New Supplement Cuts Aggression by 28%: Study Reveals

Description

Maintain composure and consider integrating omega-3 fatty acids into your regimen. These essential nutrients, available in dietary supplement form through fish oil capsules, are reputed to bolster both mental and physical health, and intriguingly, may also mitigate aggressive behavior, as suggested by a meta-analysis conducted in 2024.

Such assertions are not without precedent: omega-3 has been previously associated with the prophylaxis of schizophrenia, while displays of aggression and antisocial conduct are hypothesized to partially arise from nutritional deficiencies, as explored in a recent study. The interplay between our dietary choices and brain chemistry is increasingly gaining prominence in contemporary research.

A team of researchers at the University of Pennsylvania has expanded upon earlier, more limited investigations regarding omega-3 supplementation's impact on aggression. Their comprehensive meta-analysis scrutinized 29 randomized controlled trials encompassing a cumulative total of 3,918 participants.

Notably, across these trials, a discernible short-term reduction in aggression emerged, indicating a potential decrease of up to 28 percent across various demographic factors such as age, gender, and health status, in conjunction with treatment duration and dosage.

Flow diagram of literature search leading to 28 suitable papers. (Raine & Brodrick, *Aggression and Violent Behavior*, 2024)

As stated by neurocriminologist Adrian Raine, upon the meta-analysis's release, "The time has come to implement omega-3 supplementation to reduce aggression, irrespective of whether the setting is the community, the clinic, or the criminal justice system."

The trials encompassed within this study, conducted from 1996 to 2024, had an average duration of 16 weeks and examined a broad spectrum of demographic groups, ranging from children under the age of 16 to older adults aged 50 to 60.

Moreover, the observed reductions in aggression encompassed both reactive aggression (prompted by provocation) and proactive aggression (premeditated behavior). Prior to this analysis, the capability of omega-3 to influence these distinct forms of aggression was uncertain.

While additional large-scale studies extending over longer durations are imperative to further substantiate

these findings, they nevertheless enrich our understanding of the cognitive benefits that omega-3 fatty acids may confer.

“At the very least,” Raine posited, “parents in pursuit of treatment for an aggressive child should realize that, alongside any prescribed treatments, a weekly intake of additional fish could also contribute positively.”

Natural sources of omega-3 in foods. (Ekaterina Kapranova/iStock/Getty Images Plus)

The research team postulates that omega-3's inherent properties, particularly its anti-inflammatory effects and its role in sustaining essential brain functions, may underlie its potential to modulate aggression. Despite lingering inquiries, they suggest a compelling case to pursue further investigation into this relationship.

Couple this data with evidence indicating that fish oil-derived medications can diminish the incidence of fatal cardiovascular events and other health complications, and the rationale for incorporating omega-3 into one's diet becomes notably compelling.

"Omega-3 is not a panacea that will entirely eradicate societal violence," Raine cautioned. "However, can it assist? Based on these enlightening findings, we firmly contend that it can, and we ought to commence action based on this newfound knowledge."

This research has been disseminated in *Aggression and Violent Behavior*.

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CATEGORY

1. Health - LEVEL6

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