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<th>Fasting protocol</th>
<th>Study design and population</th>
<th>Mood evaluation</th>
<th>Major findings</th>
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<td>Teng 2011</td>
<td>Three months clinical trial on CR (reduction of 300 to 500 kcal/day) combined with two days/week of MF.</td>
<td>Randomized controlled trial Healthy individuals N=25</td>
<td>BDI- II QOL Pittsburgh Sleep Quality Index Perceived Stress Scale</td>
<td>significative energy increase in QOL questionnaire (P&lt;0.05). No significant changes in depression and stress level, but baseline levels were very low. No change in sleep quality.</td>
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<td>Farooq 2010</td>
<td>MF during Ramadan</td>
<td>Open-labelled bipolar affective disorder N=62</td>
<td>HDRS YMRS</td>
<td>significant decrease in HDRS and YMRS during Ramadan (F=34.12, P&lt;0.01, for HDRS and F=15.6, P&lt;0.001 for YMRS)</td>
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<tr>
<td>Michalsen 2009</td>
<td>8-day modified medical fasting treatment (total energy intake &lt;350 kcal/d)</td>
<td>Controlled Healthy subjects N=108</td>
<td>Daily ratings of mood (VAS)</td>
<td>Significant mood improvement (p=0.036)</td>
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<td>Tavakkoli 2008</td>
<td>MF during Ramadan</td>
<td>Controlled trial with irritable bowel syndrome N=60</td>
<td>HADS QOL</td>
<td>Decrease of anxiety score (from 12.7 (6.0) to 9.8 (4.4) after fasting (p=0.026)</td>
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<td>Lepage 2008</td>
<td>CR based on patient’s self-declaration</td>
<td>Observational study Female with CR vs non-CR N=486</td>
<td>CES-D BSI</td>
<td>Significant group differences on the BSI, F(3, 289) = 4.84, p &lt; .005, while results for the CES-D neared significance, F(3, 309) = 3.03, p = .03.</td>
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<td>Kanazawa 2006</td>
<td>Complete fasting during 10 days</td>
<td>Controlled trial Irritable Bowel Syndrome N=58</td>
<td>Clinical interview</td>
<td>Fasting significantly improved anorexia (p = .02) and anxiety (p &lt; .001), and interference with life in general (p &lt; .001).</td>
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<tr>
<td><strong>Michalsen 2006</strong></td>
<td>8-day modified fast (300 kcal/day)</td>
<td>Controlled trial Chronic Pain Syndromes N=36</td>
<td>Daily ratings of mood (VAS)</td>
<td>Mood ratings increased significantly in the late phase of fasting (P &lt; 0.01) but were not related to weight-loss, leptin-depletion or cortisol increase.</td>
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<tr>
<td><strong>Suzuki 1976</strong></td>
<td>Complete fasting during 10 days</td>
<td>Observation study Depression N=36</td>
<td>Clinical interview</td>
<td>Reported remission rate of 86%</td>
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</table>

Table 1. Clinical studies evaluating mood in populations under fasting condition. BDI : Beck Depression Inventory. HDRS : Hamilton Depression Rating Scale. HADS : Hospitalisation Anxiety and Depression Scale. YMRS : Young Mania Rating Scale. CES-D : Center for Epidemiological Studies- Depression Scale. QOL : quality of life. CR : caloric restriction. MF : Muslim fasting. BSI Brief Symptom Inventory. VAS : Visual Analogue Scale.