

Reply to Letter to the Editor to “Soy isoflavone intake and prevalence of depressive symptoms during pregnancy in Japan: baseline data from the Kyushu Okinawa Maternal and Child Health Study”

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We thank Drs Abbas Smiley, Jennifer Cullin, Elizabeth Kaschalk, Ka He for their interest in our recent paper [1] published in *European Journal of Nutrition*. We have not yet investigated the relationships between sleep and physical activity and the prevalence of depressive symptoms during pregnancy. According to this comment, additional adjustment was made for sleep disturbance including the latency of falling asleep, continuity of night sleep, or early morning awakening (the prevalence: 16.8%) and leisure-time physical activity at least once a week (the prevalence: 32.8%). The additional adjusted prevalence ratio between extreme quartiles for total soy products was 0.64 (95% CI 0.47–0.85; P for trend=0.002). Again, we express our appreciation for their comment.

Reference

1. Miyake Y, Tanaka K, Okubo H, Sasaki S, Furukawa S, Arakawa M (2016) Soy isoflavone intake and prevalence of depressive symptoms during pregnancy in Japan: baseline data from the Kyushu Okinawa Maternal and Child Health Study. *Eur J Nutr*

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