March Issue
Part Two

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Health

Hypocholesterolaemic activity of 3-hydroxy-3-methyl-glutaryl flavanones enriched fraction from bergamot fruit (Citrus bergamia): “In vivo” studies


Bergamot fruit extract shows similar benefits to statins

High cholesterol is a common health concern for us all and often statins (pharmacological inhibitors) are given to help treat the condition. This study, published in the Journal of Functional Foods, investigated the effects of flavanones extracted from bergamot fruit (most commonly associated with Earl Grey tea) on cholesterol levels. Results showed that extract from bergamot reduced total cholesterol, triacylglycerols and LDL levels (bad cholesterol), but there was an increase in HDL levels (good cholesterol). Therefore a daily supplement of bergamot fruit extract could be very effective for the treatment of high cholesterol.
Emphasizing appearance versus health outcomes in exercise: The influence of the instructor and participants’ reasons for exercise

*Body Image* | http://dx.doi.org/10.1016/j.bodyim.2013.12.004

**Exercising for the right reasons – putting health before image**

There are many reasons behind an individual’s motivation to embark on an exercise regime. This study, published in *Body Image*, investigates the interaction between the emphasis of an exercise class, a participant’s reason for exercise – appearance or health reasons – and levels of self-objectification and body anxiety. Results showed that appearance reasons for exercise predicted higher body anxiety during exercise compared to health reasons. Health motives also lead to less self-objectification in appearance-focused exercise classes.

Psychiatric diseases predated the occurrence of Parkinson’s disease: a retrospective cohort study

*Annals of Epidemiology* | http://dx.doi.org/10.1016/j.annepidem.2013.12.010

**Relationship between psychiatric diseases and Parkinson’s disease**

This study, published in *Annals of Epidemiology*, investigated the effects of psychiatric diseases on the diagnosis of Parkinson’s disease later in life. After following participants for six years, it was found that patients with psychiatric illnesses were at an increased risk of developing Parkinson’s disease; those suffering with schizophrenia were at highest risk.

Science and Technology

Differential effects of intranasal oxytocin on sexual experiences and partner interactions in couples

*Hormones and Behavior* | http://dx.doi.org/10.1016/j.yhbeh.2014.01.009

**Oxytocin increases pleasure during sex**

Oxytocin is often referred to as the ‘love hormone’ as levels drive up when we hug or kiss a loved one and the hormone plays a large role in the bonding of two people. This study, published in *Hormones and Behavior*, looked at the roles of oxytocin on sexual experiences in healthy couples. Results showed that although oxytocin affects individual sexual experiences differently, higher levels generally resulted in an increased intensity of orgasm and a greater feeling of contentment after sexual intercourse.

Assessment of early onset of driver fatigue using multimodal fatigue measures in a static simulator

*Applied Ergonomics* | http://dx.doi.org/10.1016/j.apergo.2014.02.001

**Driver fatigue affects posture and subjective assessment**

Driving is a complex activity that demands both physical and mental effort and driver fatigue is an important contributor to road accidents. This paper, published in *Applied Ergonomics*, looks at measures that could be used to assess levels of driver fatigue. Results showed there was a clear indication of physical fatigue in the postural muscle groups and subjective assessment. Using a multimodal set of tests, researchers can provide recommendations for future vehicle design to help overcome these concerns.
Functionality of liquid smoke as an all-natural antimicrobial in food preservation

Meat Science | http://dx.doi.org/10.1016/j.meatsci.2014.02.003

Liquid smoke adds health benefits as well as flavour to meat

Smoking food, especially meat, has been used as a preservation technique for centuries. More recently, we have seen developments of food preparation techniques such as liquid smoke. This study, published in Meat Science, looked at the health benefits of preserving meats using liquid smoke. Results show that liquid smoke is an effective antimicrobial against an array of bacterial pathogens such as Salmonella, pathogenic Escherichia coli and Staphylococcus; showing that the technique is not only beneficial for taste and speed, but also has health benefits too.