評価対象論文リスト（要因：肉・赤肉・加工肉、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	Molendijk M, Molero P, Ortuño Sánchez-Pedreño F, Van Der Does W, Angel Martínez-González M. Diet quality and depression risk: A systematic review and dose-response meta-analysis of prospective studies. Journal of Affective Disorders. 2018;226:346-354. doi:10.1016/j.jad.2017.09.022
2	Dobersek U, Wy G, Adkins J, et al. Meat and mental health: a systematic review of meat abstention and depression, anxiety, and related phenomena. Critical Reviews in Food Science and Nutrition. 2021;61(4):622-635. doi:10.1080/10408398.2020.1741505
3	Dobersek U, Teel K, Altmeyer S, Adkins J, Wy G, Peak J. Meat and mental health: A meta-analysis of meat consumption, depression, and anxiety. Critical Reviews in Food Science and Nutrition. 2023;63(19):3556-3573. doi:10.1080/10408398.2021.1974336
4	Li Y, Lv MR, Wei YJ, et al. Dietary patterns and depression risk: A meta-analysis. Psychiatry Research. 2017;253:373-382. doi:10.1016/j.psychres.2017.04.020
5	Opie RS, O'Neil A, Itsiopoulos C, Jacka FN. The impact of whole-of-diet interventions on depression and anxiety: a systematic review of randomised controlled trials. Public Health Nutr. 2015;18(11):2074-2093. doi:10.1017/S1368980014002614
6	Iguacel I, Huybrechts I, Moreno LA, Michels N. Vegetarianism and veganism compared with mental health and cognitive outcomes: a systematic review and meta-analysis. Nutrition Reviews. 2021;79(4):361-381. doi:10.1093/nutrit/nuaa030

②日本人集団の個別疫学研究

7	Miyake Y, Tanaka K, Okubo H, Sasaki S, Arakawa M. Fish and fat intake and prevalence of depressive symptoms during pregnancy in Japan: Baseline data from the Kyushu Okinawa Maternal and Child Health Study. Journal of Psychiatric Research. 2013;47(5):572-578. doi:10.1016/j.jpsychires.2013.01.012
8	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. Psychol Med. 2006;36(12):1727-1735. doi:10.1017/S0033291706008701
9	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. Sci Rep. 2019;9(1):7150. doi:10.1038/s41598-019-43085-x

③有力な研究

10	Gibson-Smith D, Bot M, Brouwer IA, Visser M, Giltay EJ, Penninx BWJH. Association of food groups with depression and anxiety disorders. Eur J Nutr. 2020;59(2):767-778. doi:10.1007/s00394-019-01943-4
11	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. Arch Gen Psychiatry. 2009;66(10):1090. doi:10.1001/archgenpsychiatry.2009.129