評価対象論文リスト（要因：睡眠時間、アウトカム：うつ病）

評価判定日：2023/9/29

①既存の系統的レビュー・メタ解析・統合解析

1	Baglioni C, Battagliese G, Feige B, et al. Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies. Journal of Affective Disorders. 2011;135(1-3):10-19. doi:10.1016/j.jad.2011.01.011
2	Li L, Wu C, Gan Y, Qu X, Lu Z. Insomnia and the risk of depression: a meta-analysis of prospective cohort studies. BMC Psychiatry. 2016;16(1):375. doi:10.1186/s12888-016-1075-3

■メタ解析、系統的レビュー

Reference			Include study						Design	Category	Relative risk (95% CI or p)	**Magnitude of association**
Author	Title	Year	Ref No.	First author	Year	Study period	Study locatio	Event (*Definition)				
Baglioni	Insomnia as a predictor of depression: A meta-analytic evaluation of longitudinal epidemiological studies	2011	Pooled analysis of 17 studies					Depression	Logitudinal studies		Random effect model: OR 2.60 (1.98, 3.42)	↑↑↑
Li	Insomnia and the risk of depression: a meta-analysis of prospective cohort studies	2016	Pooled analysis of 34 studies					Depression	Cohort studies		OR 2.27 (1.89, 2.71)	↑↑↑