

# Examining the Association Between Consumption of Sweet Beverages and meeting the criteria for Depression and Anxiety Among Young Adults. By: Vivian Koomson

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## Introduction

- Few studies focused on the association between sweet beverage consumption and mental health.
- Studies examining the relationship between sweet beverage consumption and mental health pair depression with anxiety due to their comorbidity.
- Few studies have focused on the association between sweet beverage consumption and anxiety or depression as separately underlying conditions.

## Research Question

Is daily consumption of soda/sweet beverages linked to the likelihood of anxiety and depression among young adults?

## Methods

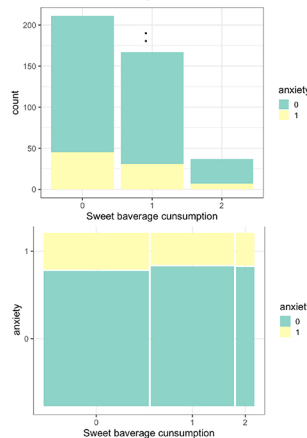
- Participants included 415 high school students with ages ranging from 18 to 23 ( $M = 20$ ,  $SD = 8.827$ ).
- Young adults responded to a survey that asked about health-related concerns such as disabilities, anxiety, and depression problems.
- Anxiety and depression variables were used to measure mental health condition of participants.
- Anxiety/depression score of 63 or higher met the clinical range.

## Results

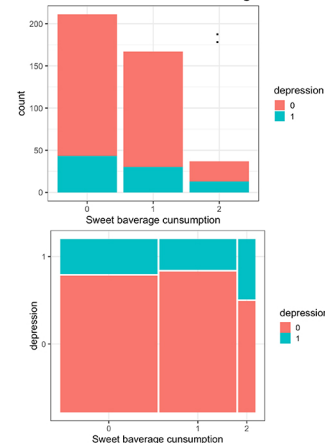
A secondary data analysis was conducted using the Project Alliance 2 dataset<sup>1</sup>.

A Chi-Square Test for Independence was performed, using SPSS, anxiety  $\chi^2 (2, N = 415) = .750, p = .78$ ,  $\phi = .47$ , Depression  $\chi^2 (2, N = 415) = .475, p = .66$ ,  $\phi = .547$ .

Number of people with/without anxiety given the amount of sweet beverages consumed



Number of people with/without depression given the amount of sweet beverages consumed



Note: 1 = "In clinical range for anxiety/depression; 0 = "Not in the clinical range for anxiety/depression"; Sweet Beverage Consumption 0 = "None"; 1 = "One to two cans"; 2 = "Three or more cans daily"

## Discussion & Conclusion

- No statistically significant association between sweet beverage consumption and anxiety.
- Marginally statistically significant association between sweet beverage consumption and depression.
- Findings are consistent with existing studies that indicate a marginal association between sweet beverage consumption and depression<sup>2,4</sup>.
- Even though anxiety and depression are highly comorbid, the consumption of sweet beverages does not have the same effect on anxiety and depression<sup>3</sup>.
- Although there is no statistically significant association between consumption of sweet beverages and anxiety, about 20% of the 415 participants met the criteria for anxiety, suggesting that interventions targeted toward depression should not overlook anxiety.

## References

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