**literature search**

**Depression and Anxiety among Women due to Unhealthy or Poor Dietary Pattern**

Thorough research was conducted on depression and anxiety among women due to improper or poor dietary habits. Several databases were searched and the results are presented in Table 1.

**Table 1**

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| **Database/Library** | **Keywords/Phrases** | **Research Results** |
| **Google scholar**  From 2016–2020 | Unhealthy eating habits | 32,200 |
| From 2016–2020 | Unhealthy eating habit, mental health | 24,300 |
| From 2010–2020 | Poor eating habits and effect on mental health | 18,400 |
| From 2010–2020 | Poor eating habits, mental health among women | 19,800 |
| **PubMed**  From 2015–2020 | Unhealthy eating and depression | 79 |
| From 2015–2020 | Dietary education, reducing anxiety | 16 |
| **Wiley.com Online library**  From 2016–2020 | Eating disorders, mental health | 471 |
| 2016–2020 | Poor eating patterns, mental issues | 225 |
| **Taylor & Francis Online**  From 2015–2020 | Poor eating practices | 17,919 |
| From 2015–2020 | Diet issues and mental problems | 7,388 |
| From 2015–2020 | Poor eating, mental health among women | 4,139 |
| From 2015–2020 | Dietary education and depression among women | 2,499 |
| **Emerald Insight**  From 2016–2020 | Poor diet and mental issues | 1,000 |
| From 2015–2020 | Unhealthy diet and mental issues among women | 428 |

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| 15 papers included as relevant and available in full text  8 papers relevant but unavailable via Emerald insight, Taylor & Francis and wiley.com unless requested through inter-library loan. 5 papers excluded as they are not relevant to topic and specifically women |

Poor eating habits are likely to reduce a person’s overall physical or mental health (Keel & Forney, 2013). They can directly affect an individual’s mental health, for example by leading to the development of anxiety disorder, bipolar disorder or depression. Eating practices play a significant role in maintaining a healthy diet and improving mental health. Eating disorders occur when a person’s eating practices are inadequate, for example if they are eating excessively, skip meals or indulge in a high intake of sugar-rich food. This harms their mental and physical health in a number of ways. A dramatic increase or decrease in body weight and a change in body shape may occur due to poor eating habits and this affects mental health due to body perfection stereotypes (Ebneter & Latner, 2013).

studies have shown a strong relationship between poor eating practices and mental health. According to Mond et al. (2010), females are more likely to develop mental health issues such as emotional problems, depression or anxiety because female adolescents face more problems in society than males. Pressure is placed on them to maintain their body shape and weight so that they look good. Young women especially tend to eat little so that they can control their body weight and look thin, as per the demands of society. These unhealthy dietary practices affect the mental health of women; they become depressed, they are unable to cope and develop low self-esteem. This in turn leads to several issues that affect their behaviour and mental conduct.

Moreover, the study of Mond et al. (2008) shows that females are affected by poor eating habits due to the demands of their multiple roles at home and in society. They are busy with house chores; they have to manage their family and work hard to cope with every aspect of life. This means that they may be unable to follow a healthy diet. Henderson and Ellison (2015) also found that young and middle-aged women are busy with their home and job, resulting in unhealthy eating habits. They are not consuming the nutrients required by their body and brain and therefore both their physical and mental health are at risk. Consuming excessive fats and sugar-rich food leads to a gain in body weight, which in women ultimately results in a psychotic pressure to get thin to look pretty. Thus, they get depressed and are unable to concentrate on their work and family properly (Farhangi, Dehghan, & Jahangiry, 2018).

An unhealthy diet has been proven to have an impact on female adolescents’ mental health. Dietary patterns such as elevated intakes of whole and saturated fats, refined grains and sugars, processed meat and sodium, and a minimum consumption of fruits, vegetables, fibre and omega-3 fatty acids, lead to an unbalanced diet with inappropriate amounts of healthy foods that are full of protein, carbohydrates, fibre and fats. Healthy diet practices improve the mental health of adolescents (Wattick, Hagedorn, & Olfert, 2018).

In order to reduce anxiety and depression among females it is necessary to introduce dietary education and lifestyle interventions. Van Dammen et al. (2018) demonstrated that dietary education and lifestyle interventions are effective ways of reducing anxiety and depression among women who are obese or overweight. For this reason, weight management sessions and healthy eating education should be introduced.

**Word Count: 550 (excluding table and references)**

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