

عنوان مقاله:

Association Between Ultra-Processed Food Consumption And Depression Risk

محل انتشار:

نهمین کنفرانس بین المللی مطالعات میان رشته ای علوم بهداشتی، روانشناسی، مدیریت و علوم تربیتی (سال: 1403)

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خلاصه مقاله:

Objective: Given the increased consumption of ultra-processed foods (UPFs) in the recent decades, their potential effects on human health have been a focus of significant interest. Data on the association between UFSs and mental health outcomes are scarce. The aim of current study was to investigate the association between the UPFs consumption and depressive symptoms in Iranian female adults. Methods: This cross-sectional study was carried out on ۳۹۲۱ females aged ۳۵-۶۵ years who were recruited from MASHAD study. A validated food frequency questionnaire and the NOVA classification were used to assess dietary intakes of the participants. The Beck Depression Inventory (BDI) was used to assess presence of depressive symptoms. Results: Individuals in the highest quartile of UPF had higher odds of having depressive symptoms (odds ratio (OR) = ۱.۲۸, ۹۵% confidence interval (CI): ۱.۰۱-۱.۶۱, p: ۰.۰۴). In the fully adjusted model, the association remained significant and was further strengthened (OR = ۱.۴۰, ۹۵% CI: ۱.۰۸-۱.۸۱, p= ۰.۰۱). Conclusion: A positive relationship was found between UPF consumption and the possibility of having depressive symptoms in middle-aged Iranian women. For better understanding of causal pathways, conducting more rigorously designed prospective and experimental studies is necessary.

کلمات کلیدی:

mental health, depression, nutritional psychiatry, ultra-processed foods, food processing

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