

## 評価対象論文リスト(要因:体格[肥満]、アウトカム:うつ病)

評価判定日:2023/6/29

### ①既存の系統的レビュー・メタ解析・統合解析

1	Jung SJ, Woo H taek, Cho S, et al. Association between body size, weight change and depression: systematic review and meta-analysis. Br J Psychiatry. 2017;211(1):14-21. doi:10.1192/bjp.bp.116.186726
2	Luppino FS, De Wit LM, Bouvy PF, et al. Overweight, obesity, and depression: a systematic review and meta-analysis of longitudinal studies. Arch Gen Psychiatry. 2010;67(3):220. doi:10.1001/archgenpsychiatry.2010.2
3	Dachew BA, Ayano G, Betts K, Alati R. The impact of pre-pregnancy BMI on maternal depressive and anxiety symptoms during pregnancy and the postpartum period: A systematic review and meta-analysis. Journal of Affective Disorders. 2021;281:321-330. doi:10.1016/j.jad.2020.12.010
4	Yu M, Shi Y, Gu L, Wang W. “Jolly fat” or “sad fat”: a systematic review and meta-analysis of the association between obesity and depression among community-dwelling older adults. Aging & Mental Health. 2022;26(1):13-25. doi:10.1080/13607863.2020.1857687
5	Dachew BA, Ayano G, Alati R. Does weight gain during pregnancy influence antenatal depressive symptoms? A systematic review and meta-analysis. Journal of Psychosomatic Research. 2020;138:110255. doi:10.1016/j.jpsychores.2020.110255
6	Moradi M, Mozaffari H, Askari M, Azadbakht L. Association between overweight/obesity with depression, anxiety, low self-esteem, and body dissatisfaction in children and adolescents: a systematic review and meta-analysis of observational studies. Critical Reviews in Food Science and Nutrition. 2022;62(2):555-570. doi:10.1080/10408398.2020.1823813
7	Rao WW, Zong QQ, Zhang JW, et al. Obesity increases the risk of depression in children and adolescents: Results from a systematic review and meta-analysis. Journal of Affective Disorders. 2020;267:78-85. doi:10.1016/j.jad.2020.01.154
8	Quek Y, Tam WWS, Zhang MWB, Ho RCM. Exploring the association between childhood and adolescent obesity and depression: a meta-analysis. Obesity Reviews. 2017;18(7):742-754. doi:10.1111/obr.12535
9	Rao WW, Zhang JW, Zong QQ, et al. Prevalence of depressive symptoms in overweight and obese children and adolescents in mainland China: A meta-analysis of comparative studies and epidemiological surveys. Journal of Affective Disorders. 2019;250:26-34. doi:10.1016/j.jad.2019.02.045
10	Mannan M, Mamun A, Doi S, Clavarino A. Is there a bi-directional relationship between depression and obesity among adult men and women? Systematic review and bias-adjusted meta analysis. Asian Journal of Psychiatry. 2016;21:51-66. doi:10.1016/j.ajp.2015.12.008
11	De Wit L, Luppino F, Van Straten A, Penninx B, Zitman F, Cuijpers P. Depression and obesity: A meta-analysis of community-based studies. Psychiatry Research. 2010;178(2):230-235. doi:10.1016/j.psychres.2009.04.015
12	Haynes A, Kersbergen I, Sutin A, Daly M, Robinson E. Does perceived overweight increase risk of depressive symptoms and suicidality beyond objective weight status? A systematic review and meta-analysis. Clinical Psychology Review. 2019;73:101753. doi:10.1016/j.cpr.2019.101753

### ②日本人個別研究(ランダム化比較試験、コホート研究、症例対照研究、横断研究などの個別疫学研究)

13	Hidese S, Asano S, Saito K, Sasayama D, Kunugi H. Association of depression with body mass index classification, metabolic disease, and lifestyle: A web-based survey involving 11,876 Japanese people. Journal of Psychiatric Research. 2018;102:23-28. doi:10.1016/j.jpsychores.2018.02.009
14	Tanaka H, Sasazawa Y, Suzuki S, Nakazawa M, Koyama H. Health status and lifestyle factors as predictors of depression in middle-aged and elderly Japanese adults: a seven-year follow-up of the Komo-Ise cohort study. BMC Psychiatry. 2011;11(1):20. doi:10.1186/1471-244X-11-20
15	Ishii S, Chang C, Tanaka T, et al. The association between sarcopenic obesity and depressive symptoms in older Japanese adults. Mogi M, ed. PLoS ONE. 2016;11(9):e0162898. doi:10.1371/journal.pone.0162898

③有力な研究

16	Simon GE, Ludman EJ, Linde JA, et al. Association between obesity and depression in middle-aged women. <i>General Hospital Psychiatry</i> . 2008;30(1):32-39. doi:10.1016/j.genhosppsy.2007.09.001
17	Herva A, Laitinen J, Miettunen J, et al. Obesity and depression: results from the longitudinal Northern Finland 1966 Birth Cohort Study. <i>Int J Obes (Lond)</i> . 2006;30(3):520-527. doi:10.1038/sj.ijo.0803174
18	Zhao G, Ford ES, Li C, Tsai J, Dhingra S, Balluz LS. Waist circumference, abdominal obesity, and depression among overweight and obese U.S. adults: national health and nutrition examination survey 2005-2006. <i>BMC Psychiatry</i> . 2011;11(1):130. doi:10.1186/1471-244X-11-130



Author	Title	Year	Include study		Design	Category	OR	Lower CI	Upper CI	Weight	<u>Magnitude of association</u>
			First author	Event (*Definition)							
Luppino	Overweight, Obesity, and Depression A Systematic Review and Meta-analysis of Longitudinal Studies	2010	Herva et al, 2006	Depression	Cohort	BMI>=30	1.63	1.16	2.29		
			Anderson et al, 2007	Depression	Cohort		2	1	4.01		
			Kasen et al, 2008	Depression	Cohort		3.96	1.23	12.75		
			Koponen et al, 2008	Depression	Cohort		0.77	0.38	1.56		
			Bjerkset et al, 2008	Depression	Cohort		1.66	1.23	2.24		
			van Gool et al, 2007	Depression	Cohort		1.01	0.63	1.63		
			Roberts et al, 2003	Depression	Cohort		2.01	1.25	3.24		
			Sachs-Ericsson et al, 2007	Depression	Cohort		1.76	0.47	6.57		
			Overall				1.55	1.22	1.98		Moderate ↑ ↑
			Anderson et al, 2007	Depression	Cohort	25-29.99	0.9	0.52	1.55		
			Koponen et al, 2008	Depression	Cohort		1.43	0.92	2.24		
			Kasen et al, 2008	Depression	Cohort		1.81	0.85	3.84		
			Herva et al, 2006	Depression	Cohort		1.08	0.87	1.35		
			Sachs-Ericsson et al, 2007	Depression	Cohort		1.77	0.58	5.43		
			Bjerkset et al, 2008	Depression	Cohort		1.37	1.03	1.83		
			van Gool et al, 2007	Depression	Cohort		1.9	1.04	3.47		
			Overall	Depression	Cohort		1.27	1.07	1.51		Weak ↑

■コホート研究(コホートのプール解析含む)

Author	Title	Year	Study subjects						Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	<b>Magnitude of association</b>
			Study period	Number of subjects (fat vs. normal)	Source of subjects	Event followed	Number of incident cases or	Participant's race						
Tanaka	Health status and lifestyle factors as predictors of depression in middle-aged and elderly Japanese adults: a seven-year follow-up of the Komo-Ise cohort study	2011	1993-2000	942 vs. 3192	Men	Depression	13	Japanese		0.62 (0.28-1.36)		age (5-year age categories), area (rural/urban), education (compulsory education, high school and vocational or special school/junior college and college or higher), occupation (any kind of occupation/no occupation), social network (marriage; married/unmarried, household; more than 2/living alone, neighborhood; yes/no, participation; yes/no, friends; yes/no). ditto	No association	
				1103 vs. 3424	Women	Depression	27	Japanese		1.90 (1.08-3.33)	Moderate ↑ ↑			