

Supplementary Table S1. Full search strategies

Dietary patterns and mental health outcomes: A Narrative Review of Original Research

Database / search details	Complete search strategy
PubMed 1 — Mediterranean / Paleolithic Updated: 15 Sep 2026 Publication window: 1 Jan 2017–14 Sep 2026 Records retrieved: 514	<pre>("Mediterranean diet"[Title/Abstract] OR "Mediterranean diets"[Title/Abstract] OR "Paleolithic diet"[Title/Abstract] OR "Paleolithic diets"[Title/Abstract] OR "paleo diet"[Title/Abstract] OR "paleo diets"[Title/Abstract]) AND (depress*[Title/Abstract] OR ansi*[Title/Abstract] OR "psychological distress"[Title/Abstract] OR "psychological stress"[Title/Abstract] OR "perceived stress"[Title/Abstract] OR "mental health"[Title/Abstract] OR "mental health-related quality of life"[Title/Abstract]) AND english[lang] AND ("2017/01/01"[Date - Publication] : "2026/09/14"[Date - Publication]) NOT (review[pt] OR meta-analysis[pt]) NOT (animals[mh] NOT humans[mh])</pre>
PubMed 2 — Ultra-processed foods Updated: 15 Sep 2026 Publication window: 1 Jan 2017–14 Sep 2026 Records retrieved: 180	<pre>("ultra-processed food"[Title/Abstract] OR "ultra-processed foods"[Title/Abstract] OR "ultraprocessed food"[Title/Abstract] OR "ultraprocessed foods"[Title/Abstract]) AND (depress*[Title/Abstract] OR ansi*[Title/Abstract] OR "psychological distress"[Title/Abstract] OR "psychological stress"[Title/Abstract] OR "perceived stress"[Title/Abstract] OR "mental health"[Title/Abstract] OR "mental health-related quality of life"[Title/Abstract]) AND english[lang] AND ("2017/01/01"[Date - Publication] : "2026/09/14"[Date - Publication]) NOT (review[pt] OR meta-analysis[pt]) NOT (animals[mh] NOT humans[mh])</pre>

Database / search details	Complete search strategy
PubMed 3 — Broader dietary patterns Updated: 15 Sep 2026 Publication window: 1 Jan 2017–14 Sep 2026 Records retrieved: 743	("dietary pattern"[Title/Abstract] OR "dietary patterns"[Title/Abstract] OR "diet pattern"[Title/Abstract] OR "diet patterns"[Title/Abstract] OR "dietary intake trajectory"[Title/Abstract] OR "dietary intake trajectories"[Title/Abstract]) AND (depress*[Title/Abstract] OR ansi*[Title/Abstract] OR "psychological distress"[Title/Abstract] OR "psychological stress"[Title/Abstract] OR "perceived stress"[Title/Abstract] OR "mental health"[Title/Abstract] OR "mental health-related quality of life"[Title/Abstract]) AND english[lang] AND ("2017/01/01"[Date - Publication] : "2026/09/14"[Date - Publication]) NOT (review[pt] OR meta-analysis[pt]) NOT (animals[mh] NOT humans[mh])
Google Scholar 1 — Mediterranean diet Searched: 16 Sep 2026 Years: 2017–2026 Default relevance ranking First 50 results screened	"Mediterranean diet" depression OR anxiety OR stress OR "mental health"
Google Scholar 2 — Ultra-processed food Searched: 16 Sep 2026 Years: 2017–2026 Default relevance ranking First 50 results screened	"ultra-processed food" depression OR anxiety OR stress OR "psychological distress" OR "mental health"
Google Scholar 3 — Dietary patterns Searched: 16 Sep 2026 Years: 2017–2026 Default relevance ranking First 50 results screened	"dietary patterns" depression OR anxiety OR stress OR "psychological distress" OR "mental health"

Search summary. The three PubMed searches retrieved 1,437 records in total. After removal of 163 duplicates by PMID, 1,274 unique PubMed records remained. Google Scholar was used as a supplementary source; 50 results from each of the three search groups were screened (150 results in total).

Supplementary identification. Citation checking was also used to identify potentially relevant original studies not retrieved by the predefined PubMed title/abstract search strings. Records identified in this way were assessed using the same eligibility criteria.

Note. The search was reconstructed and updated during major revision of this focused narrative review. Google Scholar was used as a supplementary, non-exhaustive source rather than as a systematic database search.