



CONSORT

TRANSPARENT REPORTING of TRIALS

CONSORT 2010 Flow Diagram

Enrollment

Assessed for eligibility (n=96)

Excluded (n=36)

- ♦ Not meeting inclusion criteria (n=11)
- ♦ Declined to participate (n=10)
- ♦ Travelling problems (n=6)
- ♦ Intolerance to blood taking (n=9)

Randomized (n=60)

Allocation

Omega 3 (n= 30) – intervention for 12 weeks

- Clinical investigation, a blood and urine collection
- Received allocated intervention (n= 30)
- Did not take the supplement whole period (n=1)
Taste of supplement (n=1)
- Subgroup with DD (n=17, 58.6%)
- Subgroup with MADD (n=12, 41.4%)
- All patients were treated with SSRI antidepressants

Omega 6 (n= 30) – intervention for 12 weeks

- Clinical investigation, a blood and urine collection
- Received allocated intervention (n= 30)
- Did not take the supplement whole period (n=1)
Non-compliance (n=1)
- Subgroup with DD (n=13, 44.8%)
- Subgroup with MADD (n=16, 55.2%)
- All patients were treated with SSRI antidepressants

Follow-Up

Clinical investigation every 2 weeks (n=29)

Blood and urine collection at 6 and 12 weeks of intervention

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Evaluation – only patients completed 12 weeks of intervention

Evaluated (n=29)

- ♦ Excluded from analysis (n=0)

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