Article Title: Prospective study on the association between diet quality and depression in mid-aged women over 9 years

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Supplemental Figure 1: Theoretical framework for the association between diet quality and depressive symptoms for women in the 1946-51 cohort of the Australian Longitudinal Study on Women’s Health, where diet quality (diet) at one survey predicts odds of depression (depress) at the following survey. Confounding variables were: socioeconomic (SES) indicators which include area of residence, average household income, marital status, and education; physical activity (PA); smoking status (smoke); and anxiety disorder. BMI, diabetes and cardiovascular disease (CVD) were mediators and not adjusted for in statistical analyses. Numbers represent survey wave.