

# Abstract

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## Enhancement of recovery from psychiatric illness by methylfolate.

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**OBJECTIVE AND METHODS:** 41 (33%) of 123 patients with acute psychiatric disorders (DSM III diagnosis of major depression or schizophrenia) had borderline or definite folate deficiency (red-cell folate below 200 micrograms/l) and took part in a double-blind, placebo-controlled trial of methylfolate, 15 mg daily, for 6 months in addition to standard psychotropic treatment.

**RESULTS:** Among both depressed and schizophrenic patients methylfolate significantly improved clinical and social recovery. The differences in outcome scores between methylfolate and placebo groups became greater with time.

**CONCLUSION:** These findings add to the evidence implicating disturbances of methylation in the nervous system in the biology of some forms of mental illness.

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