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Is dairy consumption associated with depressive symptoms or disorders in adults? A systematic review of observational studies

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#	Paper	IF	Citations
16	Invited Letter to Editor in response to: Milk intake and depressive symptom: a risk assessment. <i>British Journal of Nutrition</i> , 2021 , 126, 957-958	3.6	
15	Diet Quality According to Mental Status and Associated Factors during Adulthood in Spain. <i>Nutrients</i> , 2021 , 13,	6.7	O
14	The association between dairy products and psychological disorders in a large sample of Iranian adults. <i>Nutritional Neuroscience</i> , 2021 , 1-11	3.6	2
13	Milk intake and depressive symptom: a risk assessment. British Journal of Nutrition, 2021, 126, 956	3.6	1
12	Correlation between Food Groups Intake and Depression in Female Students Residing in the Dormitory of Qom University of Medical Sciences. <i>Majallah-i Dāishgā-i Ulān-i Pizishk</i> Qum, 2020 , 14, 28-38	0.2	1
11	The associations between lifestyle factors and mental well-being in baccalaureate nursing students: An observational study <i>Australian Journal of Cancer Nursing</i> , 2022 ,	1.9	O
10	Relationships between Dairy and Calcium Intake and Mental Health Measures of Higher Education Students in the United States: Outcomes from Moderation Analyses <i>Nutrients</i> , 2022 , 14,	6.7	2
9	Who Benefits from Fermented Food Consumption? A Comparative Analysis between Psychiatrically Ill and Psychiatrically Healthy Medical Students <i>International Journal of Environmental Research and Public Health</i> , 2022 , 19,	4.6	O
8	The Mood Study: protocol for a randomised controlled trial of A2 beta-casein only versus conventional dairy products in women with low mood <i>Trials</i> , 2021 , 22, 899	2.8	O
7	Non-Fermented Dairy Intake, But Not Fermented Dairy Intake, Associated with a Higher Risk of Depression in Middle-Age and Older Finnish Men. <i>Journal of Nutrition</i> ,	4.1	
6	Effects of Diastolic Blood Pressure on Brain Structures and Cognitive Functions in Middle and Old Ages: Longitudinal Analyses. <i>Nutrients</i> , 2022 , 14, 2464	6.7	О
5	Associations between total dairy, high-fat dairy and low-fat dairy intake, and depressive symptoms: findings from a population-based cross-sectional study.		
4	Habitual dairy consumption is inversely associated with depressive and social anxiety symptoms among children and adolescents aged 7월79ears: Findings from a cross-sectional study in Beijing, China. 2022 , 319, 309-317		O
3	Lifestyle and depression related factors among medical students during the COVID-19 pandemic: a cross-sectional online survey. 1-9		О
2	The Effect of Dairy Products and Nutrient Intake after Childbirth on the Risk of Postpartum Depression. 2022 , 19, 16624		O
1	Dietary Fats and Depressive Symptoms in Italian Adults. 2023 , 15, 675		О