

The weight of depression:

epidemiological studies into obesity, dietary intake and mental health

Deborah J Gibson-Smith

COLOFON

This thesis was prepared at the department of Research and Innovation at GGZ inGeest, and the department of Psychiatry, VU University Medical Center, Amsterdam, within the Amsterdam Public Health Institute.

This work performed on this thesis was supported by the EU-MoodFood grant. Funding for this research is provided by EU FP7 MoodFOOD Project ‘Multi-country cOllaborative project on the rOle of Diet, FOod-related behaviour, and Obesity in the prevention of Depression’, Grant agreement no. 613598.

The infrastructure for the NESDA study (www.nesda.nl) has been funded through the Geestkracht program of the Netherlands Organisation for Health Research and Development (Zon-Mw, grant number 10-000-1002); and participating universities (VU University Medical Center, Leiden University Medical Center, University Medical Center Groningen).

The HELIUS study is conducted by the Academic Medical Center Amsterdam and the Public Health Service of Amsterdam. Both organisations provided core support for HELIUS. The HELIUS study is also funded by the Dutch Heart Foundation, the Netherlands Organization for Health Research and Development (ZonMw), the European Union (FP-7), and the European Fund for the Integration of non-EU immigrants (EIF).

The Age, Gene/Environment Susceptibility-Reykjavik Study is funded by NIH contract N01-AG-12100, the NIA Intramural Research Program, Hjartavernd (the Icelandic Heart Association), and the Althingi (the Icelandic Parliament).

Cover: Deborah Gibson-Smith

Lay-out: Roxanne Schaakxs (ThesisPrep.nl)

Printing: ProefschriftMaken | | www.proefschriftmaken.nl

ISBN: 978-94-6380-144-7

Copyright © 2019, D. Gibson-Smith

All rights reserved. No part of this dissertation may be reproduced, or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or any storage and retrieval without prior permission from the author or publishers of the included papers.

VRIJE UNIVERSITEIT

The weight of depression:
epidemiological studies into obesity, dietary intake and mental health

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor
aan de Vrije Universiteit Amsterdam,
op gezag van de rector magnificus
prof.dr. V. Subramaniam,
in het openbaar te verdedigen
ten overstaan van de promotiecommissie
van de Faculteit der Geneeskunde
op dinsdag 12 februari 2019 om 11.45 uur
in de aula van de universiteit,
De Boelelaan 1105

door

Deborah Jane Gibson-Smith

geboren te Romford, Verenigd Koninkrijk

promotoren: prof.dr. B.W.J.H Penninx
prof.dr.ir. M. Visser

copromotoren: dr. M. Bot
prof.dr.ir. I.A. Brouwer

TABLE OF CONTENTS

Chapter 1	General Introduction	7
Chapter 2	The relation between obesity and depressed mood in a multi-ethnic population: The HELIUS study	25
Chapter 3	Children with overweight and obesity and the risk of depression across the lifespan	47
Chapter 4	The role of obesity measures in the development and persistence of major depressive disorder	67
Chapter 5	Major depressive disorder, antidepressant use and subsequent 2-year weight change patterns in the Netherlands Study of Depression and Anxiety	91
Chapter 6	Diet quality in persons with and without depressive and anxiety disorders	113
Chapter 7	Association of food groups with depression and anxiety disorders	135
Chapter 8	General Discussion	161
<i>Appendix I</i>	Nederlandse samenvatting	195
<i>Appendix II</i>	Acknowledgements	205
<i>Appendix III</i>	About the Author, Publication list, Dissertation series	209

