

Supplement Table 2: Narrative summary of Critical Appraisal Skills Programme result.

Study ID	Country	Design	CASP Rating	Major Strengths	Limitations
Gómez-Donoso et al. ¹³	Spain	Cohort	High	Long follow-up, validated FFQ	Self-reported diet
Adjibade et al. ¹⁷	France	Cohort	High	Large sample, validated depression tool	Residual confounding
Godos et al. ¹⁴	Australia	Cross-sectional	Moderate	Representative sample	Causality not inferred
Lane et al. ¹²	Italy	Cohort	High	Well-adjusted models	Limited dietary recall
Zheng et al. ⁹	USA	Cross-sectional	Moderate	National dataset	Self-report bias
Arshad et al. ¹⁶	UK	Cohort	High	Longitudinal design	Missing covariates
Lee and Choi ¹¹	South Korea	Cross-sectional	Moderate	Population-based data	Recall bias
Contreras-Rodriguez et al. ¹⁵	Spain	Cross-sectional	Low	Novel neuroimaging insights	Small sample
Sen et al. ¹⁰	Canada	Cohort	High	Prospective data	Attrition bias

CASP: Critical Appraisal Skills Programme; FFQ: food frequency questionnaire.