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## **The role of BDNF in depression : will the neurotrophin hypothesis sparkle on, long after the glitter of the firework is gone?**

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## BDNF – Big Data Notable Fidelity

OVER THE PAST YEARS THE NEUROTROPHIN HYPOTHESIS HAS GAINED STEAM IN EXPLAINING THE SIGNS AND SYMPTOMS OF DEPRESSIVE DISORDERS AS A FUNCTION OF LOW NEUROTROPHIC SUPPORT. AMID THE EXCITEMENT GENERATED BY THIS HYPOTHESIS, THERE IS ALSO CONTROVERSY. THE PREVAILING THESIS IS A PURSUIT ON A BETTER APPRECIATION AND A MORE REFINED MODEL OF (PERIPHERAL) NEUROTROPHIC FUNCTIONING IN DEPRESSIVE (AND RELATED) DISORDERS. I FIND THAT SUFFICIENTLY POWERED-(BIG DATA NOTABLE FIDELITY) AND WELL-CONTROLLED STUDIES DO NOT BRING WHAT WAS HOPED FOR. ALONGSIDE FINDINGS THAT ARE CONTRADICTORY TO WHAT WAS EXPECTED, IT APPEARS THAT A PART OF THE OPTIMISM IN THE LITERATURE IS DUE TO UNDERPOWERED STUDIES AND OVERESTIMATIONS OF EFFECT-SIZES. SO I CONCLUDE THAT THE EVIDENCE FOR THE NEUROTROPHIN HYPOTHESIS, AT THE HUMAN LEVEL AND BEING CONTINGENT UPON PERIPHERAL MEASURES, IS NOT AS STRONG AS INITIALLY THOUGHT.

JANUARY 2014, THE HAGUE

## The role of BDNF in depression

MARC LEONARD MOLENDIJK

# The role of BDNF in depression

WILL THE NEUROTROPHIN HYPOTHESIS SPARKLE ON, LONG AFTER THE GLITTER OF THE FIREWORK IS GONE?

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