## DAFTAR PUSTAKA


Adjei, K., Adunlin, G. dan Ali, A. A. (2023) "Impact of Sertraline, Fluoxetine, and Escitalopram on Psychological Distress among United States Adult Outpatients with a Major Depressive Disorder," Healthcare (Switzerland), 11(5). doi: 10.3390/healthcare11050740.

Almeida, I. B. et al. (2020) "Inflammatory modulation of fluoxetine use in patients with depression: A systematic review and meta-analysis," Cytokine, 131(April), hal. 0–5. doi: 10.1016/j.cyto.2020.155100.

Almi, A., Mihardja, H., Srilestari, A. and Amir, N., 2018. Therapeutic effect of acupuncture combined with antidepressants on changes in the HAMD-17 score in major depressive disorder. *Journal of Physics: Conference Series*, 1073(6), p.062037. doi:10.1088/1742-6596/1073/6/062037.

Ambati M., I. Apicella, S. Wang, S. et al. 2021. Identification of fluoxetine as a direct NLRP3 inhibitor to treat atrophic macular degeneration, Proc. Natl. Acad. Sci. U.S.A. 118 (41) e2102975118, https://doi.org/10.1073/pnas.2102975118.

American Psychiatric Association (2013) Diagnostic and statistical manual of mental disorders fifth edition in DSM-5. Arlington: American Psychiatric Publishing.

Anagha, K. et al. (2021) "Side Effect Profiles of Selective Serotonin Reuptake Inhibitors: A Cross-Sectional Study in a Naturalistic Setting," Prim Care Companion CNS Disord, 23(4).

Arroll, B., Moir, F. dan Kendrick, T. (2017) "Effective management of depression in primary care: A review of the literature," BJGP Open, 1(2), hal. 1–7. doi: 10.3399/bjgpopen17X101025.

Arsenyadis, F. et al. (2022) "The Effects of Omega-3 Supplementation on Depression in Adults with Cardiometabolic Disease: A Systematic Review of Randomised Control Trials," Nutrients, 14(9). doi: 10.3390/nu14091827.

Birur B, Amrock EM, Shelton RC, Li L. Sex Differences in the Peripheral Immune System in Patients with Depression. Front Psychiatry. 2017 Jun 16;8:108. doi: 10.3389/fpsyt.2017.00108. PMID: 28670290; PMCID: PMC5472650.

Bleibel, L., Sokołowska, P., Henrykowska, G., Owczarek, J., & Wiktorowska-Owczarek, A. (2025). Unveiling the Anti-Inflammatory Effects of Antidepressants: A Systematic Review of Human Studies over the Last Decade. *Pharmaceuticals*, *18*(6), 867. https://doi.org/10.3390/ph18060867

Borsini A, Nicolaou A, Camacho-Muñoz D, et al. Omega-3 polyunsaturated fatty acids protect against inflammation through production of LOX and CYP450 lipid mediators: relevance for major depression and for human hippocampal neurogenesis. Mol Psychiatry. 2021 Nov;26(11):6773-6788.

Calder, P. C. (2013) "Omega-3 polyunsaturated fatty acids and inflammatory processes: Nutrition or pharmacology?," British Journal of Clinical Pharmacology, 75(3), hal. 645–662. doi:

10.1111/j.1365-2125.2012.04374.x.

Caldito, N. G. (2023) “Role of tumor necrosis factor-alpha in the central nervous system: a focus on autoimmune disorders,” Frontiers in Immunology, 14(July), hal. 1–11. doi: 10.3389/fimmu.2023.1213448.

Calvani, R. et al. (2012) Diet and Aging: Role in Prevention of Muscle Mass Loss, Bioactive Food as Dietary Interventions for the Aging Population: Bioactive Foods in Chronic Disease States. Elsevier Inc.

Cârcu-Dobrin, M. et al. (2017) “Enantioselective analysis of fluoxetine in pharmaceutical formulations by capillary zone electrophoresis,” Saudi Pharmaceutical Journal, 25(3), hal. 397–403. doi: 10.1016/j.jsps.2016.09.007.

Ceccarini MR, Ceccarelli V, Codini M, Fettucciari K, Calvitti M, Cataldi S, Albi E, Vecchini A, Beccari T. The Polyunsaturated Fatty Acid EPA, but Not DHA, Enhances Neurotrophic Factor Expression through Epigenetic Mechanisms and Protects against Parkinsonian Neuronal Cell Death. Int J Mol Sci. 2022 Dec 19;23(24):16176. doi: 10.3390/ijms232416176.

Chen, X., Chen, C., Fan, S. *et al.* Omega-3 polyunsaturated fatty acid attenuates the inflammatory response by modulating microglia polarization through SIRT1-mediated deacetylation of the HMGB1/NF-κB pathway following experimental traumatic brain injury. *J Neuroinflammation* 15, 116 (2018).

Chmielarz, K. et al. (2017) “Supplementation with Omega-3 fatty acids in the supportive treatment of depression – systematic review,” Journal of Psychiatric Research, 94(3), hal. 36–46.

Das, R. et al. (2021) “Higher levels of serum IL-1β and TNF-α are associated with an increased probability of major depressive disorder,” Psychiatry Research, 295. doi: 10.1016/j.psychres.2020.113568.

del Barrio, V. (2014) Diagnostic and Statistical Manual of Mental Disorders, Encyclopedia of Applied Psychology, Three-Volume Set. doi: 10.1016/B0-12-657410-3/00457-8.

Deodhar, M. et al. (2021) “Assessing the mechanism of fluoxetine-mediated cyp2d6 inhibition,” Pharmaceutics, 13(2), hal. 1–10.

Díaz-Tufinio, C. A., Palma-Aguirre, J. A. dan Gonzalez-Covarrubias, V. (2023) “Pharmacogenetic Variants Associated with Fluoxetine Pharmacokinetics from a Bioequivalence Study in Healthy Subjects,” Journal of Personalized Medicine, 13(9). doi: 10.3390/jpm13091352.

Dyall SC, Malau IA, Su KP. Omega-3 polyunsaturated fatty acids in depression: insights from recent clinical trials. Curr Opin Clin Nutr Metab Care. 2025 Mar 1;28(2):66-74. doi: 10.1097/MCO.0000000000001077. Epub 2024 Sep 23.
Eguchi H, Watanabe K, Kawakami N, et al. Psychosocial factors at work and inflammatory markers: protocol for a systematic review and meta-analysis. BMJ Open. 2018 Aug 29;8(8):e022612. doi: 10.1136/bmjopen-2018-022612. PMID: 30158233; PMCID: PMC6119426.

Eslahi H, Shakiba M, Saravani M, Payandeh A, Shahraki M. The effects of omega 3 fatty acids on the serum concentrations of pro inflammatory cytokines anddepression status in patients with bipolar disorder: A randomized double-blind controlled clinical trial. J Res Med Sci. 2023 Apr

21;28:36.

García-García, M. L. et al. (2021) “Fluoxetine modulates the pro-inflammatory process of IL-6, IL-1β and TNF-α levels in individuals with depression: a systematic review and meta-analysis,” Psychiatry Research, 307(1), hal. 114317.

Gautam, S. et al. (2017) “Clinical Practice Guidelines for the management of Depression,” Indian Journal of Psychiatry, 59(5), hal. S34–S50.

Gertsik L, Poland RE, Bresee C, Rapaport MH. Omega-3 fatty acid augmentation of citalopram treatment for patients with major depressive disorder. J Clin Psychopharmacol. 2012 Feb;32(1):61-4. doi: 10.1097/JCP.0b013e31823f3b5f. PMID: 22198441; PMCID: PMC3375825.

Gholipour D, Shahraki M, Shakiba M, Shamsi-Goushki A. Supplementation of Omega-3 Increases Serum Levels of Brain-Derived Neurotrophic Factor and Decreases Depression Status in Patients With Bipolar Disorder: A Randomized, Double-Blind, Placebo-Controlled Clinical Trial. J Hum Nutr Diet. 2025 Jun;38(3):e70076. doi: 10.1111/jhn.70076. PMID: 40485144.

Giacobbe J, Benoiton B, Zunszain P, Pariante CM, Borsini A. The Anti-Inflammatory Role of Omega-3 Polyunsaturated Fatty Acids Metabolites in Pre-Clinical Models of Psychiatric, Neurodegenerative, and Neurological Disorders. Front Psychiatry. 2020 Feb 28;11:122. doi: 10.3389/fpsyt.2020.00122.

Grosso, G., Galvano, F., et al. (2014) “Omega-3 fatty acids and depression: Scientific evidence and biological mechanisms,” Oxidative Medicine and Cellular Longevity, 2014(Figure 1). doi: 10.1155/2014/313570.

Grosso, G., Pajak, A., et al. (2014) “Role of omega-3 fatty acids in the treatment of depressive disorders: A comprehensive meta-analysis of randomized clinical trials,” PLoS ONE, 9(5). doi: 10.1371/journal.pone.0096905.

Hamilton M. A rating scale for depression. J Neurol Neurosurg Psychiatry. 1960 Feb;23(1):56-62. doi: 10.1136/jnnp.23.1.56. PMID: 14399272; PMCID: PMC495331.

Hughes MM, Connor TJ, Harkin A. Stress-Related Immune Markers in Depression: Implications for Treatment. Int J Neuropsychopharmacol. 2016 Jun;19(6):pyw001. doi: 10.1093/ijnp/pyw001. Epub 2016 Jan 16. PMID: 26775294; PMCID: PMC4926799.

Jang, D. I. et al. (2021) “The role of tumor necrosis factor alpha (Tnf-α) in autoimmune disease and current tnf-α inhibitors in therapeutics,” International Journal of Molecular Sciences, 22(5), hal. 1–16. doi: 10.3390/ijms22052719.

Jarkas DA, Villeneuve AH, Daneshmend AZB, Villeneuve PJ, McQuaid RJ. Sex differences in the inflammation-depression link: A systematic review and meta-analysis. Brain Behav Immun. 2024 Oct;121:257-268. doi: 10.1016/j.bbi.2024.07.037. Epub 2024 Jul 30. PMID: 39089535.

Jazayeri, S. et al. (2008) “Comparison of therapeutic effects of omega-3 fatty acid eicosapentaenoic acid and fluoxetine, separately and in combination, in major depressive disorder,” Australian and New Zealand Journal of Psychiatry, 42(3), hal. 192–198. doi: 10.1080/00048670701827275.

Joffre C, Rey C, Layé S. N-3 Polyunsaturated Fatty Acids and the Resolution of Neuroinflammation. Front Pharmacol. 2019 Sep 13;10:1022. doi: 10.3389/fphar.2019.01022. PMID: 31607902; PMCID: PMC6755339.

Kalkman, H. O., Hersberger, M., Walitza, S., & Berger, G. E. (2021). Disentangling the Molecular Mechanisms of the Antidepressant Activity of Omega-3 Polyunsaturated Fatty Acid: A Comprehensive Review of the Literature. *International Journal of Molecular Sciences*, *22*(9), 4393.

Kaplan & Sadock's. (2022). A Synopsis of Psychiatry Twelfth Edition. In *Postgraduate Medical Journal* (Vol. 59, Issue 694).

Kessler, R. dan Bromet, E. (2014) "The epidemiology of depression across cultures," Annual Review of Public Health, 34, hal. 119–138. doi: 10.1146/annurev-publhealth-031912-114409.

Kiecolt-Glaser JK, Belury MA, Andridge R, Malarkey WB, Hwang BS, Glaser R. Omega-3 supplementation lowers inflammation in healthy middle-aged and older adults: a randomized controlled trial. Brain Behav Immun. 2012 Aug;26(6):988-95.

Kostadinov, I. et al. (2015) "Study on anti-inflammatory and immunomodulatory effects of fluoxetine in rat models of inflammation," European Journal of Inflammation, 13(3), hal. 173–182. doi: 10.1177/1721727X15618671.

Krupa, K., Fritz, K. dan Parmar, M. (2023) "Omega-3 Fatty Acids," StatPearls Publishing LLC.

Laino, C. H. et al. (2014) "Fluoxetine potentiation of omega-3 fatty acid antidepressant effect: Evaluating pharmacokinetic and brain fatty acid-related aspects in rodents," Journal of Pharmaceutical Sciences, 103(10), hal. 3316–3325. doi: 10.1002/jps.24123.

Lamon-Fava S, Liu M, Dunlop BW, Kinkead B, et al. Clinical response to EPA supplementation in patients with major depressive disorder is associated with higher plasma concentrations of pro-resolving lipid mediators. Neuropsychopharmacology. 2023 May;48(6):929-935.
Layé S, Nadjar A, Joffre C, Bazinet RP. Anti-Inflammatory Effects of Omega-3 Fatty Acids in the Brain: Physiological Mechanisms and Relevance to Pharmacology. Pharmacol Rev. 2018 Jan;70(1):12-38. doi: 10.1124/pr.117.014092. PMID: 29217656.

Lazarevic V, Mantas I, Flais I, Svenningsson P. Fluoxetine Suppresses Glutamate- and GABA-Mediated Neurotransmission by Altering SNARE Complex. Int J Mol Sci. 2019 Aug 30;20(17):4247. doi: 10.3390/ijms20174247. PMID: 31480244; PMCID: PMC6747167.

Leon, A. et al. (2013) "Tumor Necrosis Factor-α Triad: Psoriasis, Cardiovascular Disease, and Depression," Psoriasis Forum, 19a(1), hal. 41–49.

Liao, Y. et al. (2019) "Efficacy of omega-3 PUFAs in depression: A meta-analysis," Translational Psychiatry, 9(1), hal. 1–9. doi: 10.1038/s41398-019-0515-5.

Lim, G. Y. et al. (2018) "Prevalence of Depression in the Community from 30 Countries between 1994 and 2014," Scientific Reports, (March 2017), hal. 1–10. doi: 10.1038/s41598-018-21243-x.

Litbang Kementerian Kesehatan RI (2018) Riset Kesehatan Dasar. Jakarta: Kemenkes RI.

Longarzo ML, Vázquez RF, Bellini MJ, Zamora RA, Redondo-Morata L, Giannotti MI, Oliveira ON Jr, Fanani ML, Maté SM. Understanding the effects of omega-3 fatty acid supplementation on the physical properties of brain lipid membranes. iScience. 2024 Jun 24;27(7):110362.

Lu, Y. et al. (2017) “Chronic administration of fluoxetine and pro-inflammatory cytokine change in a rat model of depression,” PLoS ONE, 12(10), hal. 1–14. doi: 10.1371/journal.pone.0186700.

Ma S, Yang J, Yang B, et al. The Patient Health Questionnaire-9 vs. the Hamilton Rating Scale for Depression in Assessing Major Depressive Disorder. Front Psychiatry. 2021 Nov 4;12:747139. doi: 10.3389/fpsyt.2021.747139. PMID: 34803766; PMCID: PMC8599822.

Ma, K., Zhang, H. dan Baloch, Z. (2016) “Pathogenetic and therapeutic applications of tumor necrosis factor-α (TNF-α) in major depressive disorder: A systematic review,” International Journal of Molecular Sciences, 17(5). doi: 10.3390/ijms17050733.

Maguire AD, Bethea JR, Kerr BJ. TNFα in MS and Its Animal Models: Implications for Chronic Pain in the Disease. Front Neurol. 2021 Dec 6;12:780876. doi: 10.3389/fneur.2021.780876. PMID: 34938263; PMCID: PMC8686517.

Malau, I. A., Chang, J. P.-C., Lin, Y.-W., Chang, C.-C., Chiu, W.-C., & Su, K.-P. (2024). Omega-3 Fatty Acids and Neuroinflammation in Depression: Targeting Damage-Associated Molecular Patterns and Neural Biomarkers. *Cells*, *13*(21)

Mischoulon D, Dunlop BW, Kinkead B, et al. Omega-3 Fatty Acids for Major Depressive Disorder With High Inflammation: A Randomized Dose-Finding Clinical Trial. J Clin Psychiatry. 2022 Aug 22;83(5):21m14074.

Mocking RJ, Harmsen I, Assies J, Koeter MW, Ruhé HG, Schene AH. Meta-analysis and meta-regression of omega-3 polyunsaturated fatty acid supplementation for major depressive disorder. Transl Psychiatry. 2016 Mar 15;6(3):e756.

Mojiri-Forushani H, Khajehali E, Adelipour M, Mohammadi A. Inhibitory effects of fluoxetine on the secretion of inflammatory mediators and JAK/STAT3 and JNK/TLR4 gene expression. Mol Biol Rep. 2023 Mar;50(3):2231-2241. doi: 10.1007/s11033-022-08219-x. Epub 2022 Dec 26. PMID: 36571654

Mora I, Arola L, Caimari A, Escoté X, Puiggròs F. Structured Long-Chain Omega-3 Fatty Acids for Improvement of Cognitive Function during Aging. Int J Mol Sci. 2022 Mar 23;23(7):3472. doi: 10.3390/ijms23073472. PMID: 35408832; PMCID: PMC8998232.

Müller L, Di Benedetto S. Neuroimmune crosstalk in chronic neuroinflammation: microglial interactions and immune modulation. Front Cell Neurosci. 2025 Apr 7;19:1575022.

Müller MJ, Dragicevic A. Standardized rater training for the Hamilton Depression Rating Scale (HAMD-17) in psychiatric novices. J Affect Disord. 2003 Oct;77(1):65-9. doi: 10.1016/s0165-0327(02)00097-6. PMID: 14550936.

Olmos G, Lladó J. Tumor necrosis factor alpha: a link between neuroinflammation and excitotoxicity. Mediators Inflamm. 2014;2014:861231. doi: 10.1155/2014/861231. Epub 2014 May 21. PMID: 24966471; PMCID: PMC4055424.

Omylinska-Thurston J, Aithal S, Liverpool S, Clark R, et al. Digital Psychotherapies for Adults Experiencing Depressive Symptoms: Systematic Review and Meta-Analysis JMIR Ment Health 2024;11:e55500 doi: 10.2196/55500 PMID: 39348177 PMCID: 11474132

Oud M, de Winter L, Vermeulen-Smit E, Bodden D, et al. Effectiveness of CBT for children and adolescents with depression: A systematic review and meta-regression analysis. Eur Psychiatry. 2019 Apr;57:33-45. doi: 10.1016/j.eurpsy.2018.12.008. Epub 2019 Jan 16. PMID: 30658278.

Özkaya Gül, S., & Aydemir, E. (2025). The Use of Selective Serotonin Reuptake Inhibitor (SSRI) Antidepressants in the Treatment of Lung Cancer. *International Journal of Molecular Sciences*, *26*(10), 4546. https://doi.org/10.3390/ijms26104546

Postal, M. et al. (2016) "Depressive symptoms are associated with tumor necrosis factor alpha in systemic lupus erythematosus," Journal of Neuroinflammation, 13(1), hal. 1–7. doi: 10.1186/s12974-015-0471-9.

Reily, N. M. et al. (2023) "Omega-3 supplements in the prevention and treatment of youth depression and anxiety symptoms: A scoping review," PLoS ONE, 18(4 April), hal. 1–22. doi: 10.1371/journal.pone.0284057.

Reyad, A. A. et al. (2021) "Fluoxetine in the Management of Major Depressive Disorder in Children and Adolescents: A Meta-Analysis of Randomized Controlled Trials," Hospital Pharmacy, 56(5), hal. 525–531. doi: 10.1177/0018578720925384.

Serefko, A., Jach, M. E., Pietraszuk, M., Świąder, M., Świąder, K., & Szopa, A. (2024). Omega-3 Polyunsaturated Fatty Acids in Depression. *International Journal of Molecular Sciences*, *25*(16), 8675.

Simon, M. S. et al. (2023) "Anti-Inflammatory Treatment Efficacy in Major Depressive Disorder: A Systematic Review of Meta-Analyses," Neuropsychiatric Disease and Treatment, 19(January), hal. 1–25. doi: 10.2147/NDT.S385117.

Sohel, A. J., Shutter, M. C. dan Molla., M. (2022) "Fluoxetine," StatPearls Publishing LLC.

Sohouli MH, Rohani P, Nasehi MM, Hekmatdoost A. Changes in serum brain-derived neurotrophic factor following supplementation of omega 3 fatty acids: A systematic review and Meta-Regression analysis. Clin Nutr ESPEN. 2023 Aug;56:207-214. doi: 10.1016/j.clnesp.2023.05.019. Epub 2023 Jun 7.

Sonawalla, S. B. et al. (2002) "Fluoxetine treatment of depressed patients with comorbid anxiety disorders," Journal of Psychopharmacology, 16(3), hal. 215–219. doi: 10.1177/026988110201600304.

Stachowicz, K. dan Sowa-Kućma, M. (2022) "The treatment of depression-searching for new ideas," Frontiers in Pharmacology, 13(October), hal. 1–10. doi: 10.3389/fphar.2022.988648.

Su KP, Matsuoka Y, Pae CU. Omega-3 Polyunsaturated Fatty Acids in Prevention of Mood and Anxiety Disorders. Clin Psychopharmacol Neurosci. 2015 Aug 31;13(2):129-37. doi: 10.9758/cpn.2015.13.2.129. PMID: 26243838;

Su KP. Biological mechanism of antidepressant effect of omega-3 fatty acids: how does fish oil

act as a 'mind-body interface'? Neurosignals. 2009;17(2):144-52. doi: 10.1159/000198167. Epub 2009 Feb 4. PMID: 19190401.

Talaee N, Azadvar S, Khodadadi S, Abbasi N, Asli-Pashaki ZN, Mirabzadeh Y, Kholghi G, Akhondzadeh S, Vaseghi S. Comparing the effect of fluoxetine, escitalopram, and sertraline, on the level of BDNF and depression in preclinical and clinical studies: a systematic review. Eur J Clin Pharmacol. 2024 Jul;80(7):983-1016. doi: 10.1007/s00228-024-03680-y. Epub 2024 Apr 1. PMID: 38558317.

Tiberi M, Chiurchiù V. Specialized Pro-resolving Lipid Mediators and Glial Cells: Emerging Candidates for Brain Homeostasis and Repair. Front Cell Neurosci. 2021 Apr 26;15:673549. doi: 10.3389/fncel.2021.673549. PMID: 33981203; PMCID: PMC8107215.
Uzzan, S. dan Azab, A. N. (2021) “Anti-tnf-α compounds as a treatment for depression,” Molecules, 26(8), hal. 1–19. doi: 10.3390/molecules26082368.

Villatte, A., Marcotte, D. dan Potvin, A. (2017) “Correlates of Depression in First-Year College Students,” Canadian Journal of Higher Education, 47(1), hal. 114–136. doi: 10.47678/cjhe.v47i1.186429.

Walter, D., Buschsieweke, J., Dachs, L. *et al.* Effectiveness of usual-care cognitive-behavioral therapy for adolescents with depressive disorders rated by parents and patients – an observational study. *BMC Psychiatry* 21, 423 (2021).

Wani, A. L., Bhat, S. A. dan Ara, A. (2015) “Omega-3 fatty acids and the treatment of depression: a review of scientific evidence,” Integrative Medicine Research, 4(3), hal. 132–141. doi: 10.1016/j.imr.2015.07.003.

World Health Organization (2017) Depression and Other Common Mental Disorders Global Health Estimates.

World Health Organization (2023) Depression and Other Common Mental Disorders Global Health Estimates.

Wu, B., Song, Q., Zhang, Y. *et al.* Antidepressant activity of Omega-3 polyunsaturated fatty acids in ovariectomized rats: role of neuroinflammation and microglial polarization. *Lipids Health Dis* 19, 4 (2020).

Xiaowen Y, Zhu J, Gong M, Meng G, Tan R, Zhang Y, Chen Z. Effect of depression and the antidepressant fluoxetine on osseointegration-A pre-clinical in vivo experimental study. Clin Oral Implants Res. 2024 Oct;35(10):1355-1366. doi: 10.1111/clr.14323. Epub 2024 Jul 4. PMID: 38963167.

Yang, W. C. et al. (2017) “Factors related to the improvement in quality of life for depressed inpatients treated with fluoxetine,” BMC Psychiatry, 17(1), hal. 1–9. doi: 10.1186/s12888-017-1471-3.

Yao, L. et al. (2020) “Tumor Necrosis Factor-α Variations in Patients With Major Depressive Disorder Before and After Antidepressant Treatment,” Frontiers in Psychiatry, 11(December). doi: 10.3389/fpsyt.2020.518837.

Yin Y, Ju T, Zeng D, Duan F, Zhu Y, Liu J, Li Y, Lu W. "Inflamed" depression: A review of the

interactions between depression and inflammation and current anti-inflammatory strategies for depression. Pharmacol Res. 2024 Sep;207:107322. doi: 10.1016/j.phrs.2024.107322. Epub 2024 Jul 20. PMID: 39038630.

Yoon HS, Lee KM, Kang D. Intercorrelation between Immunological Biomarkers and Job Stress Indicators among Female Nurses: A 9-Month Longitudinal Study. Front Public Health. 2014 Oct 13;2:157. doi: 10.3389/fpubh.2014.00157.

Yu, JZ., Wang, J., Sheridan, S.D. *et al.* N-3 polyunsaturated fatty acids promote astrocyte differentiation and neurotrophin production independent of cAMP in patient-derived neural stem cells. *Mol Psychiatry* 26, 4605–4615 (2021).
Zhang, L. dan Yao, C. H. (2016) "The Physiological Role of Tumor Necrosis Factor in Human Immunity and Its Potential Implications in Spinal Manipulative Therapy: A Narrative Literature Review," Journal of Chiropractic Medicine, 15(3), hal. 190–196. doi: 10.1016/j.jcm.2016.04.016.

Zhang, M. M. et al. (2020) "The efficacy and safety of omega-3 fatty acids on depressive symptoms in perinatal women: a meta-analysis of randomized placebo-controlled trials," Translational Psychiatry, 10(1).

Zhao Y, Shang P, Wang M, Xie M, Liu J. Neuroprotective Effects of Fluoxetine Against Chronic Stress-Induced Neural Inflammation and Apoptosis: Involvement of the p38 Activity. Front Physiol. 2020 May 11;11:351. doi: 10.3389/fphys.2020.00351. PMID: 32477152; PMCID: PMC7233199.

Zhao, Y. et al. (2020) "Neuroprotective Effects of Fluoxetine Against Chronic Stress-Induced Neural Inflammation and Apoptosis: Involvement of the p38 Activity," Frontiers in Physiology, 11(May), hal. 1–11. doi: 10.3389/fphys.2020.00351.

Zhou L, Xiong JY, Chai YQ, Huang L, Tang ZY, Zhang XF, Liu B, Zhang JT. Possible antidepressant mechanisms of omega-3 polyunsaturated fatty acids acting on the central nervous system. Front Psychiatry. 2022 Aug 31;13:933704. doi: 10.3389/fpsyt.2022.933704. PMID: 36117650; PMCID: PMC9473681.

Zhou, L. et al. (2022) "Possible antidepressant mechanisms of omega-3 polyunsaturated fatty acids acting on the central nervous system," Frontiers in Psychiatry, 13(1). doi: 10.3389/fpsyt.2022.933704.

Ziaei S, Mohammadi S, Hasani M, Morvaridi M, Belančić A, Daneshzad E, Saleh SAK, Adly HM, Heshmati J. A systematic review and meta-analysis of the omega-3 fatty acids effects on brain-derived neurotrophic factor (BDNF). Nutr Neurosci. 2024 Jul;27(7):715-725.