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Vegetarian diets and depressive symptoms among men

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Abstract

Background

Vegetarian diets are associated with cardiovascular and other health benefits, but little is known about mental health benefits or risks.

Aims

To determine whether self-identification of vegetarian dietary habits is associated with significant depressive symptoms in men.

Method

Self-report data from 9668 adult male partners of pregnant women in the Avon Longitudinal Study of Parents and Children (ALSPAC) included identification as vegetarian or vegan, dietary frequency data and the Edinburgh Post Natal Depression Scale (EPDS). Continuous and binary outcomes were assessed using multiple linear and logistic regression taking account of potential confounding variables including: age, marital status, employment status, housing tenure, number

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