On the other hand, some research has found no convincing links between artificial sweeteners and poor mental health outcomes. In their analysis of data from the standpoint of community health equity, Miller and Branscum (2023) could not find any conclusive evidence that AS intake was associated with increased levels of stress or anxiety. The study's conclusions might have been impacted by its dependence on self-reported food habits and mental health metrics. EEG and heart rate variability (HRV) measurements were used by Kim et al. (2017) to investigate eating patterns and food additive use in Korean children and adolescents. Artificial sweeteners did not significantly contribute to changes in mood or stress markers, according to their findings; however, some food additives did affect emotional states. Because objective physiological measures were used in this investigation, the dependability was increased. In their 2019 study, Kumar and Chali examined how sucrose and saccharin affected the depressive and anxiety-like behaviors of diabetic mice. Although they noticed mood swings when they stopped sucrose, saccharin had no consistent impact on behavioral outcomes. These results imply that the neurophysiological effects of natural sugars may be more pronounced than those of some artificial .sweeteners within animal models