

## عنوان مقاله:

Associations between Western and Mediterranean-type dietary patterns and depression in adults in Shiraz

## محل انتشار:

مجله بین المللی تحقیقات اپیدمیولوژیک، دوره 3، شماره 2 (سال: 1395)

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## خلاصه مقاله:

Background and aims: Depression is a growing public health problem in the world. In this study we investigated the relationship between dietary patterns and depression in adults aged ۲۰-۵۰ years living in Shiraz, Iran. Methods: In a cross-sectional study, ۴۱۶ subjects (۱۸۰ men and ۲۳۶ women) aged ۲۰ to ۵۰ years were selected by stratified multistage random sampling. Dietary intakes were assessed using a semi-quantitative food frequency questionnaire. Depression information was collected by Depression, Anxiety and Stress Scale (DASS) questionnaire. Three major dietary patterns were extracted by factor analysis: vegetable, Western, and Mediterranean-type dietary patterns. Regression analysis was used for association between dietary pattern and depression. Results: A strong positive significant association was observed between Western dietary pattern and depression. Also there was a negative significant association between Mediterranean-type dietary pattern and depression. These associations remained statistically significant even after adjustments for demographic characteristics, physical activity, smoking, body mass index, and energy intake. No association was found between vegetable dietary pattern and depression. Conclusion: The results showed that there was a relationship between dietary patterns and depression. However, clinical trials are needed to clarify whether a causal relationship between diet and mood disorders can be established.

## کلمات کلیدی:

Dietary pattern, Depression, Adults

## لینک ثابت مقاله در پایگاه سیویلیکا:

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