



Therapeutic Potential of Vitamin D in Depressive Disorder and Anxiety Disorders

Guest Editor:

**Prof. Dr. Ana Lúcia Severo
Rodrigues**

Department of Biochemistry,
Center of Biological Sciences,
Universidade Federal de Santa
Catarina, Florianópolis, SC, Brazil

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Message from the Guest Editor

Dear Colleagues,

Over the last two decades, the critical role of vitamin D in brain development and function has been highlighted. This neurosteroid has been implicated in proliferation, differentiation, maturation, and neuronal survival. In addition, its neuromodulatory properties on serotonergic, glutamatergic, and dopaminergic neurotransmission have also been reported, and its neuroprotective effects related to anti-inflammatory and antioxidant functions have been the subject of extensive research. Particularly, vitamin D deficiency has been investigated as a risk factor for depression and anxiety. In this regard, several studies have examined the potential of vitamin D as an antidepressant and anxiolytic strategy. However, the mechanisms underlying the antidepressant and anxiolytic effects of vitamin D have not yet been fully elucidated. This Special Issue aims to highlight innovative studies investigating the possible mechanisms underlying the beneficial effects of vitamin D for depression and anxiety. Original research articles and review papers dealing with the efficacy of vitamin D supplementation for the treatment of depression and anxiety disorders are welcome.





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Departamento de Química e Bioquímica (DQB) e Centro de Química e Bioquímica (CQB), Faculdade de Ciências, Universidade de Lisboa (FCUL), Rua Ernesto de Vasconcelos, Campo Grande, Edifício C8, 5º Piso, 1749-016 Lisboa, Portugal

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MDPI, St. Alban-Anlage 66
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