

Can the supplementation of vitamin B12 improve mental health outcomes?

A Literature Review

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Abstract

Research question: Can the supplementation of vitamin B12 improve mental health outcomes?

Introduction: Low Vitamin B12 has been associated with raised plasma homocysteines and the consumption of B vitamins has shown to reduce homocysteines. Raised levels of homocysteines have been linked to causing symptoms of mental illness. B12 also is required in the synthesis of monoamines and is required to maintain neurological health.

Aim: This study reviews current research into the effects of the supplementation of B12 in the prevention and recovery of mental illness, and the potentiation of psychotropic medication.

Methodology: This literature review follows a systematic approach to searching databases CINAHL, EMBASE, Medline, and PsycINFO where 287 non-duplicated articles results were received. Appropriate articles were identified through title and abstract screening with the application of the inclusion and exclusion criteria. Five articles were chosen to address the research question following critical appraisal. Thematic analysis was then conducted to produce the finding within the review.

Findings: This review identified five randomised controlled trials into the supplementation of various doses of B12 in conjunction with folic and B6. The supplement was measured against post-stroke depression prevention, the reduction of symptoms of depression in woman with cardiovascular disease, the effect on negative symptoms in schizophrenia, the reduction and prevention of depression in older adults and the potentiation of psychotropic interventions. The papers reviewed showed inconclusive results but evidence to support sub-groups and specific high-risk groups. Strong evidence showed supplementation of B12, folic acid and B6 has high rates of prevention into the development of post-stroke depression.

Conclusion: The findings show that this area of research is still yet to be developed, with no single testing of the effects of B12 supplementation. Results of the effects of B12 supplementation with other B vitamins into mental health have shown to be inconclusive, but there is a case for its use to be considered within certain patient groups for aiding recovery in mental health or reducing the risk of onset in some high-risk patient groups. This review recommends areas for further research and nursing interventions that can be applied to high-risk groups of those that may have symptoms or the exacerbation of symptoms that could be improved through the supplementation of B12.

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