ISRCTN46249783 https://doi.org/10.1186/ISRCTN46249783

MEMO study: Mental health in Elderly Maintained with Omega-3

Submission date	Recruitment status	[X] Prospectively registered
12/09/2005	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
12/09/2005	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
14/02/2008	Mental and Behavioural Disorders	[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Ms Ondine Rest, van de

Contact details
Division of Human Nutrition
Wageningen University
Postbus 8129
Wageningen
Netherlands
6700 EV
+31 (0)317 485867
Ondine.vandeRest@wur.nl

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
2005_05/08

Study information

Scientific Title

Acronym
MEMO

Study objectives
Counteract the process of mental deterioration in elderly people through enhancement of their EPA-DHA status

Ethics approval required
Old ethics approval format

Ethics approval(s)
Not provided at time of registration

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Depressive disorders, Depression, Cognitive decline

Interventions
1. 400 mg EPA-DHA in capsules
2. 1.8 g EPA-DHA in capsules
3. Placebo oil capsules

Intervention Type
Drug

Phase
Not Specified

Drug/device/biological/vaccine name(s)

EPA-DHA

Primary outcome measure
Cognitive function and mental well-being

Secondary outcome measures
Quality of life

Overall study start date
01/11/2005

Completion date
01/07/2007

Eligibility

Key inclusion criteria
1. Men and women
2. Aged 65 years and over
3. Informed consent signed

Participant type(s)
Patient

Age group
Senior

Sex
Both

Target number of participants
300

Key exclusion criteria
1. A score of > 16 on the CES-D (Centre for Epidemiological Studies-Depression Scale
2. A score of < 21 points on MMSE (Mini-Mental State Examination)
3. Current or recent (<4 weeks) use of fish oil supplements or intake of more than 4 times fish/ week; 24.35 g of EPA-DHA from fish per month (800 mg/day) as judged by a fish consumption questionnaire
4. Current use of pharmacological antidepressants
5. Current use of dementia (Alzheimer) medication
6. Serious liver disease
7. Use of more than 4 glasses of alcohol per day
8. Unable to participate as judged by the responsible medical physician
9. Allergy to fish(oil)
10. Swallowing problems
11. Participation in another clinical trial less than 2 months before the start of the trial or at the same time

Date of first enrolment

01/11/2005

Date of final enrolment
01/07/2007

Locations

Countries of recruitment
Netherlands

Study participating centre
Division of Human Nutrition
Wageningen
Netherlands
6700 EV

Sponsor information

Organisation
Wageningen University (Nethelands)

Sponsor details
Division of Human Nutrition
Costerweg 50 / P.O.Box 9101
Wageningen
Netherlands
6700 HB
+31 (0)317 489111
info@wur.nl

Sponsor type
University/education

Website
http://www.wur.nl/UK/

ROR
https://ror.org/04qw24q55

Funder(s)

Funder type
Research council

Funder Name
ZON-MW, The Netherlands Organization for Health Research and Development

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration