MOODFOOD

Project ID: 613598
Funded under: FP7-KBBE

Multi-country cOllaborative project on the rOle of Diet, FOod-related behaviour, and Obesity in the prevention of Depression (MooDFOOD)

From 2014-01-01 to 2018-12-31, closed project | MOODFOOD Website

Project details

| Total cost: | Topic(s): |
| EUR 11 454 337,83 | KBBE.2013.2.1-01 - Impact of food and nutritional behaviour, lifestyle and the socio-economic environment on depression and proposed remedial actions |

| EU contribution: | Call for proposal: |
| EUR 8 930 530 | FP7-KBBE-2013-7-single-stage |

| Coordinated in: | Funding scheme: |
| Netherlands | CP-IP - Large-scale integrating project |

Objective

MooDFOOD is a Multi-country cOllaborative project on the rOle of Diet, Food-related behaviour, and Obesity in the prevention of Depression. Depression is one of the most prevalent, severe and disabling disorders in the EU and places a heavy burden on individuals and families. A large proportion of the EU population is overweight which increases depression risk. Improving food-related behaviour and nutrient status offer opportunities to prevent depression, specifically for people prone to being overweight. The MooDFOOD consortium combines expertise in nutrition, consumer behaviour, psychiatry and preventive psychology and uses a unique integrative approach. Existing high quality data of longitudinal prospective European cohort studies will be combined with new data from surveys, short-term experiments and a long-term preventive intervention study. This approach will provide insight in the causality of the link between diet and depression and underlying pathways, and will identify which modifications related to depression lead to beneficial dietary changes and lower the environmental burden of the diet. Knowledge on all these aspects will be integrated and used to develop novel nutritional strategies to prevent depression. The MooDFOOD consortium aims 1) to gain a better understanding of the psychological, lifestyle and environmental pathways underlying the multi-faceted, bidirectional links of food intake, nutrient status, food-related behaviour and obesity with depression and 2) to develop and disseminate innovative evidence-based, feasible, effective and sustainable nutritional strategies for the prevention of clinical depression. In close collaboration with stakeholders and experts MooDFOOD will transform these nutritional strategies into guidelines and practical tools to guide policy at EU- and Member State levels. Promotion through extensive European networks will lower the risk of depression and contribute to overall health of all EU citizens.

Related information

Result In Brief

Investigating the link between food and depression

Report Summaries

Final Report Summary - MOODFOOD (Multi-country cOllaborative project on the rOle of Diet, FOod-related behaviour, and Obesity in the prevention of Depression (MooDFOOD))

Periodic Report Summary 1 - MOODFOOD (Multi-country cOllaborative project on the rOle of Diet, FOod-related behaviour, and Obesity in the prevention of Depression (MooDFOOD))
Closing the circle of high-sugar diets and depression

**Coordinator**

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**EU contribution:** EUR 2,979

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**Participants**

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EU contribution: EUR 831,405

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Subjects
Agriculture - Biotechnology - Environmental Protection - Scientific Research

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