Health

Is temporary employment damaging to health? A longitudinal study on Italian workers

Social Science & Medicine | doi:10.1016/j.socscimed.2014.11.033

Temping can be bad for your health

Following the recession in 2008, there has been a renewed focus on employment rates across Europe. As a result, working conditions have changed, with more people on ‘zero hour contracts’ or in temporary employment. This study, published in Social Science & Medicine, looked at the effects of these changes on the health and wellbeing of Italian workers. It was found that temporary employment led to lower rates of self-reported health, with the consequences most significant when temporary employment was prolonged over time. Women were also found to be more negatively affected than men.
Large portion sizes increase bite size and eating rate in overweight women

Physiology & Behavior | doi:10.1016/j.physbeh.2014.11.041

Bigger portions mean you eat more, and quicker
Counting calories is one way to watch what you eat and meet weight loss goals, but maybe paying attention to portion size can help too? New research, published in Physiology & Behavior, investigated the effect of portion size on bite size, eating rate and meal duration amongst overweight women. Increasing the portion size of a meal was associated with notable changes in eating behaviours; bite size increased by an average of 0.22g and meal duration by 22.5% for every 100g increase in portion size. Larger portions also led to an increase in eating rate by up to 540g.

Disgust in pregnancy and fetus sex—Longitudinal study

Physiology & Behavior | doi:10.1016/j.physbeh.2014.11.032

Pregnant and feeling squeamish? It could be a boy
When pregnant women often find they can’t stand the smell or taste of things they normally love. A study published in Physiology & Behavior has examined the changes in disgust sensitivity in pregnant women, and revealed it is heightened during the first trimester. Disgust sensitivity was also found to be related to the sex of the foetus; with women carrying a boy showing higher and more persistent levels of disgust in the first and second trimester of their pregnancy.

Science and Technology

What makes meals ‘memorable’? A consumer-centric exploration

Food Research International | doi:10.1016/j.foodres.2014.11.005

Good food, good company – key elements to mealtime success
The remembered satisfaction and enjoyment of eating occasions can influence future meal choice decisions, but what makes a meal memorable? Research published in Food Research International aimed to explore the role various mealtime elements play including: food type, context and company. Results showed that mealtime companionship was just as important as the meal itself in determining the memorability of the meal, with the ultimate combination typically consisting of: family/friends, a positive emotional state, cooked food, and wine.

Fifty shades of freedom. Voluntary childlessness as women’s ultimate liberation

Women’s Studies International Forum | doi:10.1016/j.wsif.2014.10.017

Fifty shades of freedom – the rise of the childless woman
It is often assumed that childfree women simply have a dislike for children, but could the underlying influence be a desire to be free? A new study, published by the Women’s Studies International Forum interviewed 21 Swedish women without children to determine their perspectives on freedom. Results showed that freedom from responsibility, and being able to sleep, save, socialise and be spontaneous dominated their desire to remain childless.

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