

評価対象論文リスト(要因:魚、アウトカム:うつ病)

評価判定日:2024/4/24

①既存の系統的レビュー・メタ解析・統合解析

1	Grosso G, Micek A, Marventano S, et al. Dietary n-3 PUFA, fish consumption and depression: A systematic review and meta-analysis of observational studies. <i>Journal of Affective Disorders</i> . 2016;205:269-281. doi:10.1016/j.jad.2016.08.011
2	Li F, Liu X, Zhang D. Fish consumption and risk of depression: a meta-analysis. <i>J Epidemiol Community Health</i> . 2016;70(3):299-304. doi:10.1136/jech-2015-206278

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)

3	Miyake Y, Sasaki S, Yokoyama T, et al. Risk of postpartum depression in relation to dietary fish and fat intake in Japan: the Osaka Maternal and Child Health Study. <i>Psychol Med</i> . 2006;36(12):1727-1735. doi:10.1017/S0033291706008701
4	Murakami K, Miyake Y, Sasaki S, Tanaka K, Arakawa M. Fish and n -3 polyunsaturated fatty acid intake and depressive symptoms: ryukyus child health study. <i>Pediatrics</i> . 2010;126(3):e623-e630. doi:10.1542/peds.2009-3277

③有力な研究

5	Tanskanen A, Hibbeln JR, Tuomilehto J, et al. Fish consumption and depressive symptoms in the general population in finland. <i>PS</i> . 2001;52(4):529-531. doi:10.1176/appi.ps.52.4.529
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以下の論文から抜粋し作成

Li F, Liu X, Zhang D. Fish consumption and risk of depression: a meta-analysis. J Epidemiol Community Health. 2016;70(3):299-304.

	Number of studies	RR (95% CI)	Heterogeneity I2 (%)	Heterogeneity PQ Value	Articles included
All studies	26	0.83 (0.74 to 0.93)	64.5	<0.001	11–19, 26–32
Studies in adults	25	0.83 (0.73 to 0.94)	65.3	<0.001	11–19, 26–29, 31, 32
Sex					
Men	9	0.80 (0.65 to 0.99)	50	0.042	12, 15, 16, 26, 28–30, 32
Women	10	0.84 (0.77 to 0.92)	5.7	0.389	11, 12, 15–17, 19, 26, 28, 30, 32
Study design					
Cohort	10	0.84 (0.75 to 0.94)	23.6	0.226	12, 13, 16–19, 26, 28
Cross-sectional	16	0.82 (0.68 to 1.00)	74	<0.001	11, 14, 15, 27, 29–32
Continent					
Europe	10	0.72 (0.63 to 0.82)	46.2	0.053	11–15, 29, 31, 32
North America	7	0.95 (0.75 to 1.20)	42.2	0.109	16, 17, 27, 28
South America	2	0.53 (0.21 to 1.34)	16.6	0.273	27
Asia	4	1.15 (0.74 to 1.79)	85.6	<0.001	18, 27, 30
Oceania	3	0.87 (0.71 to 1.08)	26.4	0.257	19, 26