

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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Publish Year: 2018

[What to Eat When You Have Schizophrenia](https://www.webmd.com/schizophrenia/ss/slideshow...)

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1. Your Diet Matters. Those with schizophrenia, a chronic mental illness, often have unhealthy diets. ...
2. Eat More: Fruits. Many studies suggest that people with schizophrenia often don't get enough fiber. ...
3. Eat More: Vegetables. Low in fat and calories, packed with fiber and important vitamins, and ...
4. Eat More: Salmon and Other Fatty Fish. Omega-3 fatty acids can't be made by the body. You need ...

[See full list on webmd.com](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.

Cited by: 5 **Author:** Monique Aucoin, Laura LaChance, Kiera...
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