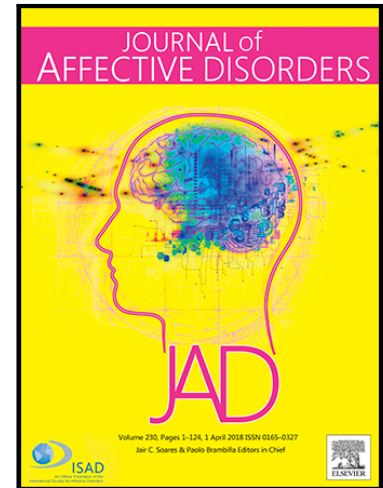


Accepted Manuscript

The influence of dietary patterns and stressful life events on psychological problems in a large sample of Iranian industrial employees: Structural Equations Modeling Approach

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PII: S0165-0327(17)31698-1
DOI: [10.1016/j.jad.2018.04.120](https://doi.org/10.1016/j.jad.2018.04.120)
Reference: JAD 9775



To appear in: *Journal of Affective Disorders*

Received date: 12 August 2017
Revised date: 21 March 2018
Accepted date: 8 April 2018

Please cite this article as: Maryam Yazdi , Hamidreza Roohafza , Awat Feizi , Katayoon Rabiei , Nizal Sarafzadegan , The influence of dietary patterns and stressful life events on psychological problems in a large sample of Iranian industrial employees: Structural Equations Modeling Approach, *Journal of Affective Disorders* (2018), doi: [10.1016/j.jad.2018.04.120](https://doi.org/10.1016/j.jad.2018.04.120)

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Highlights

- Current study's results showed significant associations between dietary patterns and intensity of psychological problems; in which healthy and western patterns were protective and risk factor for psychological problems, respectively.
- Personal stressors stronger association with psychological problems than socioeconomic stressors.
- Both life stressors and dietary patterns are modifiable risk factors for psychological problems, accordingly occupational health programs should be directed toward educating coping styles and healthy diet for improving psychological health in order to enhance productivity in working population.

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