

評価対象論文リスト(要因:乳製品、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	Hockey M, McGuinness AJ, Marx W, Rocks T, Jacka FN, Ruusunen A. Is dairy consumption associated with depressive symptoms or disorders in adults? A systematic review of observational studies. <i>Critical Reviews in Food Science and Nutrition</i> . 2020;60(21):3653-3668. doi:10.1080/10408398.2019.1703641
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②日本人集団の個別疫学研究

2	Miyake Y, Tanaka K, Okubo H, Sasaki S, Furukawa S, Arakawa M. Milk intake during pregnancy is inversely associated with the risk of postpartum depressive symptoms in Japan: the Kyushu Okinawa Maternal and Child Health Study. <i>Nutrition Research</i> . 2016;36(9):907-913. doi:10.1016/j.nutres.2016.06.001
3	Miyake Y, Tanaka K, Okubo H, Sasaki S, Arakawa M. Intake of dairy products and calcium and prevalence of depressive symptoms during pregnancy in Japan: a cross-sectional study. <i>BJOG</i> . 2015;122(3):336-343. doi:10.1111/1471-0528.12972
4	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
5	Cui Y, Huang C, Momma H, et al. Consumption of low-fat dairy, but not whole-fat dairy, is inversely associated with depressive symptoms in Japanese adults. <i>Soc Psychiatry Psychiatr Epidemiol</i> . 2017;52(7):847-853. doi:10.1007/s00127-016-1333-1

③有力な研究

6	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
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