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The relationship between lifestyle factors and clinical symptoms of bipolar disorder patients in a Chinese population

Jia Huang , Cheng Mei Yuan , Xian Rong Xu , Yong Wang ,  
Wu Hong , Zuo Wei Wang , You song Su , Ying Yan Hu ,  
Lan Cao , Yu Wang , Jun Chen , Yi Ru Fang

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**Highlights**

- We explored the associations between Life style factors and clinical symptoms in BD patients with depressive symptoms, using the 17 item Hamilton Rating Scale for Depression (HAMD-17) to assess symptom severity.
- The consumption of whole grain and dairy products showed an independent negative correlation with the clinical symptoms and HAMD-17 total scores in BD patients.
- Our results highlight the importance of Life style management in the improvement of clinical symptoms in BD patients.

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