

VU Research Portal

Nutrition and depressive symptoms

Elstgeest, L.E.M.

2019

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

Elstgeest, L. E. M. (2019). *Nutrition and depressive symptoms: a longitudinal perspective*.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal ?

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

CONTENTS

CHAPTER 1	General introduction	9
-----------	----------------------	---

Part I – Nutrient status and depressive symptoms

CHAPTER 2	Vitamin B ₁₂ , homocysteine and depressive symptoms: a longitudinal study among older adults	27
-----------	---	----

CHAPTER 3	Vitamin D status and depressive symptoms in older adults: a role for physical functioning?	49
-----------	--	----

CHAPTER 4	Change in serum 25-hydroxyvitamin D and parallel change in depressive symptoms in Dutch older adults	69
-----------	--	----

Part II – Food groups and depressive symptoms

CHAPTER 5	Bidirectional associations between food groups and depressive symptoms: longitudinal findings from the InCHIANTI study	89
-----------	--	----

Part III – Depressive symptoms and dietary patterns

CHAPTER 6	Associations of depressive symptoms and history with three <i>a priori</i> diet quality indices in middle-aged and older adults	117
-----------	---	-----

CHAPTER 7	General discussion	141
-----------	--------------------	-----

	Summary	168
--	---------	-----

	Nederlandse samenvatting	172
--	--------------------------	-----

	Dankwoord Acknowledgements	178
--	------------------------------	-----

	List of publications	184
--	----------------------	-----

	About the author	186
--	------------------	-----