

Study Suggests Moderate Coffee May Lower Anxiety and Depression Risk (Intermediate)

Health

English

Intermediate

Article

A large study suggests that drinking coffee in moderation may be linked to better mental health. Researchers followed 461,586 adults in the UK Biobank for a median of 13.4 years. At the start, participants did not have mental health disorders. The team compared coffee habits with later cases of anxiety, depression, and other stress-related problems.

The results showed a J-shaped pattern. People who drank about 2 to 3 cups of coffee each day had the lowest risk of developing anxiety or depression. People who drank no coffee had a higher risk than moderate drinkers. Very high intake was less helpful. Drinking 5 or more cups a day was linked to a higher risk of mental disorders.

The pattern was similar for instant, ground, and decaffeinated coffee. Researchers think coffee's bioactive compounds may help explain the findings. Past research suggests these compounds can have antioxidant, anti-inflammatory, and neuroprotective effects, which may support brain pathways involved in mood.

Even so, this was an observational study. That means it found an association, not proof that coffee directly prevents anxiety or depression. Other factors, such as sleep, stress, or personal caffeine tolerance, may also matter. Experts say the safest takeaway is moderation. For many adults, 2 to 3 cups a day may be a reasonable amount, while people who feel anxious or sleep poorly may benefit from drinking less.

Vocabulary Words List

study	a careful research project
coffee	a drink made from roasted beans
moderate	not too much and not too little
health	the condition of body and mind
data	collected facts and numbers
adults	fully grown people
years	periods of twelve months
cups	the amount that fits in a drinking cup
risk	the chance that something bad may happen
anxiety	strong worry or fear
depression	a mental health condition with lasting sadness
instant	prepared quickly
decaffeinated	with most caffeine removed
compounds	substances made of different parts
connection	a link between two things
researchers	people who study a question carefully
participants	people who take part in a study
disorders	illnesses or health problems
stress	mental or emotional pressure
pattern	a repeated form or trend
developing	starting to have or grow

ground	coffee made from crushed beans
bioactive	able to affect living tissue
association	a relationship or link, not proof
proof	clear evidence that something is true
tolerance	how well a person handles a substance
antioxidant	helping protect cells from damage
anti-inflammatory	reducing inflammation
neuroprotective	helping protect the brain or nerves
moderation	a balanced amount, not too much

Fill In The Blanks Listening Practice

A large _____ suggests that drinking _____ in _____ may be linked to better mental _____. _____ followed 461,586 _____ in the UK Biobank for a median of 13.4 _____. At the start, _____ did not have mental _____. The team compared _____ habits with later cases of _____, _____, and other _____-related problems.

The results showed a J-shaped _____. People who drank about 2 to 3 _____ of _____ each day had the lowest _____ of _____ or _____. People who drank no _____ had a higher _____ than _____ drinkers. Very high intake was less helpful. Drinking 5 or more _____ a day was linked to a higher _____ of mental _____.

The _____ was similar for _____, _____, and _____. _____ think _____'s _____ may help explain the findings. Past research suggests these _____ can have _____, _____, and _____ effects, which may support brain pathways involved in mood.

Even so, this was an observational _____. That means it found an _____, not _____ that _____ directly prevents _____ or _____. Other factors, such as sleep, _____, or personal caffeine _____, may also matter. Experts say the safest takeaway is _____. For many _____, 2 to 3 _____ a day may be a reasonable amount, while people who feel anxious or sleep poorly may benefit from drinking less.

Vocabulary Retention Quiz

1. How many people were included in the large study?
2. What kind of pattern did the researchers find between coffee intake and mental health risk?
3. Which amount of coffee was linked to the lowest risk of anxiety and depression?
4. Did the findings change depending on whether the coffee was instant, ground, or decaffeinated?
5. Why do the researchers say the results show an association rather than proof?

Discussion Questions

- ? Do you drink coffee or another caffeinated drink? How does it affect you?
- ? Why do you think moderation is important in health advice?
- ? What other daily habits might help support good mental health?
- ? How should people use study results when the research does not prove cause and effect?

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