

Vitamin D supplementation may be beneficial in depression

April 7 2014



(HealthDay)—Vitamin D supplementation has no overall effect on depressive symptoms, but may have a significant effect for those with clinically significant depression, according to a review published online March 14 in *Psychosomatic Medicine*.

Jonathan A. Shaffer, Ph.D., from the Columbia University Medical Center in New York City, and colleagues conducted a systematic review to identify randomized trials that compared the effect of vitamin D supplementation with a control condition on depression or [depressive symptoms](#). Seven trials, involving 3,191 participants, were included in the analyses.

The researchers found that despite considerable heterogeneity there was no overall effect for vitamin D supplementation on depressive symptoms

(standardized mean difference [SMD], -0.14 ; $P = 0.16$). For participants with clinically significant depressive symptoms or [depressive disorder](#), vitamin D supplementation had a moderate, statistically significant effect (two studies: SMD, -0.60 ; $P = 0.046$), while the effect was small and nonsignificant for those without clinically significant depression (five studies: SMD, -0.04 ; $P = 0.61$). The risk of bias was unclear or high in most trials.

"Vitamin D supplementation may be effective for reducing depressive symptoms in patients with clinically significant depression; however, further high quality research is needed," the authors write.

More information: [Abstract](#)
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Citation: Vitamin D supplementation may be beneficial in depression (2014, April 7) retrieved 4 May 2024 from <https://medicalxpress.com/news/2014-04-vitamin-d-supplementation-beneficial-depression.html>

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