



BREAKING NEWS: IRAN-P5+1 TALKS Source close to Iran delegation: P5+1 remarks 'discouraging'

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## Fast food eaters more likely to become depressed



**People who regularly consume fast food and commercial baked goods are more likely to develop depression, a new Spanish study suggests.**

According to an article published in the journal *Public Health Nutrition*, fast food eaters were on average at a 51 percent higher risk of depression compared to people who consumed no or little fast food.

Researchers at the University of Las Palmas de Gran Canaria and the University of Granada followed more than 8,960 people who had never been diagnosed with depression or taken antidepressants.

"The more fast food you consume, the greater risk of depression," warned senior researcher Almudena Sanchez-Villega based on the findings.

The study also linked risk of depression and the consumption of junk foods or commercial baked goods such as croissants, doughnuts and fairy cakes.

Researchers highlighted that people who eat fast food regularly are more likely to have other unhealthy habits, which are tied to higher depression risk.

Although the study only showed an association and not a cause and effect tie between fast food and depression, findings led scientists to raise an alarm for fast food eaters.

"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," Sanchez-Villegas suggested. "Even eating small quantities is linked to a significantly higher chance of developing depression."

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**Senior researcher,  
Almudena Sanchez-Villega**

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**What do you think the new round of talks between Iran and the P5+1 will entail?**

- ☐ 1) Both sides will arrive at a solution to resolve the tensions between the West and Iran.
- ☐ 2) Talks will fail as the West will continue to talk to Iran from a position of strength.
- ☐ 3) Talks will not yield immediate results, but the two sides will agree to continue the negotiations.
- ☐ 4) Iran will not accept to stop enriching uranium and sanctions will be intensified.

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