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## The Role of Mediterranean Dietary Patterns in Depression

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## Background

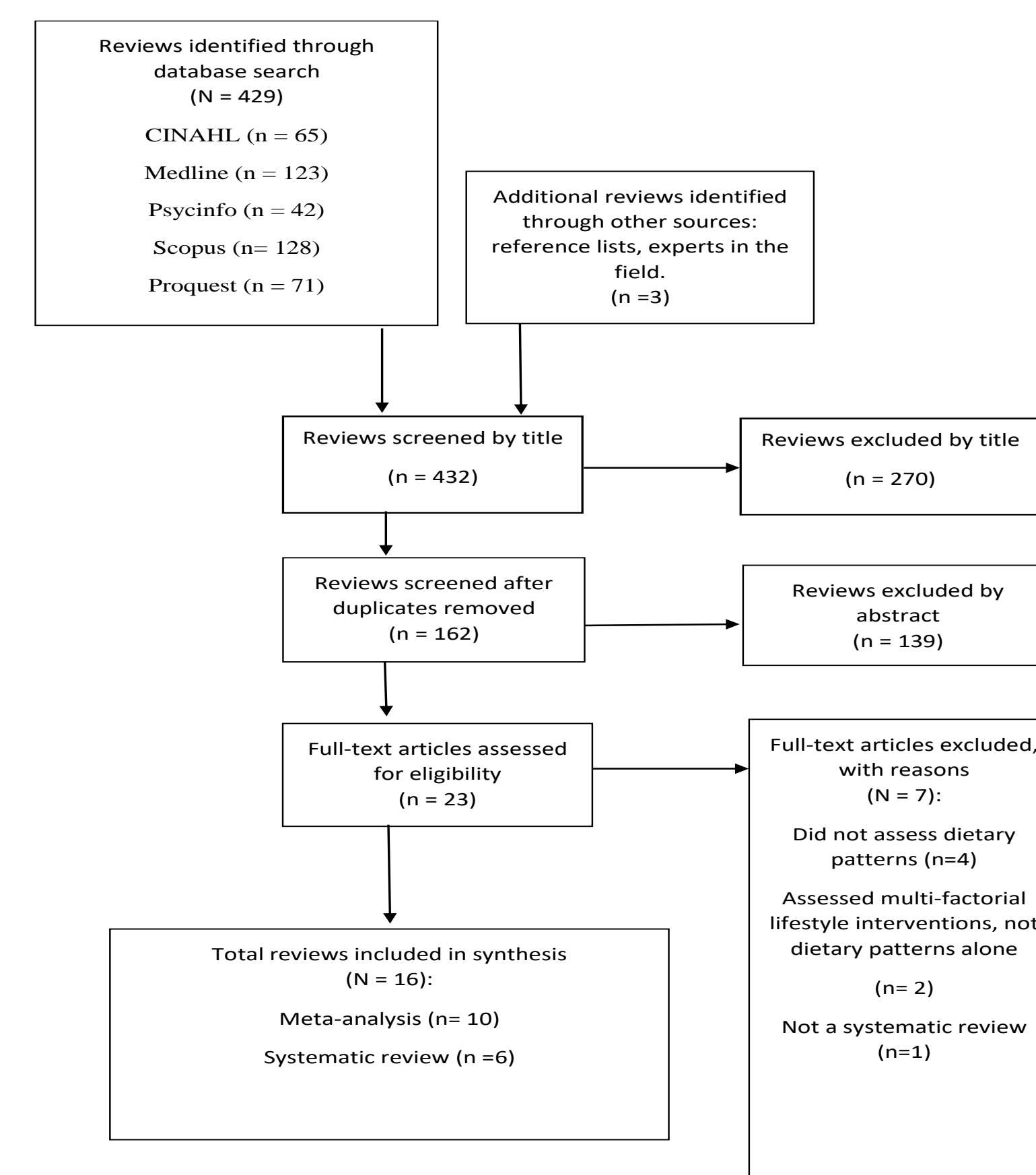
There are over 350 million people living in the world who experience the symptoms of depression. The World Health Organisation estimates that depression will become the leading cause of disability-adjusted life years by 2030<sup>1</sup>. Emerging evidence in nutritional psychiatry suggests that dietary intake is a potentially important risk factor for depression<sup>2</sup>. 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

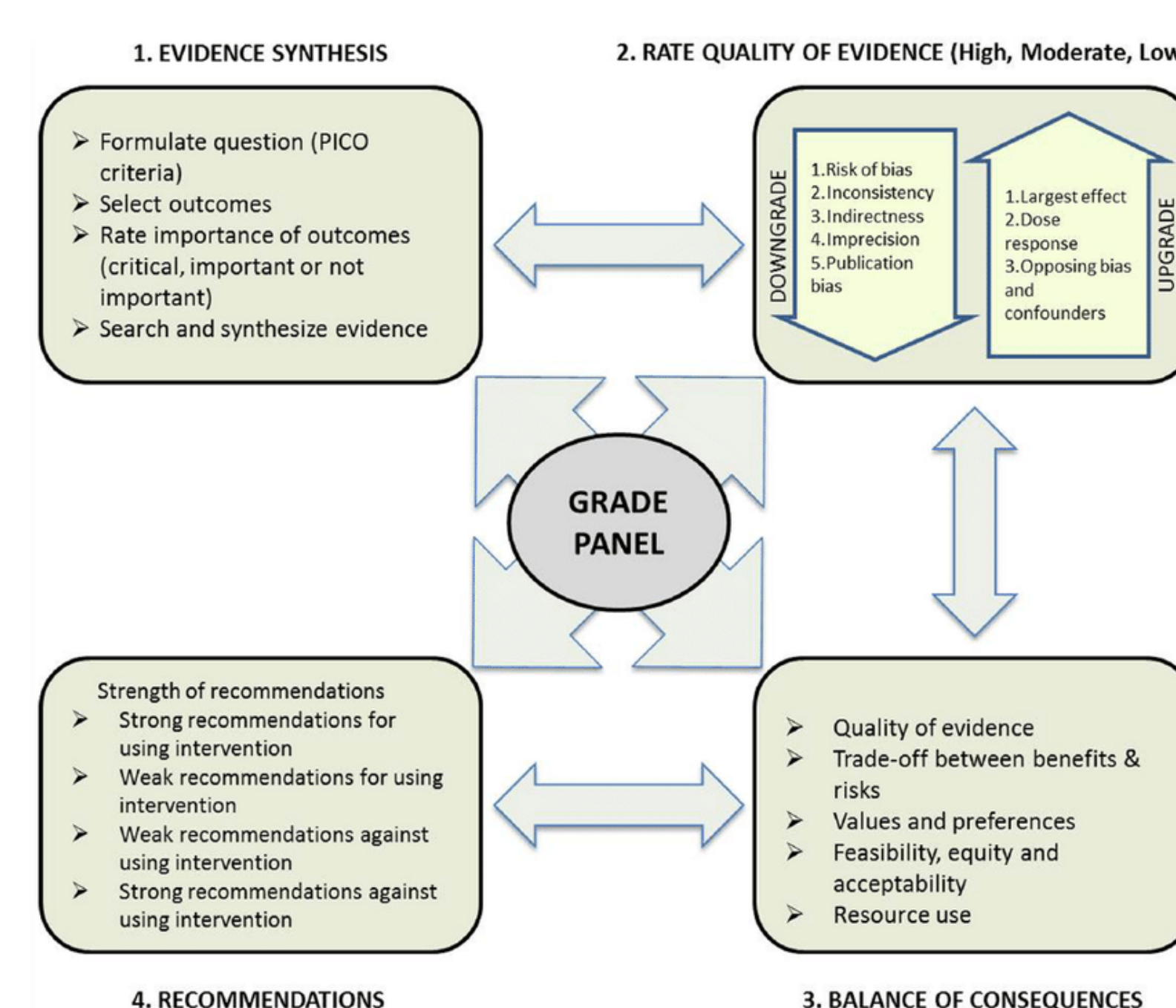
Two independent researchers: searched CINAHL, MEDLINE, Proquest, PsycINFO, and Scopus for meta-analyses and systematic reviews on 'dietary patterns' and 'depression', selected 16 relevant publications, summarising 213 original studies, assessed the methodological quality of studies using the AMSTAR2<sup>3</sup> quality rating tool and, are currently synthesising and weighting the body of evidence for each dietary pattern using the GRADE<sup>4</sup> assessment tool.

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

## PRISMA<sup>5</sup> flow diagram



## GRADE<sup>4</sup> 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

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