

評価対象論文リスト(要因:食物繊維、アウトカム:うつ病)

評価判定日:2024/4/24

②日本人集団の個別疫学研究

1	Miki T, Eguchi M, Kurotani K, et al. Dietary fiber intake and depressive symptoms in japanese employees: the furukawa nutrition and health study. <i>Nutrition</i> . 2016;32(5):584-589. doi:10.1016/j.nut.2015.11.014
2	Oishi J, Doi H, Kawakami N. Nutrition and depressive symptoms in community-dwelling elderly persons in japan. February 2009. doi:10.18926/AMO/31854

③有力な研究

3	Gangwisch JE, Hale L, Garcia L, et al. High glycemic index diet as a risk factor for depression: analyses from the Women's Health Initiative. <i>The American Journal of Clinical Nutrition</i> . 2015;102(2):454-463. doi:10.3945/ajcn.114.103846
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