

評価対象論文リスト(要因:甘味飲料、アウトカム:うつ病)

評価判定日:2024/6/28

①既存の系統的レビュー・メタ解析・統合解析

1	Li Y, Lv MR, Wei YJ, et al. Dietary patterns and depression risk: A meta-analysis. <i>Psychiatry Research</i> . 2017;253:373-382. doi:10.1016/j.psychres.2017.04.020
2	Hu D, Cheng L, Jiang W. Sugar-sweetened beverages consumption and the risk of depression: A meta-analysis of observational studies. <i>Journal of Affective Disorders</i> . 2019;245:348-355. doi:10.1016/j.jad.2018.11.015

②日本人集団の個別疫学研究

3	Knüppel A, Shipley MJ, Llewellyn CH, Brunner EJ. Sugar intake from sweet food and beverages, common mental disorder and depression: prospective findings from the Whitehall II study. <i>Sci Rep</i> . 2017;7(1):6287. doi:10.1038/s41598-017-05649-7
4	Kashino I, Kochi T, Imamura F, et al. Prospective association of soft drink consumption with depressive symptoms. <i>Nutrition</i> . 2021;81:110860. doi:10.1016/j.nut.2020.110860
5	Sakai H, Murakami K, Kobayashi S, Suga H, Sasaki S, the Three-generation Study of Women on Diets and Health Study Group. Food-based diet quality score in relation to depressive symptoms in young and middle-aged Japanese women. <i>Br J Nutr</i> . 2017;117(12):1674-1681. doi:10.1017/S0007114517001581
6	Konishi K. Associations between healthy Japanese dietary patterns and depression in Japanese women. <i>Public Health Nutr</i> . 2021;24(7):1753-1765.
7	Suzuki T, Miyaki K, Tsutsumi A, et al. Japanese dietary pattern consistently relates to low depressive symptoms and it is modified by job strain and worksite supports. <i>Journal of Affective Disorders</i> . 2013;150(2):490-498. doi:10.1016/j.jad.2013.04.044
8	Nanri A, Kimura Y, Matsushita Y, et al. Dietary patterns and depressive symptoms among Japanese men and women. <i>Eur J Clin Nutr</i> . 2010;64(8):832-839.
9	Sugawara N, Yasui-Furukori N, Tsuchimine S, et al. No association between dietary patterns and depressive symptoms among a community-dwelling population in Japan. <i>Ann Gen Psychiatry</i> . 2012;11(1):24. doi:10.1186/1744-859X-11-24
10	Narita Z, Hidese S, Kanehara R, et al. Association of sugary drinks, carbonated beverages, vegetable and fruit juices, sweetened and black coffee, and green tea with subsequent depression: A five-year cohort study. <i>Clinical Nutrition</i> . 2024;43(6):1395-1404. doi:10.1016/j.clnu.2024.04.017

③有力な研究

11	Knüppel A, Shipley MJ, Llewellyn CH, Brunner EJ. Sugar intake from sweet food and beverages, common mental disorder and depression: prospective findings from the Whitehall II study. <i>Sci Rep</i> . 2017;7(1):6287. doi:10.1038/s41598-017-05649-7
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■ 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	Ref No.	First Year	Study	Study	Event				
Hu et al.,	Sugar-sweetened beverages consumption and the risk of depression: A metaanalysis of observational studies	2019			Pooled analysis of 10 studies		Depression				
								This forest plot is the mix of cohort, case-control, and cross-sectional			
								Highest vs. lowest	1.31 (1.24, 1.39)	↑	
								Cohort study only	1.30 (1.19, 1.41)	↑	
								Cross-sectional only	1.38 (1.26, 1.52)	↑	