

評価対象論文リスト(要因:大豆製品、アウトカム:うつ病)

評価判定日:2025/2/26

①既存の系統的レビュー・メタ解析・統合解析

1	Bayes J, Schloss J, Sibbritt D. Effects of polyphenols in a mediterranean diet on symptoms of depression: a systematic literature review. <i>Advances in Nutrition</i> . 2020;11(3):602-615. doi:10.1093/advances/nmz117
---	--

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)

2	Miyake Y, Tanaka K, Okubo H, Sasaki S, Furukawa S, Arakawa M. Soy isoflavone intake and prevalence of depressive symptoms during pregnancy in Japan: baseline data from the Kyushu Okinawa Maternal and Child Health Study. <i>Eur J Nutr</i> . 2018;57(2):441-450. doi:10.1007/s00394-016-1327-
3	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. doi:10.1038/ejcn.2010.86
4	Nanri A. Nutritional epidemiology of type 2 diabetes and depressive symptoms. <i>Journal of Epidemiology</i> . 2013;23(4):243-250.

③有力な研究

5	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. doi:10.1038/ejcn.2010.86
---	--

■系統的レビュー

次の論文より抜粋： Bayes J, Schloss J, Sibbritt D. Effects of polyphenols in a mediterranean diet on symptoms of depression: a systematic literature review. *Advances in Nutrition*. 2020;11(3):602-615.

First Author (Year)	Country	Study Design	Intervention	Participants	Outcome Measure	Key Findings
Estrella et al. (2014)	Dominican Republic	Pilot randomized clinical study; Duration: 3-mo with 4 intervention arms.	1: 100 mg fluoxetine/d; 2: 100 mg soy isoflavones concentrate/d; 3: 50 mg sertraline/d; 4: 100 mg soy isoflavones + 50 mg sertraline/d	40 women aged 45-55 y; Conditions: menopausal depressive	ZSDS, HAM-D	ANOVA for both ZSDS and HAM-D showed statistically significant differences between groups (F = 24.06, P < 0.0001 and F = 31.73, P < 0.0001, respectively). Soybean has an antidepressant effect and may increase the effects of antidepressants. Blood pathology: plasma cytokines (IL-1 β , TNF- α , and BDNF)
Yu et al. (2015)	China	Double-blinded, placebo-controlled, pilot RCT; Duration: 6 wk.	1: 100 mg curcumin/d; 2: Placebo soybean powder.	108 male subjects	Chinese version of the 17-item HAM-D and MADRS	Treatment group saw improvements in depression scores in comparison with the placebo group (P < 0.001).
Davinelli et al. (2017)	Italy	Randomized, double-blinded, placebo-controlled trial; Duration: 12 wk.	1: Capsule containing 200 mg fermented soy (60 mg isoflavone aglycones and 10 mg equol) and 25 mg resveratrol/d; Placebo capsule Soybean and soybean product consumption	60 women aged 50-55 y; Condition: menopausal.	HAM-D, HRQL Menopause Rating Scale	
Yu et al. (2015)	China	Cross-sectional study		1717 Liaoning Province residents aged \geq 65 y (n = 849 women; n = 868 men)	PHQ-9	FFQ
Miyake et al. (2018)	Japan	Cross-sectional study	Soy isoflavones	1746 pregnant women who participated in the Kyushu Okinawa Maternal and Child Health Study (an ongoing prospective prebirth cohort study)	CES-D	Diet history questionnaire
Yu et al. (2018)	China	Cross-sectional study	Soy isoflavones	13,760 adults who participated in the Tianjin Chronic Low-Grade Systemic Inflammation and Health Cohort	ZSDS	FFQ