

Chapter 4: Mental health

References

1. Dr Rapheal Kellman. Whole Brain Diet.; 2017.
2. Tsang SW, W. Auyeung KK, Bian ZX, Ko JKS. Pathogenesis, Experimental Models and Contemporary Pharmacotherapy of Irritable Bowel Syndrome: Story About the Brain-Gut Axis. *Curr Neuroparmacol*. 2016;14(8):842-856. doi:10.2174/1570159X14666160324144154.
3. Mackay DS. The Neuroscience Academy. 2018.
4. Delroy Alexander, Jeremy Manier PC. The Oreo, Obesity and Us. *Chicargo Tribune* 2005.
5. C Ronald Kahn. High -fat diet could trigger depression and anxiety. *Mol Psychiatry*. 2018.
6. Baer R. Practising Happiness.; 2018.
7. *Psychiatry*. AA of C. No Title. 2018 57;417.
8. Schwarz E, Maukonen J, Hyytiäinen T, et al. Analysis of microbiota in first episode psychosis identifies preliminary associations with symptom severity and treatment response. *Schizophr Res*. 2018;192:398-403. doi:10.1016/j.schres.2017.04.017.
9. Probiotics for bipolar disorder mania POSTED JUNE 25, 2018, 10:30 AM Marcelo Campos, MD, Contributor.

10. Sarris J, Logan AC, Akbaraly TN, et al. Nutritional medicine as mainstream in psychiatry. *The Lancet Psychiatry*. 2015;2(3):271-274. doi:10.1016/S2215-0366(14)00051-0.
11. Tarleton EK, Littenberg B, MacLean CD, Kennedy AG, Daley C. Role of magnesium supplementation in the treatment of depression: A randomized clinical trial. *PLoS One*. 2017;12(6). doi:10.1371/journal.pone.0180067.
12. Larner College of Medicine at the University of Vermont. WITH HEALTH CARE CUTS LOOMING, LOW COST MAGNESIUM A WELCOME OPTION FOR TREATING. *Sci Dly*. 2017.
13. Association AP. DSM 5.; 2013. doi:10.1176/appi.books.9780890425596.744053.
14. Caspi A, Sugden K, Moffitt TE, et al. Influence of life stress on depression: moderation by a polymorphism in the 5-HTT gene. *Science*. 2003;301(5631):386-389. doi:10.1126/science.1083968.
15. Kendler KS, Neale MC, Kessler RC, Heath AC, Eaves LJ. The Lifetime History of Major Depression in Women. *Arch Gen Psychiatry*. 1993;50(11):863. doi:10.1001/archpsyc.1993.01820230054003.
16. Kirsch I, Sapirstein G. Listening to Prozac but hearing placebo: A meta-analysis of antidepressant medication. *Prev Treat*. 1998;1(2). doi:10.1037/1522-3736.1.1.12a.
17. Van Weel-Baumgarten E, Van Den Bosch W, Van Den Hoogen H, Zitman FG. Ten year follow-up of depression after diagnosis in general practice. *Br J Gen Pract*. 1998;48(435):1643-1646.
18. Cowen PJ, Browning M. What has serotonin to do with depression? *World Psychiatry*. 2015;14(2):158-160. doi:10.1002/wps.20229.

19. Kirsch I. Antidepressants and the placebo effect. *Zeitschrift fur Psychol / J Psychol*. 2014;222(3):128-134. doi:10.1027/2151-2604/a000176.
20. Kappelmann N, Lewis G, Dantzer R, Jones P, Khandaker G. Antidepressant activity of anti-cytokine treatment: a systematic review and meta-analysis of clinical trials of chronic inflammatory conditions. *Nat Publ Gr*. 2016;doi(10):1-9. doi:10.1038/mp.2016.167.
21. Dantzer R, O'Connor JC, Freund GG, Johnson RW, Kelley KW. From inflammation to sickness and depression: When the immune system subjugates the brain. *Nat Rev Neurosci*. 2008;9(1):46-56. doi:10.1038/nrn2297.
22. Raison C, Miller A. Do Cytokines Really Sing the Blues? *Cerebrum Dana forum brain Sci*. 2013;39(14):992-995.
23. Raison CL, Capuron L, Miller AH. Cytokines sing the blues: Inflammation and the pathogenesis of depression. *Trends Immunol*. 2006;27(1):24-31. doi:10.1016/j.it.2005.11.006.
24. Knüppel A, Shipley MJ, Llewellyn CH, Brunner EJ. Sugar intake from sweet food and beverages, common mental disorder and depression: Prospective findings from the Whitehall II study. *Sci Rep*. 2017;7(1). doi:10.1038/s41598-017-05649-7.
25. Sathyanarayana Rao T, Asha M, Ramesh B, Jagannatha Rao K. Understanding nutrition, depression and mental illnesses. *Indian J Psychiatry*. 2008;50(2):77. doi:10.4103/0019-5545.42391.
26. Lucas M. Coffee, Caffeine, and Risk of Depression Among Women. *Arch Intern Med*. 2011;171(17):1571. doi:10.1001/archinternmed.2011.393.

27. Geisner IM, Mallett K, Kilmer JR. An examination of depressive symptoms and drinking patterns in first year college students. *Issues Ment Health Nurs.* 2012;33(5):280-287. doi:10.3109/01612840.2011.653036.
28. Novati A, Viktor Roman TC, Hagewoud R, Den Boer JA, Luiten PGM, Meerlo P. Chronically restricted sleep leads to depression-like changes in neurotransmitter receptor sensitivity and neuroendocrine stress reactivity in rats. *Sleep.* 2008;31(11):1579-1585. doi:10.1093/sleep/31.11.1579.
29. Goyal M, Singh S, Sibinga EMS, et al. Meditation Programs for Psychological Stress and Well-being. *JAMA Intern Med.* 2014;174(3):357. doi:10.1001/jamainternmed.2013.13018.
30. van Harmelen AL, Gibson JL, St Clair MC, et al. Friendships and Family Support Reduce Subsequent Depressive Symptoms in At-Risk Adolescents. *PLoS One.* 2016;11(5):e0153715. doi:10.1371/journal.pone.0153715.
31. Błażek M, Kaźmierczak M, Besta T. Sense of Purpose in Life and Escape from Self as the Predictors of Quality of Life in Clinical Samples. *J Relig Health.* 2014;54(2):517-523. doi:10.1007/s10943-014-9833-3.
32. T I. Antidepressants:A complicated picture. WWW.NIMH.NIH.GOV.
33. Schmidt K, Cowen PJ, Harmer CJ, Tzortzis G, Errington S, Burnet PWJ. Probiotic intake reduces the waking cortisol response and alters emotional bias in healthy volunteers. *Psychopharmacology (Berl).* 2015;232(10):1793-1801. doi:10.1007/s00213-014-3810-0.

34. Gronier B, Savignac HM, Di Miceli M, et al. Increased cortical neuronal responses to NMDA and improved attentional set-shifting performance in rats following prebiotic (B-GOS®) ingestion. *Eur Neuropsychopharmacol.* 2018. doi:10.1016/j.euroneuro.2017.11.001.
35. Bravo JA, Forsythe P, Chew M V., et al. Ingestion of *Lactobacillus* strain regulates emotional behavior and central GABA receptor expression in a mouse via the vagus nerve. *Proc Natl Acad Sci.* 2011;108(38):16050-16055. doi:10.1073/pnas.1102999108.
36. Fineberg NA, Haddad PM, Carpenter L, et al. The size, burden and cost of disorders of the brain in the UK. *J Psychopharmacol.* 2013;27(9):761-770. doi:10.1177/0269881113495118.
37. Davis M. The Role of the Amygdala in Fear and Anxiety. *Annu Rev Neurosci.* 1992;15(1):353-375. doi:10.1146/annurev.ne.15.030192.002033.
38. Stein MB, Simmons AN, Feinstein JS, Paulus MP. Increased Amygdala and Insula Activation During Emotion Processing in Anxiety-Prone Subjects. *Am J Psychiatry.* 2007;164(2):318-327. doi:10.1176/ajp.2007.164.2.318.
39. Eating disorder statistics. <https://www.beateatingdisorders.org.uk/media-centre/eating-disorder-statistics>.
40. www.pwc.co.uk/services/economics-policy/insights/the-costs-of-eating-disorders-social-health-and-economic-impacts.htm.
41. <https://www.theguardian.com/society/2018/feb/12/eating-disorders-nhs-reports-surge-in-hospital-admissions>.

42. Eastwood H, Brown KMO, Markovic D, Pieri LF. Variation in the esr1 and esr2 genes and genetic susceptibility to anorexia nervosa. *Mol Psychiatry*. 2002;7(1):86-89. doi:10.1038/sj/mp/4001929.
43. Wade TD, Bulik CM, Neale M, Kendler KS. Anorexia nervosa and major depression: shared genetic and environmental risk factors. *Am J Psychiatry*. 2000;157(3):469-471. doi:10.1176/appi.ajp.157.3.469.
44. Segerstrom SC, Miller GE. Psychological Stress and the Human Immune System: A Meta- Analytic Study of 30 Years of Inquiry. *Psychol Bull*. 2004;130(4):601-630. doi:10.1016/j.immuni.2010.12.017.Two-stage.
45. Cohen S, Janicki-Deverts D, Miller GE. Psychological Stress and Disease. *JAMA*. 2007;298(14):1685. doi:10.1001/jama.298.14.1685.
46. Epel ES, McEwen B, Seeman T, et al. Stress and body shape: stress-induced cortisol secretion is consistently greater among women with central fat. *Psychosom Med*. 2000;62(5):623-632. doi:10.1097/00006842-200009000-00005.
47. Babisch W, Beule B, Schust M, Kersten N, Ising H. Traffic noise and risk of myocardial infarction. *Epidemiology*. 2005;16(1):33-40. doi:10.1097/01.ede.0000147104.84424.24.
48. Le CP, Nowell CJ, Kim-Fuchs C, et al. Chronic stress in mice remodels lymph vasculature to promote tumour cell dissemination. *Nat Commun*. 2016;7. doi:10.1038/ncomms10634.
49. Al'Abadie MS, Kent GG, Gawkrödger DJ. The relationship between stress and the onset and exacerbation of psoriasis and other skin conditions. *Br J Dermatol*. 1994;130(2):199-203. doi:10.1111/j.1365-2133.1994.tb02900.x.

50. Chiu A, Chon SY, Kimball AB. The Response of Skin Disease to Stress. *Arch Dermatol.* 2003;139(7):897-900. doi:10.1001/archderm.139.7.897.
51. Society P. Stress in Modern Britain. *Physiol Soc report*,(Society, 2017). 2017.
52. Dembo R, Dertke M, La Voie L, Borders S, Washburn M, Schmeidler J. Physical abuse, sexual victimization and illicit drug use: A structural analysis among high risk adolescents. *J Adolesc.* 1987;10(1):13-34. doi:10.1016/S0140-1971(87)80030-1.
53. Romans SE, Martin JL, Anderson JC, Herbison GP, Mullen PE. Sexual Abuse in Childhood and Deliberate Self-Harm. *Am J Psychiatry.* 1995;152:1336-1342. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.468.7957&rep=rep1&type=pdf>. Accessed January 24, 2018.
54. <https://www.telegraph.co.uk/science/2017/08/06/loneliness-deadlier-obesity-study-suggests/>.
55. Kim DA, Benjamin EJ, Fowler JH, Christakis NA. Social connectedness is associated with fibrinogen level in a human social network. *Proceedings Biol Sci.* 2016;283(1837):20160958. doi:10.1098/rspb.2016.0958.