Chapter-12

PUBLIC HEALTH IMPORTANCE OF THE STUDY

a) There was significant decrease in antioxidant levels in depressive subjects compared to normal individuals.

b) Depression can be prevented to some extent by having food which is rich in antioxidants.

c) Antioxidants may have a role as adjuvants to antidepressants in the treatment of depression, improving the response to treatment and thus improving the management of the disease.

d) This could improve the quality of life for patients, their families and society as a whole; while cost of treatment would be reduced.