

## 評価対象論文リスト(要因:野菜・果物、アウトカム:うつ病)

評価判定日:2024/3/28

### ①既存の系統的レビュー・メタ解析・統合解析

1	Liu X, Yan Y, Li F, Zhang D. Fruit and vegetable consumption and the risk of depression: A meta-analysis. <i>Nutrition</i> . 2016;32(3):296-302. doi:10.1016/j.nut.2015.09.009
2	Saghafian F, Malmir H, Saneei P, Milajerdi A, Larijani B, Esmailzadeh A. Fruit and vegetable consumption and risk of depression: accumulative evidence from an updated systematic review and meta-analysis of epidemiological studies. <i>Br J Nutr</i> . 2018;119(10):1087-1101. doi:10.1017/S0007114518000697
3	Liu M wei, Chen Q tong, Towne SD, et al. Fruit and vegetable intake in relation to depressive and anxiety symptoms among adolescents in 25 low- and middle-income countries. <i>Journal of Affective Disorders</i> . 2020;261:172-180. doi:10.1016/j.jad.2019.10.007

### ②日本人集団の個別疫学研究

4	Okubo R, Matsuoka YJ, Sawada N, et al. Diet quality and depression risk in a Japanese population: the Japan Public Health Center (JPHC)-based prospective study. <i>Sci Rep</i> . 2019;9(1):7150. doi:10.1038/s41598-019-43085-x
5	Konishi K. Associations between healthy Japanese dietary patterns and depression in Japanese women. <i>Public Health Nutr</i> . 2021;24(7):1753-1765.
6	Narita Z, Nozaki S, Shikimoto R, et al. Association between vegetable, fruit, and flavonoid-rich fruit consumption in midlife and major depressive disorder in later life: the JPHC Saku Mental Health Study. <i>Transl Psychiatry</i> . 2022;12(1):412. doi:10.1038/s41398-022-02166-8

### ③有力な研究

7	Sánchez-Villegas A, Delgado-Rodríguez M, Alonso A, et al. Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort. <i>Arch Gen Psychiatry</i> . 2009;66(10):1090. doi:10.1001/archgenpsychiatry.2009.129
8	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
9	Payne ME, Steck SE, George RR, Steffens DC. Fruit, vegetable, and antioxidant intakes are lower in older adults with depression. <i>Journal of the Academy of Nutrition and Dietetics</i> . 2012;112(12):2022-2027. doi:10.1016/j.jand.2012.08.026
10	Gibson-Smith D, Bot M, Brouwer IA, Visser M, Giltay EJ, Penninx BWJH. Association of food groups with depression and anxiety disorders. <i>Eur J Nutr</i> . 2020;59(2):767-778. doi:10.1007/s00394-019-01943-4

■ 系統的レビュー・メタ解析

Reference			Include study			Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association				
Author	Title	Year	First	Year	Event									
Saghafian	Fruit and vegetable consumption and risk of depression: accumulative evidence from an updated systematic review and meta-analysis of epidemiological studies	2018	Sanchez	2009	Depression	Cohort	Fruit	0.61 (0.45, 0.82)	12.53	↓				
			Akbaraly	2013				0.72 (0.57, 0.95)	14.21					
			Reinkes	2013				1.08 (1.01, 1.16)	21.11					
			Mihrshahi	2014				0.82 (0.70, 0.96)	18.17					
			Gangwisch	2015				0.88 (0.79, 0.99)	19.84					
			Chi	2015				0.82 (0.64, 1.07)	14.15					
			Overall					0.83 (0.71, 0.98)	100					
			Allgower	2001				Cross-sectional	Fruit		0.85 (0.62, 1.17)	10.66		
			Allgower	2001									0.81 (0.65, 1.17)	11.14
			Hintikka	2005									0.92 (0.79, 1.07)	13.86
			Woo	2006	0.71 (0.48, 1.05)	9.23								
			McMartin	2013	0.62 (0.51, 0.76)	13.02								
			Bishwajit	2015	0.97 (0.87, 1.08)	14.49								
			Bishwajit	2015	0.43 (0.26, 0.74)	7.06								
			Bishwajit	2015	0.35 (0.22, 0.56)	7.91								
			Overall		1.19 (0.96, 1.49)	12.63								
			Woo	2002	0.76 (0.63, 0.92)	100	↓							
			Sanchez-Vi	2009	1.53 (0.64, 3.67)	2.01								
			Reinkes	2013	0.93 (0.69, 1.24)	11.25								
			Akbaraly	2013	Depression	Cohort	Vegetable	0.97 (0.90, 1.04)	24.89					
Mihrshahi	2014	0.67 (0.51, 0.71)	18.68											
Gangwisch	2015	0.83 (0.62, 1.10)	11.54											
Chi	2015	0.88 (0.79, 0.99)	22.37											
Overall		0.79 (0.64, 1.27)	9.26											
Hintikka	2005	Depression	Cross-sectional	Vegetable	0.95 (0.78, 1.17)	21.72								
Woo	2006						0.63 (0.44, 0.92)	13.71						
Shahar	2011						0.30 (0.09, 0.97)	2.3						
McMartin	2013						0.91 (0.83, 1.01)	26.94						
Niu	2013						0.48 (0.31, 0.75)	11.15						
Bishwajit	2017						0.69 (0.41, 1.17)	8.91						
Bishwajit	2017						0.71 (0.47, 1.10)	11.68						

Bishwajit 2017

1.01 (0.23, 1.48)

3.57

Overall 0.75 (0.62, 0.91)

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