cess, and asked questions about functionality and content for an online learning system and library.

**Measurable Outcome/Analysis:** Transcripts were transcribed and coded by two team members to identify key themes addressing both training needs and access to program implementation tools. Discrepancies were discussed until there was agreement.

**Results:** Five main themes emerged related to functionality and four themes related to the content of training topics. For functionality the themes were: ease of navigation; a user-friendly search engine; streamlined tools for reporting; capacity to monitor training progression, and a Spanish language version. The themes related to preferred training topics were: learner-centered teaching and facilitation techniques; best practices for working with diverse audiences, current nutrition topics, and videos of implementing best practices in direct education and PSE strategies.

**Conclusion:** Using an Appreciative Inquiry process to conduct a formative needs assessment with potential users helped identify key features of a new learning system to enhance development of core competencies and effective program implementation strategies. Based on the results, an intuitive platform combining a resource library and learning management system has been created. Future research will assess how the new system supports the development of SNAP-Ed and EFNEP staff competencies, reduces duplication, and enhances cross-program collaboration.

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**Anti-Inflammatory Dietary Interventions to Address Mental Health Outcomes: A Scoping Review**

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**Background:** Chronic inflammation is involved in many diseases, such as cancer, cardiovascular disease, and poor mental health. Behavioral interventions, such as diet, to mitigate inflammation in the body is a growing area of therapeutic research. Anti-inflammatory diets, such as the Mediterranean Diet and DASH Diet, adhere to foods that can lower inflammation in the body and potentially improve mental health outcomes.

**Objective:** The objective of this review is to summarize the existing evidence of the effects of anti-inflammatory dietary interventions on mental health outcomes.

**Study Design, Settings, Participants:** We conducted a search of systematic reviews and randomized controlled trials in several databases (PubMed, Embase, PsycINFO, CINAHL, and Web of Science). Articles included were peer-reviewed, published in English, included adult participants, evaluated an anti-inflammatory dietary intervention, and reported on mental health outcomes. Two researchers screened and extracted the data for each article included.

**Measurable Outcome/Analysis:** Quality assessment was carried out independently by at least two researchers and each article was given a final assessment rating. Two researchers then extracted data using Covidence. A project lead reviewed and resolved any conflicts.

**Results:** Our search yielded 19 randomized controlled trials (RCTs) and 10 systematic reviews/meta-analyses (SR/MAs) that reported on mental health outcomes. The average length of dietary interventions in the included RCTs was six months. Most studies evaluated the effects of Mediterranean-style diets. Although there were moderate improvements, short-term dietary interventions did not have lasting effects on mental health outcomes such as mood and depression.

**Conclusion:** The results of this review suggest that the relationship between behavioral dietary interventions and mental health-related outcomes is dependent on a variety of factors. The dietary approaches were heterogeneous and the quality of studies varied, limiting our ability to draw clear conclusions about the relationship between diet and mental health. Our results suggest that anti-inflammatory dietary interventions, at best, exhibit a moderate modulatory effect on mental health related outcomes. To better understand this relationship, longer interventions with more clearly defined diets are needed.

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