

MEETING ABSTRACT

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The pharmacotherapy of depression with EPA

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This lecture considers the pharmacotherapy of depression with EPA under the following headings:

- Epidemiological evidence
- Biochemical evidence
- First trial of pure EPA in severe treatment-resistant depression
- Subsequent randomized double-blind placebo-controlled trials
- Putative mechanisms.

Results obtained from our own group, including structural neuroimaging and ³¹-phosphorus neurospectroscopy findings, showing an association of EPA treatment of depression with a marked decrease in cerebral phosphodiesterases, a marked increase in cerebral phosphomonoesters and reduced lateral ventricular volume, will also be presented.

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