

Poster

2025年9月27日(土) 11:00 ~ 12:00  Poster Session (Foyer 1)

Poster 18

[P-18-04] The effect of carbohydrate intake and healthy eating index on depression and suicidality: a nationwide population-based study

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キーワード : diet, carbohydrate, depression, suicide

Introduction: Evidence for the association between carbohydrate intake and dietary quality with depression and suicide has been poorly understood.

Methods: Data from the Korea National Health and Nutrition Examination Survey of 2013, 2015, 2017, 2019, and 2021 were used. We identified the Healthy Eating Index (HEI) and dietary carbohydrate intake in 23,623 eligible subjects. We analyzed the risk of depression and suicidal ideation, plan, attempt, and the composite of suicidality within the past year according to the dietary pattern.

Results: Compared to those in quartile 1 of carbohydrate intake, those who intake more carbohydrate showed the increased risk of depression. In addition, those in quartile 4 of carbohydrate intake showed the increased risk of suicidal ideation, plan, attempt, and the composite of suicidality. Compared to those with low HEI, those with a higher HEI showed a reduced risk of depression, suicidal ideation, plan, attempt and the composite of suicidality.

Conclusion: High carbohydrate intake was associated with the increased risk of depression and suicidality. On the other hand, high quality diet was associated with the reduced risk of depression and suicidality.