

Firelands Regional Medical Center School of Nursing
Psychiatric Evidence-Based Journal Debriefing Presentation

Evidence-Based Journal Presentation Guidelines

- Choose an evidence-based journal article in an area of interest related to **mental health**. Does not need to be nursing-focused.
Evidence-based components of the article must include the following:
 1. Introduction- this may include why this topic is important, statistics as to why this is a problem, or something to grab the reader's attention. This information will be summarized from the background or introduction section of the article.
 2. Purpose- this statement gives the reader a specific and concise understanding of the article and goals.
 3. Method- summarize the methods section of the article including the participants, research design, and how the experiment/research was completed.
 4. Results- summarize the results section of the article. Tables or charts may be included if appropriate.
 5. Conclusion- include the key points of this research and any recommendations for nursing.

Turn in this paperwork with the article to your clinical instructor (this must be typed; handwritten submissions will not be accepted).

Refer to back side for further instructions.

Firelands Regional Medical Center School of Nursing
Psychiatric Evidence-Based Journal Presentation
Post-Conference

Name: ___Melisa Fahey_____

Date: ___June 6, 2024___

Evidence-Based Article Title, Authors, Journal Title, Year, & Issue (in APA format):

Okereke, O. I., Reynolds, C. F., Mischoulon, D., Chang, G., Vyas, C. M., Cook, N. R., Weinberg, A., Bubes, V., Copeland, T., Friedenberg, G., Lee, I.-M., Buring, J. E., & Manson, J. E. (2020). Effect of long-term vitamin D₃ supplementation vs placebo on risk of depression or clinically relevant depressive symptoms and on change in mood scores. *JAMA*, 324(5), 471. <https://doi.org/10.1001/jama.2020.10224>

What were the objectives of the article?

The objectives of the article were to test the effects of vitamin D₃ supplementation on late-life depression risk and mood scores.

Summary of the article: (Attach the article).

This article took a group of 18353 randomized participants (men and women over 50). The two randomized groups were a group of 9181 participants that received the vitamin D₃ and fish oil, and a group of 9172 participants that were a matching placebo. The study was to see if having vitamin D₃ would reduce the chances of depression as opposed to placebo. The findings showed that there were no significant differences between the groups in regard to change in mood or depression. This trial spanned over a 5.3 year of time. 90.5% of the participants did actually complete this trial. The conclusion is that this study the findings did not support the use of vitamin D₃ in adults to prevent depression.

How will the information in this article change your nursing practice?

The information in this article will probably change my nursing practice in the sense that I have been taught and told and researched that vitamin D helps with mood and makes the body feel better than when the body is low in vitamin D. This will change my thoughts only to understand that although vitamin D is important for the body, it is not going to stop someone from developing depression if they are inclined to do so.