022 , 14, 4309 | 0 |
| 35 | The Mediterranean Diet and the Western Diet in Adolescent Depression-Current Reports. 2022 , 14, 4390 | 2 |
| 34 | Dietary Intervention on Depression-A review. | 0 |
| 33 | The Role of Kiwifruit in Supporting Psychological Well-Being: A Rapid Review of the Literature. 2022 , 14, 4657 | 1 |
| 32 | Adherence to dietary approaches to stop hypertension (DASH) diet in relation to psychological function in recovered COVID-19 patients: a case-control study. 2022 , 8, | 1 |
| 31 | Ultra-Processed Foods and Drinks Consumption Is Associated with Psychosocial Functioning in Adolescents. 2022 , 14, 4831 | 0 |
| 30 | Maternal Mediterranean Diet Adherence and Its Associations with Maternal Prenatal Stressors and Child Growth. 2022 , 6, | 0 |
| 29 | Anti-Inflammatory Dietary Diversity and Depressive Symptoms among Older Adults: A Nationwide Cross-Sectional Analysis. 2022 , 14, 5062 | 0 |
| 28 | Substituting whole grains for refined grains and risk of developing psychological disorders in Iranian adults: YaHS and TAMYZ studies. | 0 |
| 27 | Nutrition Strategies Promoting Healthy Aging: from Improvement of Cardiovascular and Brain Health to Prevention of Age-Associated Diseases. 2023 , 15, 47 | 2 |
| 26 | A Mediterranean diet intervention for young men with depression: patient experiences, challenges and benefits (the AMMEND study) A Cross-sectional Study. 2022 , | 0 |
| 25 | Association between Dietary Patterns and Depression in Chinese Older Adults: A Longitudinal Study Based on CLHLS. 2022 , 14, 5230 | 0 |
| 24 | What You're Assigned to the Salad Focus Group Discussions on the Relationship between Food and Mood. 2023 , 20, 1476 | 0 |

| | | |
|----|---|---|
| 23 | Improving Adherence to the Mediterranean Diet in Early Pregnancy Using a Clinical Decision Support System; A Randomised Controlled Clinical Trial. 2023 , 15, 432 | 1 |
| 22 | Positive Psychology and Healthy Lifestyles for Health and Happiness. | 0 |
| 21 | Association between Psychological Disorders, Mediterranean Diet, and Chronotype in a Group of Italian Adults. 2023 , 20, 335 | 0 |
| 20 | Identifying Future Study Designs for Mental Health and Social Wellbeing Associated with Diets of a Cohort Living in Eco-Regions: Findings from the INSUM Expert Workshop. 2023 , 20, 669 | 0 |
| 19 | TNF- α Mediates the Association between Dietary Inflammatory Index and Depressive Symptoms in Breast Cancer. 2023 , 15, 84 | 0 |
| 18 | Multidimensional Health Impact of Multicomponent Exercise and Sustainable Healthy Diet Interventions in the Elderly (MED-E): Study Protocol. 2023 , 15, 624 | 0 |
| 17 | Lifestyle and Quality of Life Among Overweight University Employees. 2023 , 58, 22-26 | 0 |
| 16 | Maybe it's Not Just the Food? A Food and Mood Focus Group Study. 2023 , 20, 2011 | 0 |
| 15 | Effect of a dietary intervention based on the Mediterranean diet on the quality of life of patients recovered from depression: Analysis of the PREDIDEP randomized trial. 2023 , 175, 112149 | 0 |
| 14 | The relationship between diet/nutrition and the mental health of immigrants in Western societies through a holistic bio-psycho-socio-cultural lens: A scoping review. 2023 , 183, 106463 | 0 |
| 13 | Mediterranean-Style Diet and Other Determinants of Well-Being in Omnivorous, Vegetarian, and Vegan Women. 2023 , 15, 725 | 1 |
| 12 | Diet and depression: A systematic review of whole dietary interventions as treatment in patients with depression. 2023 , 327, 270-278 | 0 |
| 11 | Effects of a high-prebiotic diet versus probiotic supplements versus synbiotics on adult mental health: The Gut Feelings randomised controlled trial. 16, | 1 |
| 10 | Adherence to the Mediterranean Diet and Depression: A Systematic Review of Recent Studies. 2023 , 157, 04003 | 0 |
| 9 | The Association between Vegan, Vegetarian, and Omnivore Diet Quality and Depressive Symptoms in Adults: A Cross-Sectional Study. 2023 , 20, 3258 | 0 |
| 8 | The role of diet in managing menopausal symptoms: A narrative review. 2023 , 48, 43-65 | 0 |
| 7 | Exercise as a therapeutic modality for the prevention and treatment of depression. 2023 , | 0 |
| 6 | Dietary counselling plus omega-3 supplementation in the treatment of generalized anxiety disorder: Protocol for a randomized wait-list controlled pilot trial (the BASE-GAD Trial) | 0 |

- 5 Komplementärmedizinische Verfahren bei therapieresistenten Depressionen. **2022**, 373-403 ○
- 4 A longitudinal analysis of Australian women's fruit and vegetable consumption and depressive symptoms. ○
- 3 Psychobiotic Effects on Anxiety Are Modulated by Lifestyle Behaviors: A Randomized Placebo-Controlled Trial on Healthy Adults. **2023**, 15, 1706 ○
- 2 Exploring oral health indicators, oral health-related quality of life and nutritional aspects in 23 medicated patients from a short-term psychiatric ward. 11, ○
- 1 Efficacy of low carbohydrate and ketogenic diets in treating mood and anxiety disorders: systematic review and implications for clinical practice. **2023**, 9, ○