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Food and Music Correlation

Abstract

Studies have shown that higher red meat intake was associated with a higher risk of depressive symptoms, anxiety and psychological distress.[1] Research also suggests that people with clinical depression listen to emotionally negative music.[2] Alternatively, a study by Prof. Vinoo Alluri, corroborates that people with "ruminative and repetitive music usage" are more likely at risk of depression.[3] Studies have also concluded that there is a bidirectional relationship between depression and obesity, determining that people with obesity had a 55% increased risk of developing depression over time, and that depressed people had a 58% increased risk of obesity.[4]

This study aims to determine a correlation between the food pattern of individuals and their music-listening habits. We aim to determine whether there is a causal connection between the two or not.

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[1] Azadbakht, L. (2021). The association of red meat consumption and mental health in women: A cross-sectional study. Complementary Therapies in Medicine, 56, 102588. https://doi.org/10.1016/j.ctim.2020.102588

[2] Wilhelm, Kay & Gillis, Inika & Schubert, Emery & Whittle, Erin. (2013). On a Blue Note : Depressed Peoples' Reasons for Listening to Music. Music and Medicine. 5. 10.1177/1943862113482143.

[3] Surana, Aayush & Goyal, Yash & Shrivastava, Manish & Saarikallio, Suvi & Alluri, Vinoo. (2020). Tag2Risk: Harnessing Social Music Tags for Characterizing Depression Risk.

[4] Blasco BV, García-Jiménez J, Bodoano I, Gutiérrez-Rojas L. Obesity and Depression: Its Prevalence and Influence as a Prognostic Factor: A Systematic Review. Psychiatry Investig. 2020 Aug;17(8):715-724. doi: 10.30773/pi.2020.0099. Epub 2020 Aug 12. PMID: 32777922; PMCID: PMC7449839.