

Name of Journal: *World Journal of Psychiatry*

Manuscript NO: 55449

Manuscript Type: SYST

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**Dietary modification in the treatment of schizophrenia spectrum disorders: A systematic review**

Aucoin M *et al.* Dietary modification in schizophrenia spectrum disorders

## Abstract

### BACKGROUND

Schizophrenia spectrum disorders impact functioning, reduce quality of life and increase the risk of physical illness and premature mortality. Nutritional intervention studies aimed at decreasing body weight have demonstrated efficacy in improving metabolic outcomes; however, few studies have explored the impact of interventions designed to modify diet on mental health outcomes.

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Therefore, given that **diet** may represent a key factor in the development of **metabolic syndrome**, this paper aimed to review studies on **dietary habits** in patients with **schizophrenia-spectrum disorders**, to clarify whether these **dietary patterns** may be associated with the development of **metabolic syndrome**, and understand which factors may influence them.

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<https://www.webmd.com/schizophrenia/ss/slideshow...> ▼

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**Introduction:** **Schizophrenia spectrum disorders (SSD)** represent a cluster of **severe mental illnesses**. **Diet** has been identified as a **modifiable risk** factor and opportunity for intervention in many physical illnesses and more recently in mental illnesses such as unipolar depression; however, no **dietary guidelines** exist for patients with SSD.

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