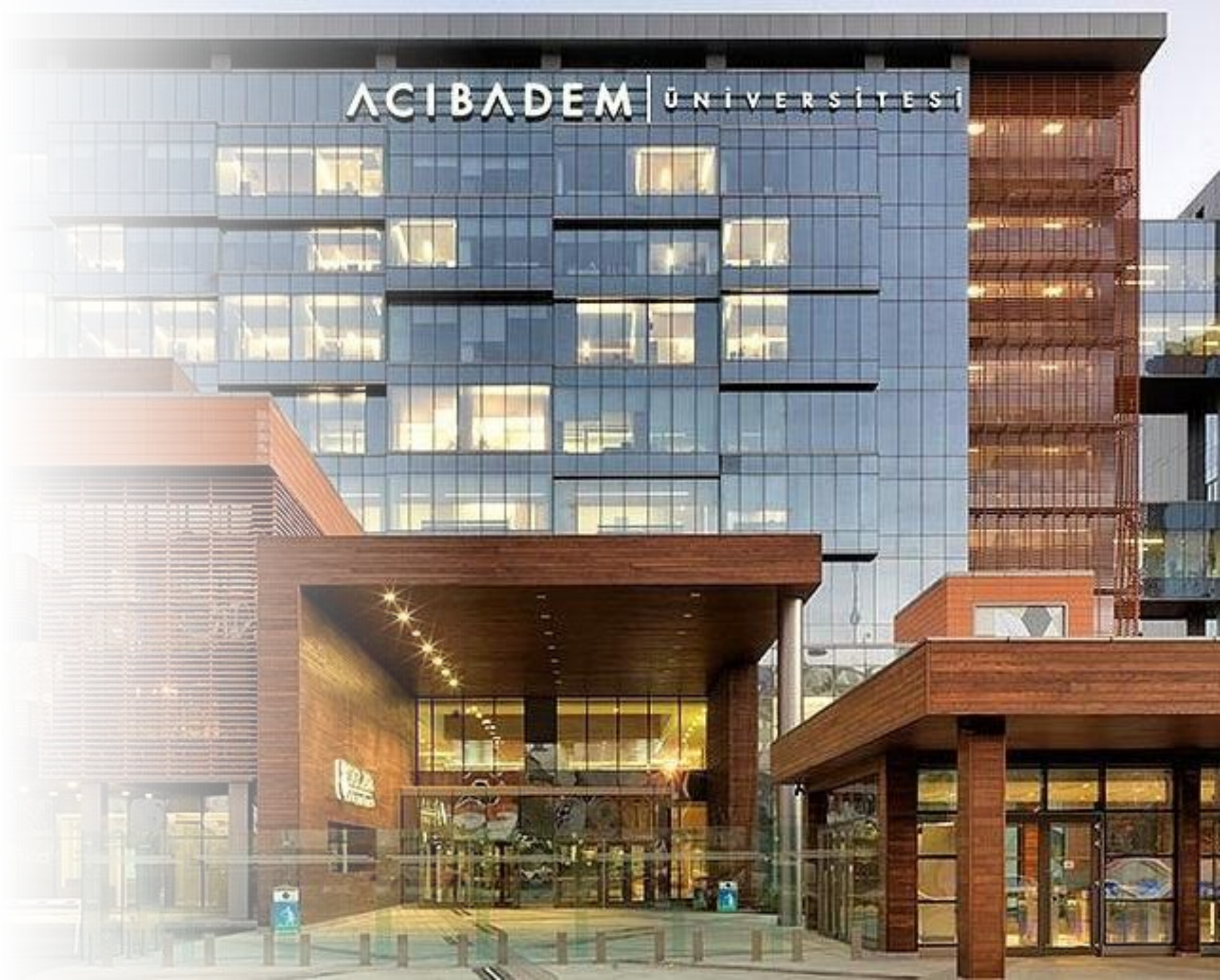


ACIBADEM University



ACIBADEM MEHMET ALI AYDINLAR UNIVERSITY



Acibadem University was founded in 2007 dedicated to the field of health sciences. By using dynamic and contemporary educational programs, a strong academic teaching team trains healthcare students to be future healthcare professionals who continually research innovations in all fields of medical science.

With the mission of being a strongly **research oriented university**, the research laboratories are fitted out with the latest state of the art equipment, designed to complement the **life sciences and biotechnology fields**.

Faculty Of Health Sciences, Nutrition And Dietetics

- The Department of Nutrition and Dietetics at Acıbadem University has a large and diverse team, allowing researchers to contribute to different aspects of the call. This enables the team to address multiple requirements of the call effectively.



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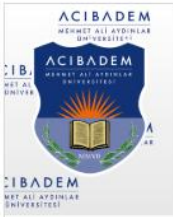
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HORIZON-CL6-2025-02-FARM2FORK-12: Nutrition and Mental Health

*Horizon Europe - Work Programme 2025
Food, Bioeconomy, Natural Resources, Agriculture and Environment*

- This call is about exploring how diet impacts mental health. Mental health is increasingly recognized as a significant public health issue across Europe, and understanding the link between nutrition and mental well-being is vital. Research has shown that a healthy diet can positively influence mental health by reducing inflammation, balancing the microbiome, and regulating the immune system.

<i>Expected EU contribution per project</i>	The Commission estimates that an EU contribution of around EUR 5.00 million would allow these outcomes to be addressed appropriately. Nonetheless, this does not preclude submission and selection of a proposal requesting different amounts.
<i>Indicative budget</i>	The total indicative budget for the topic is EUR 10.00 million.
<i>Type of Action</i>	Research and Innovation Actions
<i>Eligibility conditions</i>	<p>The conditions are described in General Annex B. The following exceptions apply:</p> <p>The following additional eligibility criteria apply: the proposals must apply the multi-actor approach. See definition of the multi-actor approach in the introduction to this work programme part.</p>
<i>Legal and financial set-up of the Grant Agreements</i>	<p>The rules are described in General Annex G. The following exceptions apply:</p> <p>Eligible costs will take the form of a lump sum as defined in the Decision of 7 July 2021 authorising the use of lump sum contributions under the Horizon Europe Programme – the Framework Programme for Research and Innovation (2021-2027) – and in actions under the Research and Training Programme of the European Atomic Energy Community (2021-2025).¹¹⁰.</p>

HORIZON-CL6-2025-02-FARM2FORK-12: Nutrition and Mental Health

Expected Outcome
<ul style="list-style-type: none">• healthy diet is improved and the effects of unhealthy diets on mental health in children (above 36 months), adults (above 18 years old) and older population (above 65 yearsold) under different social and economic context for a European comprehensive overview are better monitored;
<ul style="list-style-type: none">• science-based communication to policymakers and various professionals is improved and the understanding of the interlink between a healthy diet, nutrition and mental health wellbeing, in the children, adult and older population, is facilitated;
<ul style="list-style-type: none">• mechanisms are identified to help to understand the effects of nutrition (i.e. food groups, beverages, macro- and micronutrients) on mental health disorders and also to prevent or exacerbate the development of any mental health disease also by taking into account, as far as possible, differential gender-specific dietary patterns;
<ul style="list-style-type: none">• new and improved evidence support decision makers, public authorities, health and nutritional public and private institutes, and stakeholders in the assessment of those effects;
<ul style="list-style-type: none">• sound data are identified for developing standardised/validated metrics and analysis approaches (including the use of Omics approaches) on the function/role of the gut microbiome and its interplay with host metabolism;
<ul style="list-style-type: none">• knowledge is enhanced to improve nutrition in individuals with mental health disorders to ensure better health and longevity conditions;
<ul style="list-style-type: none">• indicators are used to measure the beneficial or detrimental effect of food groups, beverages and, macro and micronutrients present in a daily diet and/or dietary behaviour on preventing mental health disorders.

HORIZON-CL6-2025-02-FARM2FORK-12: Nutrition and Mental Health

Scope	Potential Contribution
<ul style="list-style-type: none"> • establish the specific food groups, beverages, macro and micronutrients needed in a daily diet (from food sources or to be integrated to the daily diet) to prevent the development of mental health disorders in Europe and explore the need to characterise and supplement a healthy diet with specific macro and micronutrients in children, adults, and older population affected by specific diseases related to mental health disorders through interviews and literature review; 	<p>Acibadem University (ACU) can be one of the partners covering this part of the scope with the following contributions:</p> <ul style="list-style-type: none"> • Depending on the project concept, interviews (online or face-to-face) and surveys can be conducted in Türkiye. These studies can take place in various regions of the country if required. • Literature reviews/meta analysis and similar academic work can be carried out. • The research can be tailored to a specific mental disorder or nutrient group, as determined by the consortium. • As a partner from Türkiye, ACU can highlight cultural differences and/or regional foods that may influence nutrition and mental health. For example, hazelnuts are widely consumed in Türkiye and are rich in omega-3 fatty acids, which are often linked to mental health. ACU can evaluate the preventive or therapeutic role of hazelnuts in mental health contexts.
<ul style="list-style-type: none"> • establish, through a mapping of the most recent research and innovation projects, the 3axis 'diet-gut microbiome-host-health' interplay to elucidate some molecular mechanisms and the causal relationship between changes in the gut microbiome and some mental health disorders (including the establishment of possible relevant biomarkers as necessary); 	<ul style="list-style-type: none"> • Correlating the scales to be conducted with microbiota analyses. Implementing a nutrition plan (e.g., restora diet) for individuals with weak microbiota analysis. Repeating the analyses after the nutrition plan has been applied. Designing a randomized study to examine changes and the effectiveness of the intervention. Evaluating the intervention's efficacy through this randomized study. • In addition to the mental health scales, analyzing brain chemicals such as serotonin and GABA through blood samples. • Including geographically indicated foods, specific to Turkey, in the nutrition plans (e.g., hazelnuts, pistachios, cornelian cherries, black chokeberries...), with the possibility of expanding the list of examples and working with other food groups. • Considering the diet module and its potential, with flexibility to expand and explore other food categories. • As a result of these studies, working with geographically indicated food groups can provide valuable insights and recommendations for nutrition policies in Turkey or Europe.
<ul style="list-style-type: none"> • provide recommendations and develop specific communication materials for prevention campaigns, in line with international and national health and dietary advice and related policies, for national authorities and for nutritional professionals, to communicate the link between healthy diets and mental health, as well as the need to supplement a healthy diet with macro- and micronutrients and/or adapt dietary patterns to prevent mental health disorders to patients; 	<p>Under this work package, ACU can support the dissemination of results to the wider public through the following activities:</p> <ul style="list-style-type: none"> • Collaborating with NGOs and similar organizations in Türkiye to increase outreach and engagement. • Developing educational materials tailored to different audiences.
<ul style="list-style-type: none"> • provide recommendations on how established deficiencies or excess intake of macro and micronutrients could be addressed, in line with international and national health and dietary advice and related policies, including means to increase or decrease nutrients in the diet, in particular in vulnerable groups. 	

Related Articles

- G. ARITICI ÇOLAK Et AL. , "Reliability and Validation of the Children's Eating Attitudes Test among 10- to 14-Year-Old School Children in Turkey," NUTRICION CLINICA Y DIETETICA HOSPITALARIA , vol.42, no.2, pp.36-42, 2022
- M. Baş And İ. Temizarabacı, "Food Safety and Technology: Microbial Threats and Genetic Engineering," In Nutrient , Ankara: Nobel Tıp Kitapevi, 2024, pp.742-776.
- I. A. Ozger Et AL. , "Relationship with Nut Consumption for Breakfast and Postprandial Glucose, Insulin, Triglyceride Responses: A Preliminary Study from Türkiye," FOODS , vol.13, pp.1-17, 2024
- M. İ. Palamutoglu Et AL. , "Probiotics and Prebiotics Affecting Mental and Gut Health," HEALTHCARE , vol.12, no.5, pp.510-528, 2024

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