

Comparison of Nutritional Status and Tendency of Depression and Orthorexia Nervosa in Vegan Vegetarian and Omnivorous

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Abstract : The aim of the present study was to compare nutritional status, tendency of depression and orthorexia nervosa in vegan, vegetarian and omnivorous. The sample consisted of 150 individuals (126 women, 24 men) who agreed to participate in the study between February and May of the year 2018. Fifty vegan, fifty vegetarian and fifty omnivore diet pattern were compared. In the first part, each participant was interviewed using a structured questionnaire to obtain demographic information about education, occupation and health conditions. In the second part Beck Depression Inventory (BDI) was used. In the third part ORTO-11 was used. In the fourth part, 24 Hours Dietary Record was used in order to determine the nutritional status of individuals. The vegans and vegetarians were interviewed about their diets. The mean body mass index of the vegan, vegetarian and omnivore were, $21,24 \pm 3,25$; $22,2 \pm 4,1$ and $22,8 \pm 4,3$ respectively ($p > 0,05$). The daily energy intakes of the vegan, vegetarian and omnivore diet were $1792,57 \pm 784,8$ kcal; $1691,9 \pm 742,2$ kcal and $1697,9 \pm 695,6$ kcal ($p > 0,05$). The mean BDI of the vegan, vegetarian and omnivore diet were $6,2 \pm 6,2$, $9,8 \pm 10,1$ and $8,8 \pm 8,1$, respectively ($p > 0,05$). The mean ORTO-11 of the vegan, vegetarian and omnivore diet were $25,9 \pm 4,2$, $27,2 \pm 5,9$ and $26,4 \pm 5,3$ ($p > 0,05$). There was a statistically significant correlation between BDI and ORTO-11 in vegan diet group ($p: 0,01$ r: 0,333). There was a positive correlation between BMI and BDI in the vegetarian group ($p: 0,01$ r: 0,363). Also in the vegetarian group; there was a negative correlation between age and ORTO-11 ($p: 0,01$ r: -0,316). A statistically significant negative correlation was found between waist circumference and ORTO-11 ($p: 0,05$ r: -0,316) in the omnivore diet group. Also there was a negative correlation between age and BDI ($p: 0,05$ r: -0,338) in this group. As a conclusion, positive correlation was found between BDI and ORTO-11 score of vegan participants. There were no differences between three groups in BDI or ORTO-11 score.

Keywords : depression, orthorexia nervosa, vegan, vegetarian

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