



NYU CHILD  
STUDY CENTER



## OMEGA-3 FATTY ACIDS IN ADOLESCENTS WITH DEPRESSION

**Recruiting:** Adolescents, ages 12-19 (inclusive), both genders, all ethnic/racial groups  
DSM-IV diagnosis of Major Depressive Disorder (MDD)

**Exclusions:**

- Current or past DSM-IV diagnosis of bipolar, schizophrenia, psychosis, pervasive developmental disorder or Tourette's disorder.
- Current DSM-IV diagnosis of eating, panic, conduct, obsessive compulsive, post traumatic stress or substance-related disorders (other than nicotine).
- Current suicidal ideation with intent or plan or who may pose a danger to themselves.
- Antidepressant treatment taken within 60 days prior to enrollment
- Clonidine taken within 30 days prior to enrollment
- Neuroleptics taken within 90 days prior to enrollment

NOTE: No individual will be advised to terminate ongoing interpersonal therapy or stimulant medication treatment for ADHD. Such ongoing treatments are not exclusionary, so long as dosage remains stable throughout 10 week study period.

**Aim:** To provide preliminary clinical data on the efficacy of omega-3FA (derived from fish oil) in the treatment of adolescent MDD. Funded by the National Institute of Health's National Center for Complementary and Alternative Medicine.

**Summary:** Obtain written consent from parent/guardian(s) and subjects 18 years or older, and assent from child. Study psychiatrist conducts diagnostic evaluation to determine eligibility. Obtain routine blood, urine toxicology and pregnancy tests (for females). The investigational pharmacy randomly assigns participants to one of two treatment groups: omega-3FA or matching placebo (corn oil) for 10 week double-blind trial. Study clinician evaluates participant on a weekly basis to adjust dosage based on clinical response and side effects. At post-study, participants are referred to a clinician who informs him/her of assigned study treatment and discusses post-study treatment options, including omega-3FA or antidepressant treatment.

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For more information, please contact Lev Gottlieb at (212) 263-2494

Information sheet for physicians

NYU Child Study Center • 577 First Avenue • New York, NY 10016 • 212 263 6622 • [www.AboutOurKids.org](http://www.AboutOurKids.org)

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