

## A Research Investigation Into The Effect Of Nutritional Intervention On Anxiety Management

Zhang ruyi\* <sup>1</sup>, Mrutyunjay Sisugoswami <sup>2</sup>

<sup>1</sup>Lincoln University College, Petaling jaya Selangor Malaysia)

<sup>2</sup>Lincoln University College, Petaling jaya Selangor Malaysia

**Corresponding Author**

Zhang ruyi

Lincoln University College, Petaling jaya Selangor Malaysia

### ABSTRACT

As anxiety problems are quite common in today's society, medication and treatment often don't completely get rid of the symptoms. One further way to help with mental illness and anxiety is to fix the metabolic problems that are causing it. This goal could be simpler to reach with nutritional treatment. This study does not aim to provide a thorough assessment of the existing studies; instead, its main goal is to make the case that professional psychiatrists should put more emphasis on nutritional treatment when it comes to treating anxiety. People with anxiety, which is common in certain groups, may benefit from dietary changes. Recent study shows that eating might be a useful way to minimise the number of people with anxiety problems. There is a link between anxiety disorders and pathogenic illnesses, with a focus on inflammation and symbiosis of the microbiome as possible causes. To show that anxiety is a metabolic problem, it is important to deal with microbiome symbiosis and inflammation, which are two illnesses that are very important for anxiety disorders. The fact that there are six distinct dietary methods is the second piece of evidence-based information about things that are employed in anxiety treatment. Some of them include making sure the researcher receive enough vitamin D, staying away from gluten and artificial sweets, adding omega-3 fatty acids and turmeric (curcumin) to the diet, and following a ketogenic diet plan. This article does a fantastic job of talking about how to get correct information on dietary therapy for managing metabolic states and anxiety.

**Keywords** Professional Psychiatrists, Anxiety Disorder, Dietary Therapy, Metabolic States, Pathogenic Illnesses

### 1. INTRODUCTION:

Anxiety disorders have become one of the most frequent mental health problems that people of all ages deal with. In recent years, mental health has become a worldwide problem, with anxiety disorders being the major worry. Anxiety, which is generally distinguished by constant worry, tension, and physiological arousal, affects millions of people across the globe. It may have a huge effect on how happy people are with their lives, how productive they are, and how good their quality of life is. Medication, cognitive-behavioural therapy, and adjustments to one's lifestyle are all common ways to deal with anxiety. Even Nevertheless, the increasing number of people with anxiety and the growing interest in holistic and preventive approaches to mental health have led researchers to investigate into other treatments that might work alongside or even as separate therapies. Food intervention has become more popular as a realistic and non-invasive way to alleviate anxiety. Public health programs, dietary guidance, and vitamin supplements are all examples of nutritional interventions. Nutritional treatments try to get people to eat as many nutrients as possible to improve their mental and physical health. More and more research are showing that the effects of mental health illnesses are closely linked to food and nutrition. Nutrients are very important for controlling neurotransmitter production, inflammation, oxidative stress, and the gut flora. All of these things are very important for the development and treatment of anxiety. Researchers have been looking at how certain nutrients and diets might impact a person's mental health since the field of nutritional psychiatry began (Aucoin et al., 2021). As a result, dietary intervention is becoming more than just a helpful tool in the treatment of anxiety disorders; it may even be crucial. The goal of this study is to use a quantitative research method to find out how well dietary intervention works for treating anxiety. In this research, the dietary intervention is the independent variable and anxiety management is the dependent variable. The study also looks at several important topics connected to the topic of dietary intervention. These elements include changes to food, supplements, and public health improvements, as well as metabolic state. The study's goal is to provide a full picture of how eating habits and techniques could impact anxiety levels in a number of demographic groups by looking at these factors (Philippe et al., 2022).

### 1. BACKGROUND OF THE STUDY

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<http://adiconline.com/> become one of the most common mental health problems in the globe over the last several decades. People of many ages, socioeconomic classes, and cultural backgrounds may have these disorders at a broad range of severity. People used to think that anxiety was only a mental or emotional problem. But in the last several years, it has been seen as a complex disorder with deep roots in biochemistry, physiology, and the environment. In a lot of situations, the usual ways of treating anxiety, which included medication and therapy, had been shown to work, without a doubt. On the other hand, the tactics that were employed were not made public without any restrictions. Taking medicine for a long time has bad effects on a lot of people, such becoming dependent, feeling sleepy, or having withdrawal symptoms. A lot of people have these bad impacts. Some individuals can't get good mental health care because they don't have enough money or because the resources they have aren't good enough. So, more and more people were interested in looking into integrative and preventive health practices that may work alongside typical treatments or even on their own to help with anxiety. The need to deal with worry made this interest grow. The circumstance that was described before is what sparked this interest in the first place (Alneyadi et al., 2021). An increasing number of individuals are showing an interest in the use of food intervention as a potential helpful, non-invasive, and easily accessible method for enhancing mental health. In spite of the fact that a number of different strategies were considered, this remains the case. In the relatively young subject of nutritional psychiatry, concepts from a wide variety of fields are brought together. It has only lately begun to investigate the ways in which food and nutrition influence mental health, particularly in connection to stress, cognitive performance, and mood disorders. A growing number of studies conducted in the real world have shown that the way in which the researcher manage the mood and anxiety is connected to the diet, vitamin deficiencies, and the health of the gut. The body of research that was conducted in this area of study strengthened the field by giving further evidence supporting the link. Researchers came to the conclusion that the production of neurotransmitters, such as serotonin, dopamine, and GABA, required a number of nutrients that were of critical importance. The regulation of feelings and the management of anxiety both required the presence of these neurotransmitters. Not only were dietary treatments being considered as additional therapies, but they were also in the process of being considered as potential primary components of anxiety treatment regimens. The fact that more and more individuals were using nutritional treatment was the source of this phenomenon (Carmassi et al., 2020).

## **2. PURPOSE OF THE RESEARCH**

The purpose of this study was to evaluate the importance of nutritional intervention in the treatment of anxiety, with a specific focus on the role that dietary modification plays as a component that contributes to the condition through its role as a contributor. This study focused on anxiety management strategies and attempted to investigate how specific alterations in diet, such as increasing the consumption of foods that are rich in nutrients or decreasing the consumption of processed and high-sugar products, affected the effectiveness of these strategies. Specifically, the study aimed to determine how these strategies were affected by those alterations. In order to determine whether or not dietary intervention may be an effective means of reducing anxiety symptoms, the goal of the study was to investigate this possibility. A research was going to be conducted to investigate the connection between eating patterns and mental health in order to achieve this goal. In addition, the goal of the study was to assess the extent to which adjustments in food habits had a detectable effect on the levels of anxiety reported by people. This would be a contribution to the growing body of knowledge that links the field of nutritional science with the field of psychological health. In order to give healthcare professionals, nutritionists, and mental health practitioners with empirical information that might enlighten them about the possible benefits of dietary-based therapies in anxiety treatment regimens, the goal of this research was to provide such evidence. An approach that is quantitative was utilised in the study that was carried out.

## **3. LITERATURE REVIEW**

Anxiety is one of the most common types of mental disorders that people experience all around the globe. An individual who suffers from generalised anxiety disorder displays an excessive amount of worry for a number of different topics and may also show physical symptoms. The patient has severe pain or a reduction in their functioning, which continues for a period of at least six months. The presence of recurrent and abrupt panic attacks, extreme anxiety that lasts for at least one month prior to, during, or after an attack, or major behavioural changes that take place during an attack are the characteristics that identify a panic disorder. An example of anything that might trigger an agoraphobic episode is being in a public place that is crowded and where fleeing or getting help in the event of an emergency seems to be impossible. Those who suffer from social anxiety disorder have a range of symptoms, including anxiety and a dread of being seen by other people in social settings. A strong fear of a certain thing or situation is the defining characteristic of a specific phobia. Anxiety disorders have a significant influence, not just on individuals but also on society as a whole. Anxiety disorders are characterised by severe psychological discomfort, a decrease in quality of life, and a major impairment in functioning. It has been shown that an increase in the number of consultations with primary care doctors, emergency departments, and specialists is associated with anxiety problems (Pilecki et al., 2021). One of the most common approaches to treating anxiety disorders is to combine psychotherapy and medication in a single treatment plan. These treatments may be seen by some persons as being excessively unpleasant, difficult to obtain, or inadequately helpful in easing their anxiety. However, these therapies are beneficial to a large number of people. The use of nutritional treatment in the diagnosis, management, and prevention of mental health illnesses belongs to a rising area of study that is referred to as nutritional psychiatry interventions. The provision of dietary suggestions in therapeutic settings is uncommon, despite the growing body of data suggesting that such recommendations may have a good impact on individuals suffering from mental health conditions. Dietary adjustments have been shown to be effective in reducing symptoms of depression, according to recent intervention studies of a high quality. When opposed to mood disorders, anxiety disorders have traditionally gotten a less amount of money for study. In the literature, there has been

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<https://doi.org/10.1177/1043986223115555> research that has thoroughly studied the relationship between dietary treatments and anxiety symptoms or disorders. The number of studies that have offered dietary advice, educational opportunities, or therapies focused on food for those who have been diagnosed with anxiety disorders is much lower. In the course of this study, the researcher was investigated the available literature about anxiety disorders and symptoms, as well as dietary components that may be of assistance to people in controlling their anxiety (Staudacher et al., 2023).

### 4. RESEARCH QUESTION

- What is the impact of dietary modification on anxiety management?

### 5. RESEARCH METHODOLOGY

The researchers gathered data over the course of three quarters using a cross-sectional survey. Data gathering had to be done quickly and cheaply since the cross-sectional design had to be put into action. Due to time and resource limitations, the researcher opted for a quantitative technique. Using a random selection process, the poll was administered to all participants. After that, the researcher used Rao Soft to figure out how many people needed to be interviewed for the research; according to the software, the researcher need at least 700 people. A researcher would read out the survey questions aloud and carefully record the replies of those who are unable to read or write, or who are confined to a wheelchair, on the survey form. Participants would be informed about the study and given the chance to ask the researcher questions while they wait for the surveys to be finished. On occasion, the researcher may ask that the researcher finish and send in the surveys at the same time.

#### 6.2 Sampling

Participants were required to submit questionnaires to engage in the study. After determining that the study sample included 657 persons using the Rao-soft tool, a total of 896 questionnaires were sent. After excluding 45 incomplete replies, the researchers acquired 778 complete responses, yielding a total sample size of 778.

#### 6.3 Data and measurement

The study's main data came from a survey questionnaire, which may have been sent out via Google Forms or as a one-on-one contact survey. Part A collected demographic information using online and offline means, whereas Part B used a 5-point Likert scale to ask for criterion answers. While the secondary information came from a wide variety of places, much of it was found on the internet.

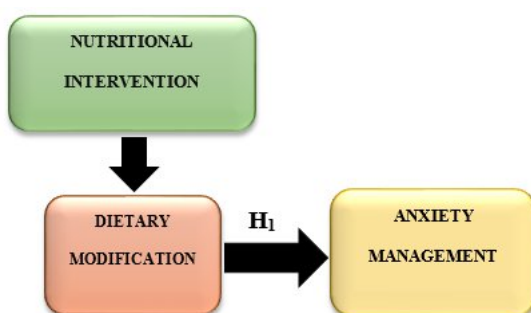
#### 6.4 Statistical Software

SPSS 25 and MS Excel was used for statistical analysis.

#### 6.5 Statistical tools

In order to understand the basic structure of the data, a descriptive analysis was carried out. The basic features of the data were determined via a descriptive analysis. In order to determine validity, the researcher used ANOVA and factor analysis.

## 6. CONCEPTUAL FRAMEWORK



## 7. RESULT

### • Factor Analysis

Factor Analysis (FA) is commonly employed to verify the foundational component structure of a set of measurement items. The values of observable variables are theoretically influenced by imperceptible influences. Model-based methodologies are employed in Factor Analysis. The primary objective of this research is to construct causal pathways that connect visible events, latent causes, and measurement errors.

The Kaiser-Meyer-Olkin (KMO) Method assesses the appropriateness of data for factor analysis. The researcher confirm that the sample size is adequate to encompass all model variables. To ascertain the extent of common variance, numerous variables are subjected to statistical analysis. Factor analysis is more efficacious when utilised on data with lower percentages. A value between 0 and 1 is the outcome of executing KMO. A KMO score ranging from 0.8 to 1 signifies sufficient sampling.

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<https://doi.org/10.1177/0013854123115506> sampling is inadequate, necessitating corrective measures. The precise value is at the discretion; nevertheless, several authors go for 0.5. The interval spans from 0.5 to 0.6.

The significance of partial correlations in relation to overall correlations becomes evident when the KMO approaches zero. To restate, robust correlations significantly hinder component analysis.

Kaiser has set down the subsequent criteria for acceptance: Moderately between 0.050 and 0.059. Diverging from the standard by 0.60 to 0.69. Middle school students often fall within the 0.70 to 0.79 range. Possessing a quality point score ranging from 0.80 to 0.89. The interval from 0.90 to 1.00 was astonishing.

KMO and Bartlett's Test <sup>a</sup>		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.957
Bartlett's Test of Sphericity	Approx. Chi-Square	6953.162
	df	190
	Sig.	.000
a. Based on correlations		

Bartlett's Test of Sphericity further confirmed the overall significance of the correlation matrices. The Kaiser-Meyer-Olkin sample adequacy value is 0.957. Researchers identified a p-value of 0.00 using Bartlett's sphericity test. The correlation matrix is invalid as Bartlett's sphericity test yielded a significant result.

## ❖ INDEPENDENT VARIABLE

### • Nutritional Intervention:

Nutritional intervention is a planned and intentional way to change the eating habits and nutrient intake of a person or group in order to improve health, prevent becoming ill, or deal with current health problems. The researcher may do this to reach the aims of getting better health, avoiding illness, or dealing with health problems the researcher already have. Nutritional intervention might be for one person or a group of individuals. The researcher may use one of these ways. "Nutritional counselling" is a term that refers to a broad range of therapies that are meant to cure nutritional problems or imbalances. These treatments include things like teaching people about nutrition, giving them nutritional counselling, giving them supplements, and using food-based techniques. Depending on the specific health needs of the person or group being treated, these treatments may have focused on various dietary patterns, calorie intake, hydration levels, or macro- and micronutrients (Ghafari et al., 2021). The World Health Organisation (WHO) says that a nutritional intervention is "any action taken to change dietary intake or nutrient absorption in order to achieve a specific health outcome." The WHO gave this definition. This is what the World Health Organisation says. A nutritionist may suggest a food plan that is made just for someone with anxiety. The purpose of this method is to help the client feel less anxious. To help with the periodic shortages in the community, it might mean adding key nutrients to basic meals. This would be done to make things easier. Hospitals and other healthcare facilities often utilise clinical nutrition therapies to help control diseases including diabetes, heart problems, gastrointestinal problems, and mental health problems like anxiety and depression. The purpose of these treatments is to regulate these diseases. These therapy may help people deal with these ailments and other problems. There are a variety of things that affect how these measures are personalised, such as the medical diagnosis, the results of the lab tests, and the dietary assessments that are given (Green et al., 2024).

## ❖ FACTOR

### • Dietary Modification:

Food modification is the planned and intentional change of a person's diet in order to reach certain health goals, whether those goals be to avoid illness, treat illness, or improve living. These objectives might make it harder for someone to attain some of their health goals. There are a number of ways to communicate this notion. This means changing the kind of food and nutrients the researcher eat, as well as the amount, quality, frequency, or timing of these changes, based on what experts in research and clinical practice have said. The Academy of Nutrition and Dietetics says that dietary modification is the intentional changing of a person's or community's food consumption in order to fulfil their unique physiological, metabolic, or therapeutic needs. Dietary modification may also be called customising one's diet. This intervention, which is based on policy and behaviour, focusses on diet-related diseases such obesity, high blood pressure, type 2 diabetes, and heart problems (Rossi et al., 2023). The goal of the intervention is to make these illnesses more common. The goal of this intervention is to fight these illnesses. When it comes to therapeutic settings, on the other hand, it includes specific meals like low-sodium diets for high blood pressure, gluten-free diets for coeliac disease, and low-FODMAP diets for irritable bowel syndrome. The goal of these diverse diets is to help with a range of health problems. The World Health Organisation (WHO) supports dietary change as a way to attain this goal. It is an essential public health strategy for decreasing the global burden of non-



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<https://academic.oup.com/ajcn/article/doi/10.1093/ajcn/100.1.100/1000000> a education and dietary management. Changing the diet is one method to reach this aim. Changing one's diet is one way to reach this goal. The researcher has to know that changing one's diet is not the same as following a diet that is just temporary or one that is becoming fashionable right now. This strategy is different from others since it focusses on making long-term changes to eating patterns that have been scientifically shown to be good for health and well-being (Chen et al., 2023).

### ❖ DEPENDENT VARIABLE

#### ● Anxiety Management:

When it comes to people, "anxiety management" means a lot of different things that people do to find, deal with, and greatly lessen the symptoms of anxiety. The American Psychological Association (APA) says that "anxiety management" is the use of psychological and behavioural approaches to deal with events that might make the researcher anxious and lower the overall stress reactivity. This method includes things like cognitive restructuring, exposure treatment, and relaxation methods. These exercises are meant to change the unhealthy ideas and actions that come with anxiety. Cognitive behavioural therapy (CBT) is a kind of treatment that focusses on changing negative thoughts and behaviours in order to lessen emotional discomfort. Therapeutically, anxiety control is a big part of CBT. In this case, anxiety treatment focusses on teaching patients how to recognise anxious thoughts, fight illogical concerns, and replace anxious ideas with healthy ways of thinking. Patients are also taught how to deal with irrational anxieties in a helpful way (Kotera et al., 2021).

From a physiological point of view, managing anxiety may also mean controlling the body's stress response mechanism, which is called the HPA axis. The HPA axis controls the stress response system, which is why this is the case. There are several ways to achieve this, such as gradual muscle relaxation, deep breathing, and maybe even changing the diet. The goal of this therapy is to help relieve physical symptoms like muscular tightness and a fast heartbeat, as well as bring the body back into balance. Another concept that is important to public health and wellbeing sees anxiety management as a proactive lifestyle approach that aims to prevent and ease chronic stress and anxiety. This term is useful since it covers the idea of managing worry. In this case, eating a balanced diet, getting enough sleep, doing physical activity, practicing mindfulness, and creating strong social support networks are all parts of this idea. Anxiety management may be defined as the process of putting in place supporting policies, coping programs, and awareness campaigns in schools and workplaces (Whitmarsh et al., 2022).

#### ● Relationship between Dietary Modification and Anxiety Management

Nutritional psychiatry is a new area of study that looks at how the food a person eats might affect their brain and their mental health. There is a strong link between changing the diet and treating anxiety based on this relatively new area of research. In the context of changing one's diet, the term refers to the deliberate change of eating habits to include foods that are high in nutrients, anti-inflammatory, and good for mood, while also cutting back on processed, high-sugar, and high-fat meals, which are known to cause neuroinflammation and hormonal imbalances. In other words, the idea is to eat foods that are good for you, fight inflammation, and boost the mood. In other words, the goal is to eat foods that make the researcher feel better. Neurotransmitters including serotonin, dopamine, and GABA are very important for controlling mood and anxiety. To make and control these neurotransmitters, the researcher need several important nutrients, like as magnesium, zinc, some B vitamins, and antioxidants. These nutrients are needed to make neurotransmitters and to manage them when they are present. The researcher can receive all of these important nutrients from foods including whole grains, lean proteins, omega-3 fatty acids, fruits, vegetables, nuts, and fermented foods. The best diets are those that include a lot of these things in them. Diets high in fibre and probiotics may help keep the gut microbiota healthy. This can improve the gut-brain axis, which can help people deal with stress and manage their emotions better. Also, diets that are strong in fibre and probiotics could have the same impact. People who follow anti-inflammatory diets or diets based on the Mediterranean diet have far lower levels of anxiety symptoms than people who eat poorly. Clinical and observational research over the last five years has led to this finding. Changing the diet should be seen as a basic and preventive step in the whole treatment of anxiety. These changes include making the brain healthier, lowering systemic inflammation, keeping blood sugar levels steady, and making the mind stronger (Nikniaz et al., 2023).

Based on the above discussion, the researcher generated the following hypothesis to examine the link between Dietary Modification and Anxiety Management.

***"H<sub>01</sub>: There is no significant relationship between Dietary Modification and Anxiety Management."***

***"H<sub>1</sub>: There is a significant relationship between Dietary Modification and Anxiety Management."***

ANOVA					
Sum					
	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	69921.540	332	5782.523	1938.149	.000
Within Groups	328.960	445	5.843		
Total	70250.500	777			

In this study, the result is significant. The value of F is 1938.149, which reaches significance with a *p*-value of .000 (which is less than the .05 alpha level).

## 8. DISCUSSION

In light of the findings of this study, it was found that nutritional intervention had a significant influence on the treatment of anxiety, with dietary modification playing a significant part in the connection between the two. Participants who stuck to good dietary patterns, which included the frequent consumption of nutrient-dense foods including fruits, vegetables, whole grains, lean meats, and foods rich in omega-3 fatty acids, displayed lower levels of anxiety than those who did not adhere to these patterns. These results offered support for the growing body of research that demonstrates a relationship between nutrition and mental health. More specifically, the regulation of neurotransmitters, inflammation, and the function of the gut-brain axis are all factors that have been investigated in this connection.

Alterations to one's diet were shown to be a key factor that was responsible for mediating the effects of these nutritional interventions. People who reduced their intake of processed foods, refined sugars, and saturated fats reported improvements in their ability to maintain a stable mood and display general psychological resilience. This was one of the outcomes of the study that was conducted. This indicated that changes in eating habits were not only associated with improvements in physiological health, but also had clear advantages on both the physical and mental wellbeing of people with regard to their health. According to the results, the idea that nutrients such as magnesium, B vitamins, and omega-3 fatty acids have a protective effect in the reduction of anxiety is compatible with the findings of the study that is currently being conducted. In addition, the research study highlighted the need of adopting an all-encompassing strategy when it comes to the treatment of anxiety. Through the use of dietary approaches, an alternate approach that was not only non-invasive but also easily accessible was obtained. This was in addition to the fact that psychological and pharmacological treatments continue to be very important methods of treatment. On the other hand, the fact that individuals' sensitivities differed showed that individualised dietary plans might be necessary in order to attain the greatest potential effects. The hypothesis that dietary modification, which is a component of nutritional intervention, had a positive impact on the management of anxiety was not only confirmed by the results of the study, but it was also enhanced by the findings. The findings of this study brought to light the need of including food education into mental health practices. Additionally, these findings underlined the necessity of doing additional research. It was also brought up throughout the meeting that there is the potential of creating official dietary guidelines that are solely geared at mental health outcomes, especially for those who are at a high risk of developing anxiety disorders.

## 9. CONCLUSION

The results of this research show that nutritional intervention had a big effect on treating anxiety, and changing the diet was one of the most important factors that affected the outcomes. It was clear from looking at people's eating habits and how they related to their anxiety levels that people who ate more whole grains, fruits, vegetables, lean proteins, and omega-3 fatty acids reported feeling less anxious. On the other side, those who ate predominantly processed meals, sweets, and unhealthy fats were more likely to feel anxious. The study's results supported the idea that the quality and regularity of a person's diet may either make mental health problems worse or better, depending on the choices they make about what to eat. Changing one's diet, which is a key part of nutritional intervention, has been shown to help with anxiety by improving gut health, stabilising mood, and increasing emotional control. The research showed how physical and mental health are linked, therefore it was suggested that eating is not just a requirement for the body but also a way to help people with their mental health. This was because the study showed a link between the two. The research made it clear that dietary techniques might be used together with typical anxiety treatments like counselling or medication to take a more comprehensive and long-term approach to mental health. This would make it easier to put mental health treatment into practice. In conclusion, the study's findings show that programs meant to help cure anxiety need to include dietary monitoring and intervention. Patients were given a way to take care of their mental health that was both non-invasive and easy to get to. Changing their diets worked as both a way to avoid problems and a way to fix them. Based on the study's findings, it was suggested that further research be done in a range of areas to increase understanding and encourage the use of nutrition in mental health policy and clinical practice. Because of this, it was demonstrated that changing a person's diet and giving them nutritional supplements together were helpful parts of treating anxiety.

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