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Study: Fast food directly linked to depression

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A recent scientific study suggests that people who regularly eat fast food are at a much greater risk for depression than those who don't.

Psych Central reported (<http://psychcentral.com/news/2012/04/01/fast-food-linked-to-depression/36798.html>) that there is a direct relationship between eating fast food or commercial baked goods such as doughnuts, cakes or croissants and the risk of developing depression.

People who eat fast food are 51 percent more likely to develop depression, according to scientists from the University of Las Palmas de Gran Canaria and the University of Granada.

"The more fast food you consume, the greater the risk of depression," said Almudena Sánchez-Villegas, Ph.D., lead author of the study.

The study took 8,964 people who had never been diagnosed with depression or taken antidepressants and assessed them for an average of six months. During this time, 493 were diagnosed with depression or started to take antidepressants, the study said.

The study also said people that eat such food were more likely to be single and less active. It has been published in the Public Health Nutrition journal.