Editorial: Can omega-3 fatty acids improve executive functioning? Will this reduce ADHD and depression?

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Abstract
Families with children who have neurodevelopmental disorders and mental health problems often opt to use nonmainstream and complementary medicines including dietary supplements. One dietary supplement popular with parents seeking treatment for both depression and ADHD is omega-3 fatty acids. This has led to much research and scientific debate dedicated to examining the efficacy of omega-3 supplementation as a treatment for both depression and ADHD.