

Nutritional Intervention for College Students With Depression

NCT07490782

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of California, San Diego
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (5)

- Age e 18 years and enrolled as a college student
- Symptoms of mild to moderate depression
- Receiving treatment for depression or willing to receive treatment during study participation
- Generally in good physical health
- On a stable dose of any medication affecting weight, metabolism, or mental health

Exclusion (8)

- Elevated risk for suicide
 - Inability to participate safely, as determined by the study physician
 - Lifetime diagnosis of bipolar disorder, schizophrenia, or post-traumatic stress disorder
 - Current eating disorder (e.g., bulimia, anorexia nervosa, binge eating)
 - Current alcohol or substance use disorder
- ... and 3 more (see full listing online)

Locations (1 total)

University of California San Diego, La Jolla, California, United States