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**Health**

**Dimensions of parents’ attitudes to unhealthy foods and beverages**

*Food Quality & Preference* | doi:10.1016/j.foodqual.2015.05.001

**Parents succumbing to yummy convenience foods may be fuelling an obese generation**

Understanding parents’ attitudes to unhealthy foods and beverages is necessary to overcome barriers to adopting recommended healthy behaviour with regards to raising children. A new study, published in *Food Quality & Preference* has assessed parents’ perceptions of soft drinks and energy dense, nutrient poor foods. Overall, attitudes to these products were favorable, with perceived convenience and enjoyment receiving higher scores than value for money and health considerations. The results suggest that interventions designed to improve childrens’ diets should aim to enhance perceptions of the convenience and taste of healthier alternatives, while also addressing factors such as food advertising and child pestering that can influence parents’ attitudes to unhealthy products.
**Music therapy as an adjunct to standard treatment for obsessive compulsive disorder and co-morbid anxiety and depression: A randomized clinical trial**

*Journal of Affective Disorders | doi:10.1016/j.jad.2015.04.011*

**The powers of music**

Music can have a big effect on the way we think and feel – but could its benefits also help those with mental health problems? A study, published in *Journal of Affective Disorders*, took 30 patients with Obsessive Compulsive Disorder (OCD) and assigned them to either standard treatment, or standard treatment plus music therapy. The results showed that patients in the music group showed a greater decrease in their total obsessive score, as well as a reduction in co-morbid anxiety and depressive symptoms.

**Sleep disparity, race/ethnicity, and socioeconomic position**

*Sleep Medicine | doi:10.1016/j.sleep.2015.01.020*

**Ethnicity and sleep quality**

Sleep is important to our everyday functioning and influences how we perform and engage in social situations. Sleep can be affected by social and environmental factors; ethnicity and associated cultures are factors that are also likely play a role in the experience of sleep. A new review published in *Sleep Medicine* has revealed that ethnic minorities are often more likely to experience less, or a worse quality of sleep, and that such sleep patterns can be associated with adverse health outcomes.

**School lunch, policy, and environment are determinants for preventing childhood obesity: Evidence from a two-year nationwide prospective study**

*Obesity Research & Clinical Practice | doi:10.1016/j.orcp.2015.02.012*

**Time to invest in school lunches**

Childhood obesity is a growing health issue. A new study, published in the journal *Obesity Research & Clinical Practice*, explored the role that school lunches play in this context. Researchers collected data on obesity rates and school lunch pricing data from the Student Health Examination and School Health Profile Database. Results showed that the highest obesity rate was observed at a school in which one school meal cost less than US$ 0.83. Ensuring the increased use of fresh ingredients and reducing the use of processed foods and deep-fried foods in school lunches is a critical mission, the authors conclude.

**Science and Technology**

**Communicating via photographs: A gendered analysis of Olympic athletes’ visual self-presentation on Instagram**

*Sport Management Review | doi:10.1016/j.smr.2015.03.002*

**Athletes on Instagram build their fan base**

Social media has led to the rise of the selfie generation, predominantly led by documenting their every move. Now it seems Olympic athletes are also jumping on the bandwagon. A study, published in *Sport Management Review*, examined the self-presentations of eight Olympic athletes on Instagram to determine how they used the platform as a communication and marketing tool to build their personal brands. The results of the study indicate that female athletes are more likely to share photos of themselves and photos taken in private settings, but male athletes who posted a wider variety of photos encouraged greater engagement from their followers.
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