# Study links added salt consumption to increased risk of depression and anxiety



A recent study indicates a potential link between the consumption of added salt and an increased risk of depression and anxiety among British adults. Conducted by researchers from Xinjiang Medical University in China, the study analysed data from approximately 439,412 individuals across the UK.

The findings, published in the Journal of Affective Disorders, revealed that individuals who regularly added salt to their meals were nearly 40 per cent more likely to develop anxiety and depression compared to those who either never added salt or did so rarely. For those who added salt occasionally, the research indicated a more modest increase in risk, estimated at between 5 to 8 per cent.

The study also delved into possible explanations for the correlation, suggesting that the intake of salt could accelerate biological ageing, which in turn might raise the risks of mental health issues. Additionally, it was noted that salt might influence the levels of mood-regulating hormones, such as serotonin and dopamine, potentially further contributing to mental health problems.

The research is being hailed as significant, as it is reportedly the first to document the positive additive effects on the risk of depression and anxiety arising specifically from the practice of adding salt to food. The results have drawn considerable attention, highlighting an area of dietary habits that may warrant further investigation as researchers continue to explore the intricate connections between nutrition and mental health.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://studyfinds.org/salty-food-depression-sodium/> - This article supports the study's findings on the potential link between high-salt diets and depression-like behaviors. It explains how high-salt diets can lead to the production of IL-17A, which is associated with depression symptoms.
2. <https://www.medicalnewstoday.com/articles/high-salt-diets-may-contribute-to-depression-mouse-study-shows-how> - This article discusses how high-salt diets can contribute to depression in mice by increasing the production of the cytokine IL-17A. It highlights the need for further research on the impact of salt intake on human mental health.
3. <https://academic.oup.com/chemse/article/doi/10.1093/chemse/bjad038/7279071> - This study indicates a positive correlation between liking salty foods and higher scores for depression, anxiety, and stress, supporting the idea that dietary preferences can be linked to mental health outcomes.
4. <https://www.who.int/news-room/fact-sheets/detail/mental-health> - This World Health Organization fact sheet provides context on the prevalence of depression globally, supporting the need for further research into dietary influences like salt consumption.
5. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/sodium/faq-20461014> - This resource discusses the health impacts of excessive sodium consumption, which includes effects on mood-regulating hormones that might contribute to anxiety and depression.
6. <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02251/full> - This article examines the broader relationship between nutrition and mental health, supporting the notion that dietary habits can influence mood and cognitive functions.
7. <https://www.dailymail.co.uk/health/article-14603535/Adding-salt-food-increase-risk-depression-anxiety-40-cent-study-finds.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data