重鬱症患者飲食型態及魚油補充之改善效果

The Dietary Pattern and Fish Oil Supplement with Patients of Major Depressive Disorder

中文摘要

為探討重鬱症患者之病因與其飲食型態之相關性，以及補充魚油對其症狀之改善效果而從事本實驗研究。本研究係利用各種飲食評估方法，釐清飲食因子與重鬱症之間的相關性，並進一步探討以高劑量的魚油（富含 n-3 多元不飽和脂肪酸）補充劑來改善重鬱症的臨床效果。實驗期間招募 18 位重鬱症患者（台北市立萬芳醫院精神科門診，HDRS 為 44.4±4.4 分），以及 19 位健康受試者（正常組）。分別進行體位測量（身高、體重）、飲食調查（24 小時飲食回憶法、三天飲食記錄法及食物頻率問卷法），並抽取禁食血液，檢測血液中基本生化值與紅血球細胞膜脂肪酸組成之分析。

實驗結果發現，重鬱組在用餐不規律性及牛奶攝取頻率明顯高於正常組；石斑魚的攝取頻率則是重鬱組顯著低於正常組（$p<0.05$）。而且由三天飲食記錄所估算出之膽固醇、亞麻油酸、次亞麻油酸、菸鹼素、灰質及鈉（新鮮食物）等營養素攝取量，在重鬱組皆顯著低於正常組（$p<0.05$）。另外，對重鬱組患者每天給予魚油補充劑六週（含 4.4 g EPA 及 2.2 g DHA）後，能明顯改善重度重鬱症患者之臨床症狀。

英文摘要

The proposed study is to evaluate the etiology of major depressive disorder especially in dietary pattern, and the effectiveness of fish oil supplementation on clinical improvement. Eighteen major depressive disorder patients were recruited from Department of psychiatry, Taipei Medical University Municipal Wan Fang Hospital, aged from 18 to 65 years. A total of 19 age-sex matched healthy community controls were recruited as controlled subjects. The food frequency questionnaire, twenty four-hour dietary recall and three-day dietary record were used to investigate the differences of nutrients intake between major depressive disorder patients and normal individuals. In dietary frequency questionnaire, the results indicated the dietary pattern of major depressive patients is similar to the normal individual except the drinking milk. According to the three dietary record, the intake of cholesterol, linoleic acid, linolenic acid, niacin, ash and sodium (fresh food) in major depressive patients was significantly less than of normal adults. To compare the dietary nutrients intake, the data from three-day dietary record is more reliable than twenty four-hour dietary recall. The other factors such as age, sex, body mass index and intake of other nutrients showed no significant differences between major depressive disorder

patients and normal subjects. Furthermore, the n-3 fatty acids supplementation (4.4 g EPA and 2.2 g DHA) in major depressive patients is significantly improved in HRSD score in 6th week.