

Evidence Headlines

March 2015

Vitamin D and Depression



- Vitamin D deficiency is claimed to affect one billion people worldwide.
- In Qatar, lifestyles associated with modernisation have resulted in sedentary activity, lack of sunlight and unhealthy diet, leading to Vitamin D under-nutrition and deficiency.
- Receptors for Vitamin D are present in areas of the brain that have been implicated in the pathophysiology of depression.
- Recent systematic reviews have demonstrated an overall statistically significant association between Vitamin D deficiency and depression.
- Another systematic review demonstrated that postpartum depression was associated with low serum levels of Vitamin D.
- One further systematic review demonstrated an inverse relationship between serum levels of Vitamin D and the risk of developing depression.
- There is currently insufficient evidence to support the use of Vitamin D supplementation in depression, and further trials are needed. One systematic review suggests that individuals with depression and those at risk of depression *who have Vitamin D deficiency* should take Vitamin D supplements.

