Effect of vitamins, minerals and other dietary supplements on mental health symptoms for people with ADHD, anxiety disorders, bipolar disorder or depression

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Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' conclusions
We completed an overview of recent systematic reviews (overview of reviews). Eleven systematic reviews were included, three of high methodological quality and eight of moderate methodological quality. The interventions included in the systematic reviews were polyunsaturated fatty acids, inositol, folate, and vitamin B-6. The findings were: • We did not find any systematic reviews that included patients with anxiety disorders. • It is unclear whether dietary supplements in the form of polyunsaturated fatty acids are effective in the treatment of mental disorders. • The documentation was too limited to draw any conclusions about the effect of inositol, folate, and vitamin B-6. • The documentation was too limited to draw any conclusions about adverse events from dietary supplements. • Several of the systematic reviews were published more than six years ago.

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