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Prospective association between combined healthy lifestyles and risk of depressive symptoms in the French NutriNet-Santé cohort

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Highlights

- Diet, smoking status and body mass index were independently associated with depressive symptoms risk.
- Increasing the number of healthy lifestyle factors was associated with a lower risk of depressive symptoms.
- 14% of incident cases were attributable to the combination of non-healthy diet, non-healthy weight and smoking.

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