

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

Submission date 12/09/2005	Recruitment status No longer recruiting	☒ Prospectively registered
		☐ Protocol
Registration date 12/09/2005	Overall study status Completed	☐ Statistical analysis plan
		☐ Results
Last Edited 14/02/2008	Condition category Mental and Behavioural Disorders	☐ Individual participant data
		☐ 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

Protocol serial number
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

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

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(s)

Cognitive function and mental well-being

Key secondary outcome(s)

Quality of life

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

Healthy volunteers allowed

No

Age group

Senior

Sex

All

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 (Netherlands)

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration