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# Study: Researchers find new link between depression, fast food



By [Andrew Moran](#)  
Apr 2, 2012 in [Health](#)  
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[Barcelona](#) - University of Las Palmas de Gran Canaria and the University of Granada scientists have found a direct link between the consumption of fast food and depression, according to a study published in the Public Health Nutrition journal.

The consumption of unhealthy fast food items, like a Big Mac and Whopper, has been known to contribute to the growing epidemic of obesity. Although [facts are coming to light](#) on a regular basis about the correlation between your health and fast food, people all over the world are [still eating it](#).

Research from a new study will add even more concerns about taking a bite out of that Quarter Pounder. According to scientists at the University of Las Palmas de Gran Canaria and the University of Granada, a [long-term study](#) has shown that the more fast food you consume, the greater the chance there is to develop depression.

Scientists have found a link between the consumption of items such as doughnuts, hamburgers, pizza and cakes and depression. Results in the Public Health Nutrition journal found that consumers who regularly eat fast food compared to those who consumed either very little or none are 51 percent more likely to become depressed.

The study also found that people who eat the most fast food and commercial baked goods fall into the categories of being single, maintain a poor diet, work more than 45 hours a week, smoke cigarettes and lead a sedentary lifestyle.

Are you a nonchalant fast food consumer? The results suggest that even eating small quantities of fast food can give you a higher chance of suffering from depression.

"Although more studies are necessary, the intake of this type of food should be controlled because of its implications on both health (obesity, cardiovascular diseases) and mental well-being," said Almudena Sánchez-Villegas, lead author of the study.

The study composed of 8,964 participants, who had never taken anti-depressants or diagnosed with depression. For six months, they were assessed and by the end of it all, found that 493

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There are approximately [121 million people](#) across the globe who suffer from depression.

[Digital Journal](#) reported Monday about a study in Ontario that found 60 percent of all deaths in the province are attributed to five unhealthy habits: diet, alcohol, cigarettes, lack of exercise and stress.

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