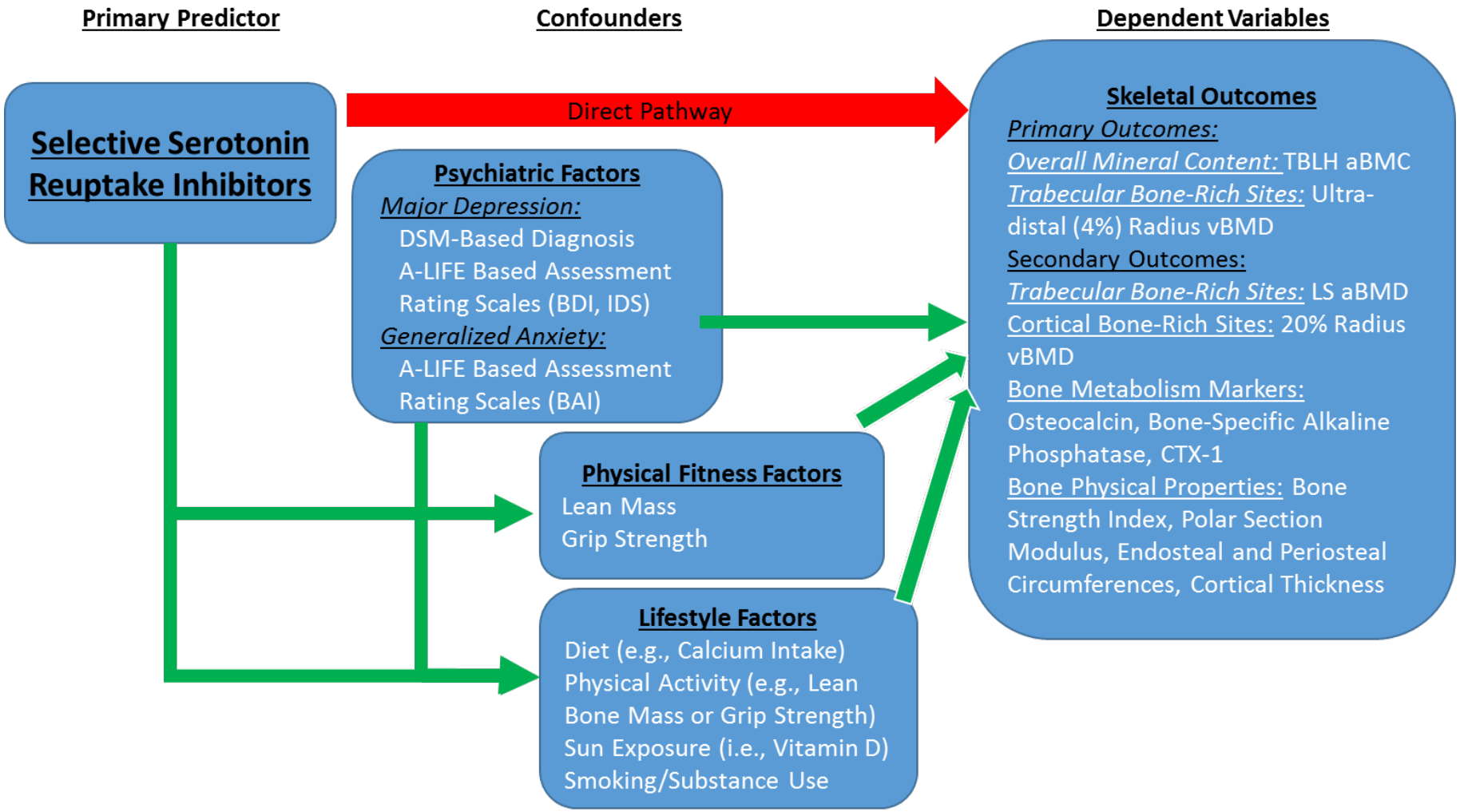
Primary Predictor
Confounders
Dependent Variables
Selective Serotonin Reuptake Inhibitors
Direct Pathway
Psychiatric Factors
Major Depression:
DSM-Based Diagnosis
A-LIFE Based Assessment
Rating Scales (BDI, IDS)
Generalized Anxiety:
A-LIFE Based Assessment
Rating Scales (BAI)
Physical Fitness Factors
Lean Mass
Grip Strength
Lifestyle Factors
Diet (e.g., Calcium Intake)
Physical Activity (e.g., Lean Bone Mass or Grip Strength)
Sun Exposure (i.e., Vitamin D)
Smoking/Substance Use
Skeletal Outcomes
Primary Outcomes:
Overall Mineral Content: TBLH aBMC
Trabecular Bone-Rich Sites: Ultra-distal (4%) Radius vBMD
Secondary Outcomes:
Trabecular Bone-Rich Sites: LS aBMD
Cortical Bone-Rich Sites: 20% Radius vBMD
Bone Metabolism Markers: Osteocalcin, Bone-Specific Alkaline Phosphatase, CTX-1
Bone Physical Properties: Bone Strength Index, Polar Section Modulus, Endosteal and Periosteal Circumferences, Cortical Thickness