

Scientists from Wenzhou Medical University in China have summarized a long-term study on the relationship between sugary drinks and depression.

The study, published in the *Journal of Affective Disorders*, revealed that beverage choices are associated with the risk of developing depression and anxiety. Data from 188,000 people aged 37 to 73 were analyzed over an 11-year period. For those under 60, regular consumption of beverages high in sugar increased the risk of developing depression, with sugary sodas and juices raising the risk by 14%, and drinks with artificial sweeteners increasing it by 23%.

Those who consumed fresh fruit and vegetable juices or coffee were found to have a lower risk. Among older adults, no link was identified between sugary drinks and mental health; however, coffee and juices were still beneficial, reducing the risk of depression and anxiety.

The specialists noted that the findings highlight the impact even small dietary changes can have on mental health, though it cannot be definitively stated that drinks alone are responsible for these effects.

News materials should not be equated with medical advice. Consult a specialist before making any decisions.