

Bond University
Research Repository



The Role of Mediterranean Dietary Patterns in Depression

Lee, Megan; Bradbury, Joanna; Yoxall, Jacqui; Sargeant, Sally J E

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):
Lee, M., Bradbury, J., Yoxall, J., & Sargeant, S. J. E. (2020). *The Role of Mediterranean Dietary Patterns in Depression*. Poster session presented at ASBHM 2020 Annual Scientific Meeting, Sydney, New South Wales, Australia.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.



Background

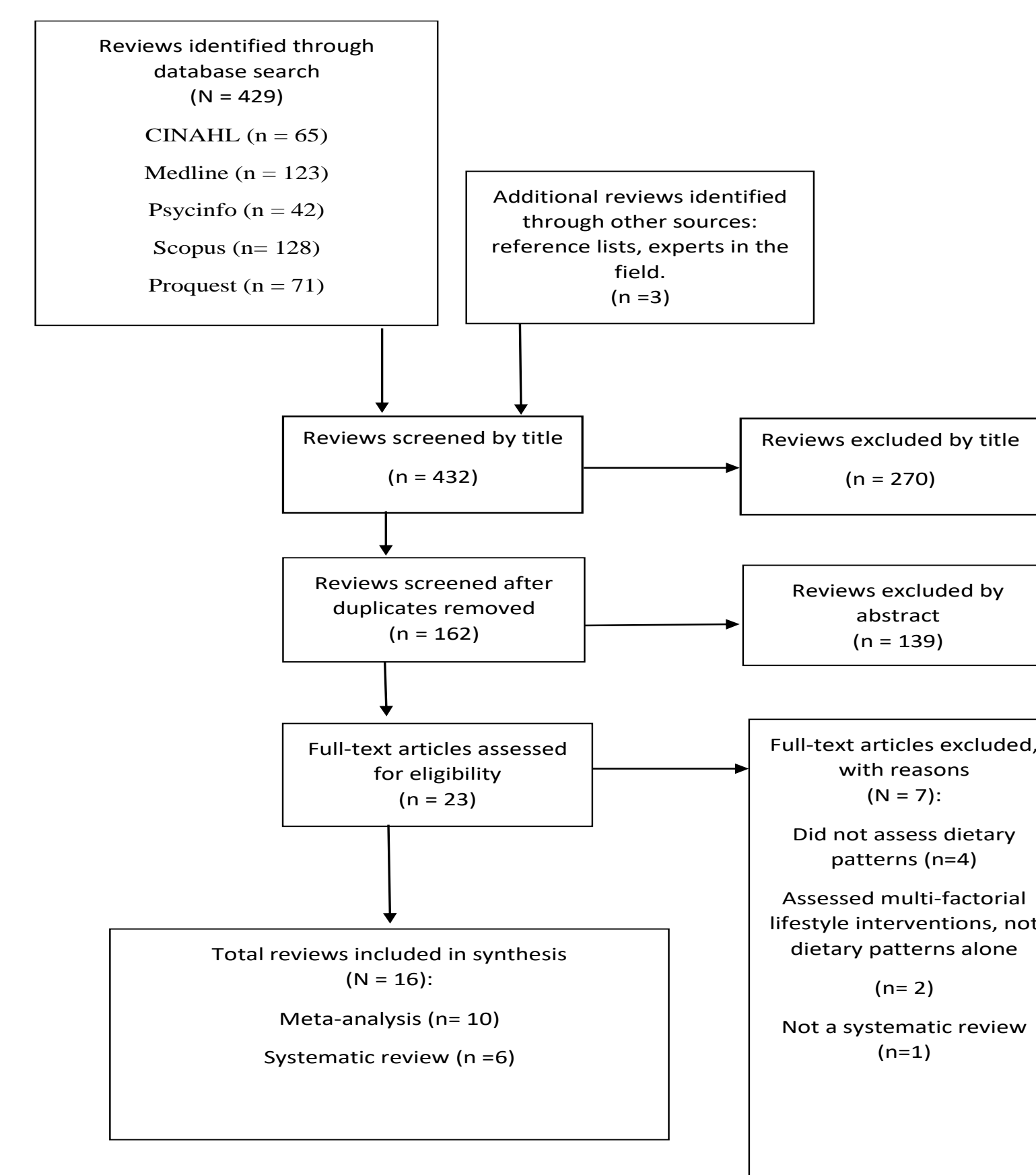
There are over 350 million people living in the world who experience the symptoms of depression. The World Health Organisation estimates that depression will become the leading cause of disability-adjusted life years by 2030¹. Emerging evidence in nutritional psychiatry suggests that dietary intake is a potentially important risk factor for depression². There have been several meta-analyses and systematic reviews on the role of dietary patterns in depression, with conflicting results. This study aimed to synthesise and provide a weighting of the current evidence across all such studies.

Methods

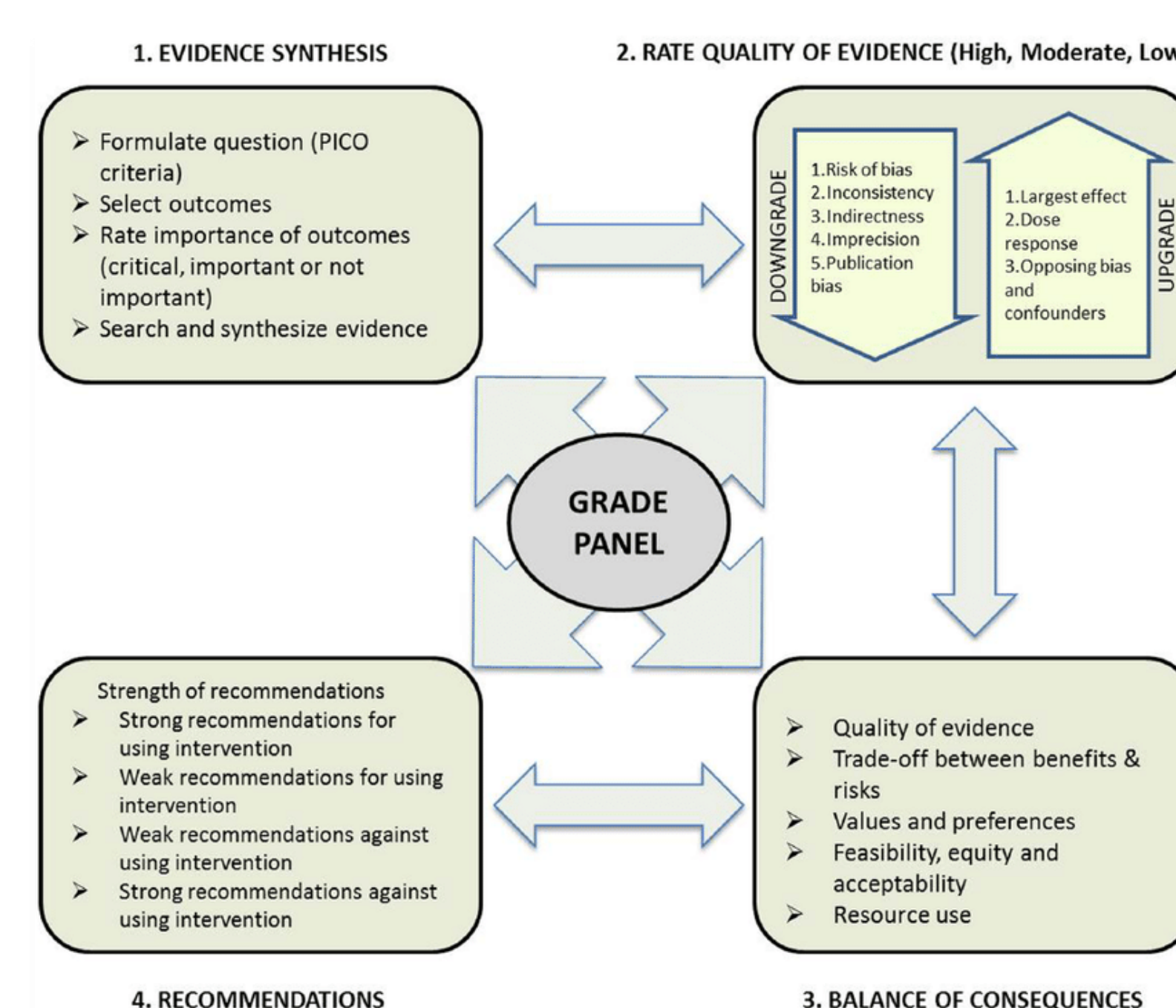
Two independent researchers: searched CINAHL, MEDLINE, Proquest, PsycINFO, and Scopus for meta-analyses and systematic reviews on 'dietary patterns' and 'depression', selected 16 relevant publications, summarising 213 original studies, assessed the methodological quality of studies using the AMSTAR2³ quality rating tool and, are currently synthesising and weighting the body of evidence for each dietary pattern using the GRADE⁴ assessment tool.

Mediterranean Dietary Patterns may be associated with reduced risk of depression in adults

PRISMA⁵ flow diagram



GRADE⁴ framework



Preliminary findings

Of the 16 included publications (10 meta-analyses & 6 systematic reviews), evidence was found across high-quality studies for healthy dietary patterns association with decreased risk of depression, in particular, Mediterranean dietary patterns. Evidence was also found for the association between unhealthy dietary patterns and the increased risk of depression. Analysis is ongoing to assess the weight of the evidence for each of the dietary pattern outcomes.

References

1. World Health Organization. (2008). *The Global Burden of Disease 2004 update*. Geneva, Switzerland: WHO.
2. Jacka, F. N. (2019). *Brain changer: The latest cutting-edge science on how diet can affect your risk of anxiety and depression, and influence the health of your brain*. NSW, Australia: Pan Macmillan.
3. Shea, B. J., Reeves, B. C., Wells, G., Thuku, M., Hamel, C., Moran, J., . . . Henry, D. A. (2017). AMSTAR 2: a critical appraisal tool for systematic reviews that include randomised or non-randomised studies of healthcare interventions, or both. *BMJ*, 358 doi:10.1136/bmj.j4008.
4. Balshem, H., Helfand, M., Schünemann, H. J., Oxman, A. D., Kunz, R., Brozek, J., . . . Guyatt, G. H. (2011). GRADE guidelines: 3. Rating the quality of evidence. *Journal of Clinical Epidemiology*, 64(4), 401-406. doi:10.1016/j.jclinepi.2010.07.015
5. Moher, D., Liberati, A., Tetzlaff, J., & Altman, D. G. (2009). Preferred reporting items for systematic reviews and meta-analyses: the PRISMA statement. *Annals of Internal Medicine*, 151(4), 264-269. doi:10.7326/0003-4819-151-4-200908180-00135