



**International Society for Nutritional Psychiatry Research Workshop**  
**“Nutritional Psychiatry: Prevention, Treatment and Mechanisms”**  
**VU University, Amsterdam, The Netherlands**  
**Wednesday, July 13, 2016 13:00 – 16:00**

1230-1300	<b>REGISTRATION</b>
1300-1305	<b>WELCOME</b> Associate Professor Felice Jacka, ISNPR President
1305-1325	<b>A/Professor Felice Jacka (Australia) - A RANDOMISED, CONTROLLED TRIAL OF A DIETARY INTERVENTION FOR ADULTS WITH MAJOR DEPRESSION (THE ‘SMILES’ TRIAL): RESULTS</b>
1325-1345	<b>Dr Natalie Parletta (Australia) – A RANDOMISED, CONTROLLED TRIAL INVESTIGATING EFFECTS OF MEDITERRANEAN-STYLE DIET ON DEPRESSION, ANXIETY, STRESS, AND HEALTH-RELATED QUALITY OF LIFE IN PEOPLE WITH DEPRESSIVE SYMPTOMS: 3-MONTH OUTCOMES</b>
1345-1355	<b>NETWORKING BREAK</b>
1355-1415	<b>Professor Kuan-Pin Su (Taiwan) - PERSONALIZED MEDICINE WITH OMEGA-3 FATTY ACIDS FOR DEPRESSION: CLINICAL AND BIOLOGICAL ASPECTS</b>
1415-1435	<b>Dr Vicent Balanzá–Martínez (Spain)– ADHERENCE TO MEDITERRANEAN DIET AND LIFESTYLE IN OUTPATIENTS WITH BIPOLAR DISORDER – NEUROCOGNITIVE AND SOCIAL FUNCTIONING CORRELATES</b>
	<b>RAPID FIRE PRESENTATIONS</b>
1435-1440	<b>Sarah Dash (Australia)- A Pro-inflammatory diet is associated with increased risk of de novo depression in Australian women</b>
1440-1445	<b>Esther Vermeulen (Netherlands) - Dietary patterns derived by reduced rank regression and depressive symptoms in a multi-ethnic population: the HELIUS Study</b>
1445-1450	<b>Nadine Paans (Netherlands) - The association between cognitive vulnerabilities and personality traits and BMI in persons with depression and/or anxiety disorders</b>
1450-1455	<b>Deborah Gibson Smith (Netherlands) - The role of obesity measures in the development and persistence of major depressive disorder</b>
1455-1500	<b>Carisha Thesing (Netherlands) – Polyunsaturated fatty acids in depression</b>
1500-1505	<b>Laura Winkens - The link between mindful eating and depressive symptoms and the mediating role of psychological eating styles</b>
1505-1510	<b>Dr Yuri Milaneschi (Netherlands) - Leptin dysregulation: evidence for a mechanism connecting obesity and (atypical) depression</b>
1510-1515	<b>Dr Sarah Hiles (Netherlands/Australia) - Metabolic dysregulation in depression and anxiety: Associations over time</b>
1515-1520	<b>Liset Elstgeest (Netherlands) - Serum vitamin B12 and depressive symptoms: a longitudinal study among older adults</b>
1520-1525	<b>Erin Hoare (Australia) - Improved depressive symptomatology among adolescents following a whole system obesity prevention intervention: findings from Australian Capital Territory ‘It's Your Move’</b>
1525-1540	<b>Ways forward, future collaborations and research – GROUP DISCUSSION</b>
1540-1600	<b>Q&amp;A and Discussion</b>
	<b>CLOSE</b>