

Programme Symposium “N-3 fatty acids and mental health”

Tuesday, June 12

Location: WICC, Lawickse Allee 9, 6701 AN, Wageningen, phone: 0317-490133

Morning: N-3 fatty acids and depression

- 09.00 – 09.25 Coffee/ tea
09.25 – 09.30 Welcome – *Prof Daan Kromhout, Wageningen University*
09.30 – 10.00 Epidemiology of depression – *Dr Brenda Penninx, Department of Psychiatry, VU University Medical Center, Amsterdam*
10.00 – 10.30 Fish consumption, n-3 fatty acids and depression – *Dr Marjolein Kamphuis, University Medical Center Utrecht*
10.30 – 11.00 N-3 fatty acids in adipose tissue and depression in different age groups from Crete – *George Mamalakis MA, University of Crete*
- BREAK**
- 11.30 – 12.00 Efficacy of n-3 fatty acids on mental well-being: a randomized, double-blind, placebo-controlled trial – *Ondine van de Rest MSc, Wageningen University*
12.00 – 12.30 Effects of long-chain n-3 fatty acids on depressed mood: a new trial and review of previous studies - *Prof Peter Rogers, Department of Experimental Psychology, University of Bristol*
12.30 – 13.00 Postponement of depression through prevention and treatment? – *Prof Willem van der Does, Institute for Psychological Research, Leiden University*
- 13.00 – 14.00 LUNCH at WICC

Afternoon: N-3 fatty acids and cognition

- 14.00 – 14.30 Epidemiology of cognitive decline – *Prof Lisette de Groot Wageningen University*
14.30 – 15.00 Fish consumption, n-3 fatty acids and cognitive decline – *Boukje van Gelder MSc, National Institute for Public Health and the Environment, Bilthoven*
15.00 – 15.30 Plasma n-3 fatty acid levels and cognitive performance in different domains in middle-aged adults – *Carla Dullemeijer MSc, TI Food & Nutrition/ Wageningen University*
- BREAK**
- 16.00 – 16.30 Efficacy of n-3 fatty acids on cognitive function: a randomized, double-blind, placebo-controlled trial – *Ondine van de Rest MSc, Wageningen University*
16.30 – 17.00 Trials on n-3 fatty acids and cognitive decline: what is known and what are the perspectives – *Dr Alan Dangour, London School of Hygiene and Tropical Medicine*
17.00 – 17.30 Postponement of cognitive decline through prevention and treatment? *Prof Marcel Olde Rikkert, Nijmegen University Medical Center*

Wednesday, June 13

Location: Aula Wageningen UR (building 362), Generaal Foulkesweg 1, Wageningen

Morning: Perspectives on mental health.

- 09.00 – 09.30 Welcome with coffee/tea
- 09.30 – 10.00 The possible role of n-3 fatty acids in mental development – *Prof Gerard Hornstra, Maastricht University*
- 10.00 – 10.30 General discussion on future developments in research on n-3 fatty acids and mental health
- BREAK*
- 11.00 – 11.30 Optimism and health – *Dr Erik Giltay, Leiden University Medical Center*
- 11.30 – 12.00 Mental health from an evolutionary point of view – *Prof Frans Zitman, Leiden University Medical Center*
- 12.00 – 13.15 *LUNCH at Hotel de Wereld*

Afternoon: PhD defences

- 13.30 George Mamalakis. PhD-thesis: “N-3 fatty acids in adipose tissue and depression”.
Promotors: Prof Daan Kromhout and Prof Anthony Kafatos
- 16.00 Boukje van Gelder. PhD-thesis: “Determinants of cognitive decline in older European men”.
Promotor: Prof. Daan Kromhout and co-promotor Dr. Sandra Kalmijn

LOCATION: WICC Haakzaal/ Aula