

Sugary Drinks Linked to Depression

VOCABULARY WORDS

1. Carbonated /'kɑ:rbəneɪtɪd/ (Adjective) - containing carbon dioxide gas under pressure
Example: I prefer carbonated water over still water.
2. Consumption /kən'sʌmpʃən/ (Noun) - the act of using up a resource
Example: The consumption of fossil fuels is a major contributor to climate change.
3. Proportionally /prə'pɔ:ʃənəli/ (Adverb) - in a way that corresponds in size or amount to something else
Example: The amount of time spent on a task should be proportionally related to its importance.
4. Symptoms /'sɪmptəmz/ (Noun) - a physical or mental feature that is regarded as indicating a condition of disease
Example: One of the symptoms of the flu is a high fever.
5. Link /lɪŋk/ (Noun) - a relationship between two things or situations, especially where one affects the other.
Example: There is a strong link between smoking and lung cancer.
6. Potential /pə'tenʃəl/ (Adjective) - having or showing the capacity to become or develop into something in the future.
Example: The company has the potential to become a market leader.
7. Consistent /kən'sɪstənt/ (Adjective) - acting or done in the same way over time, especially so as to be fair or accurate.
Example: The company has been consistent in its approach to customer service.
8. Impact /'ɪmpækt/ (Noun) - the effect or influence that an event, situation, etc. has on someone or something.
Example: The new policy will have a significant impact on the company's bottom line.



A recent study conducted by researchers from South Korea has found that drinking more sugar-filled, **carbonated** drinks is linked to an increased **risk** of depression. The study involved more than 87,000 people in South Korea, with an average age of about 40. Participants were asked about their consumption of sugar-sweetened carbonated drinks over a week and were then put into groups based on their **consumption**. The researchers compared this with people's

scores on a questionnaire designed to check for symptoms of depression. The study found that depressive symptoms increased **proportionally** with consumption of sweet, carbonated drinks.

“Even the group that consumed sugar-sweetened carbonated beverages at least once a week had a higher frequency of depressive **symptoms** than the group that did not drink at all,” said Ju Young Jung, one of the authors. The results were not affected when taking obesity into account, the researchers said. They said they were a little surprised to see such clear results — South Koreans don’t usually have sugary drinks as often as people in places like Europe and the US. However, they said South Koreans and others in Asia are increasingly replacing water with sugary drinks — and the study found that about one third of participants consumed these drinks more than once a week.

Jung said the team wasn’t sure exactly why sugary drinks are **linked** to depression, although their results are similar to those from some recent, smaller studies. The study did not consider zero-calorie drinks, however. Jung said more research would be needed to look at the effect of zero-calorie beverages on depression. The study’s findings are important because depression is a serious mental health condition that affects millions of people worldwide. It’s important for people to be aware of the **potential** risks associated with consuming sugary drinks.

The study’s results suggest that people who consume sweet, carbonated drinks should be aware of the potential risks to their mental health. While it’s unclear why sugary drinks are linked to depression, the study’s findings are **consistent** with those from other studies. It’s possible that the sugar in these drinks affects the brain in some way, leading to depressive symptoms. More research is needed to understand the link between sugary drinks and depression, but the study’s findings are a step in the right direction.

In conclusion, the study shows that there is a link between sweet, carbonated drinks and depression. The study’s findings are important because depression is a serious mental health condition that affects millions of people worldwide. While it’s unclear why sugary drinks are linked to depression, the study’s results are consistent with those from other studies. It’s important for people to be aware of the potential risks associated with consuming sugary drinks. So, the next time you reach for a sweet, carbonated drink, think twice about the potential **impact** on your mental health.

DISCUSSION

1. Do you drink sweet, carbonated drinks? How often?
2. Have you ever noticed a change in your mood after drinking a sweet, carbonated drink?
3. What other types of drinks do you think might be linked to depression?
4. Do you think the sugar in sweet, carbonated drinks affects the brain in some way?
5. What other factors do you think might contribute to depression?
6. Do you think people should be warned about the potential risks associated with consuming sugary drinks?
7. What other types of food or drink do you think might be linked to mental health problems?
8. Do you think the link between sugary drinks and depression is a serious issue?

9. What other things can people do to improve their mental health?
10. Do you think the study's findings will change the way people think about sugary drinks?