

Projeto Final MC536 - Etapa 02

Centro de Pesquisas Asdrúbal (CPA)

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Descrição

Nosso Projeto será baseado no estudo da Alimentação/Nutrição e sua correlação com as Doenças e transtornos Mentais/Depressão.

Análises e resultados esperados

O intuito é realizar um estudo de associações com dados de ambos os tipos para tentar avaliar se existe ou não algum tipo de relação causa-efeito, ou uma associação entre os dois que indique por exemplo uma probabilidade maior para uma pessoa sofrer de doenças mentais caso esta possua, ou tenha tido na infância, uma alimentação pobre, ou até mesmo caso sofra de obesidade.

Análises e resultados esperados

Para isto analisaremos tabelas de níveis de desnutrição e de obesidade por país, comparando com índices de doenças e transtornos mentais nos mesmos. Em um segundo momento pretendemos ainda aprofundar a análise considerando mais especificamente o tipo de dieta mais comum em cada país, e pelo lado da saúde, considerar outros aspectos como a quantidade de instalações voltadas ao tratamento destas doenças/transtornos disponíveis.

Artigos da internet tratando sobre o assunto

WebMD CORONAVIRUS UPDATE CHECK YOUR SYMPTOMS FIND A DOCTOR FIND A SPECIALIST CONNECT TO CARE FIND LOWEST DRUG PRICES SIGN IN SUBSCRIBE

HEALTH A-Z DRUGS & SUPPLEMENTS LIVING HEALTHY FAMILY & PREGNANCY NEWS & EXPERTS

SEARCH

Menu Mental Health > News >

Can What You Eat Affect Your Mental Health?

By Kelli Miller

FROM THE WEBMD ARCHIVES

Aug. 20, 2015 -- What's for dinner? The question is popping up in an unexpected place -- the [psychiatrist's](#) office.

More research is finding that a nutritious diet isn't just good for the body; it's great for the brain, too. The knowledge is giving rise to a concept called "nutritional (or food) psychiatry."

"Traditionally, we haven't been trained to ask about food and nutrition," says

Eating Habits That Affect Your Mental Health

By Dr. Michael Richardson



We all know that a healthy diet leads to a healthy body, but we don't talk as much about the fact that it also leads to a healthy mind. Most people know that eating too much sugar or caffeine can lead to anxiety or fatigue-related depression, but they aren't the only culprits.

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If you're suffering from anxiety or depression, read on to learn the foods and

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Using Personal Growth And Fitness To Overcome Challenges

By JAMES WELLS



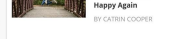
5 Dell Fruit Smoothies That Will Boost Your Metabolism

By JAMES CROOK



5 Tips To Thrive In High-Pressure Situations

By PATRICK YOUNG



5 Ways To Shake Off Your Sadness Right Now And Become Happy Again

By CATHERINE COOPER



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FEATURE

The link between food and mental health

New research connects nutrition and mental illness, though more rigorous research is needed

By Rebecca A. Clay
September 2017, Vol. 48, No. 8
Print version: page 28
6 min read



Can nutrition affect your mental health? A growing research literature suggests the answer could be yes.

Western-style dietary habits, in particular, come under special scrutiny in much of this research. A meta-analysis including studies from 10 countries, conducted by researchers at Linzi People's Hospital in Shandong, China, suggests that dietary patterns may contribute to depression (*Psychiatry Research*, Vol. 253, 2017), for example. Dietary patterns are also related to

Sutter Health

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Home / Health and Wellness / Nutrition / Eating Well for Mental Health

Eating Well for Mental Health


Consuming fewer processed foods can lead to better brain and emotional health.

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From a young age, we're taught that eating well helps us look and feel our physical best. What we're not always told is that good nutrition significantly affects our mental health, too. A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span.

Conversely, an inadequate diet can lead to fatigue, impaired decision-making, and can slow down reaction time. In fact, a poor diet can actually aggravate, and may even lead to, stress and depression.



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Does the Food I Eat Affect My Mental Wellness?

September 30, 2020 / 0 Comments / In Sober Living /

We have often heard the phrase "you are what you eat," but does the food we eat actually have that much of an impact on us? The short answer is "yes." Eating healthy meals and choosing nutritional foods can have an impact on both our physical and mental health.

The mind and the body are connected and many wellness recovery programs emphasize the importance of the mind.

LATEST NEWS

- [How Can Getting in the Gym Help My Recovery from Addiction?](#)
- [Overcoming Shame and Recovering From Sexual Addictions](#)
- [What It Means to "Breakthrough Doors" in Addiction Treatment](#)
- [Breaking Unhealthy Behaviors with Healthy Ones](#)
- [What Are Sober Transport and Sober Companion Services?](#)
- [Discovering Purpose: Why Are We Here?](#)
- [How Is Technology Helping Those in Addiction Recovery?](#)
- [Constantly: Finding Your Place in Recovery](#)
- [Where Should I Live in the Early Stages of Recovery From Addiction?](#)

Prevention and Recovery: Wellness of the Mind

Bancos de dados Saúde mental

- Instalações para tratamento de problemas mentais por país: (JSON)
<https://apps.who.int/gho/data/node.main.MHFAC>
- Transtornos mentais por país (CSV) : <https://ourworldindata.org/mental-health>
- Dados sobre Suicídio e níveis de felicidade por país (CSV):
<https://www.kaggle.com/rblcoder/mental-health-happiness-economics-human-freedom/notebook>

Bancos de dados Nutrição/Alimentação

- Dados de obesidade, subnutrição entre outros (CSV) https://data.unicef.org/dv_index/ e <https://www.who.int/data/nutrition/nlis/data-search>
- Dados de dieta (especifica tipos de alimento) por país (CSV) : <https://www.globaldietarydatabase.org/gdd-2015-beta-version>

Bancos de dados Outros

- Dados diversos relacionados à saúde, além de dados sobre índices de suicídio e de obesidade (CSV): <https://data.oecd.org/searchresults/?q=mental+health>
- Dados geográficos gerais de países (JSON): <https://data.world/badosa/uneces-country-overview>
- Dados gerais de países (grafo): <https://wiki.dbpedia.org/>