## **Effect of Omega-3 Supplementation on Depressive Disorders**

Omega-3 Type and Daily Dose	Specific Outcome Measured	n	N		A2	A2-CA
(930-4,400 mg EPA)	MDD	13	1,233	<b>├</b>	15	7
(930-4,400 mg EPA)	MDD (excluding comorbidities)	11	NA	<b>├</b>	15	7
(700-4,400 mg EPA)	MDD, adjunctive (overall)	10	402	<b>├</b>	11	5
(700-4,400 mg EPA)	MDD, adjunctive (adjusted)	13*	NA	<b>——</b>	11	5
(700-4,400 mg EPA)	MDD with comorbidities, adjunctive	4	201	<b>├</b>	11	5
(700-4,400 mg EPA)	MDD without comorbidities, adjunctive	6	201	<b>├</b>	11	5
(varying doses)	Depressed individuals without MDD	12	759	<b>├→</b>	14	6
(300-2,500 mg EPA/DHA)	Older adults with depression	4	187	<b>├</b>	10	5
(varying doses)	Pregnant women with MDD	3	121 ⊢	$\bigcirc$	14	6
(≥50% DHA)	Clinical depression - any type	6	469	<b>⊢</b>	10	5
(>50% EPA)	Clinical depression - any type	23	969	<b>⊢</b>	10	5
(>50% EPA)	Clinical depression - adjusted	29*	NA	<b>├</b>	10	5

<sup>\*</sup> represents trim-and-fill estimate adjusted for publication bias;

MDD - major depressive disorder;

A2 - AMSTAR-2 total score (out of 16);

A2-CA – AMSTAR-2 "critical domains" adhered to (out of 7)

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