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Health

Subjective Time Pressure: General or Domain Specific?
Social Science Research | http://dx.doi.org/10.1016/j.ssresearch.2014.03.013
Home life can cause stress at work
Time pressure is an on-going issue many of us face today, as we struggle to split ourselves between demanding jobs, busy home lives and full social lives. This study, published in Social Science Research, divided time pressure into the domains of home and work and looked at their associations with stress. Results showed that time pressure at work is not related to stress at home, however, time pressure at home is related to stress not only at home, but also at work.

Leisure-time physical activity predicts complaints of snoring in women: a prospective cohort study over 10 years
Sleep Medicine | http://dx.doi.org/10.1016/j.jfca.2014.02.010
Lack of exercise can cause snoring issues in women
Exercise has many benefits to health; not just on weight but on other health conditions too. This study, published in Sleep Medicine, looked at the impact of physical activity on habitual snoring complaints. Results showed that independent of weight, smoking, alcohol dependence and body measurements, a low-level of self-reported physical activity is a risk factor for habitual snoring complaints for women. However, as exercise levels increase, the risk factor can be modified.
We do not smoke but some of us are more susceptible than others: A multilevel analysis of a sample of Canadian youth in grades 9 to 12
Addictive Behaviors | http://dx.doi.org/10.1016/j.addbeh.2014.04.015

Low self-esteem is a key driver for young smokers
There are many reasons why individuals begin smoking and in order to take preventative measures, it is important to understand these motives. This study, published in Addictive Behaviors, looked at the smoking susceptibility of secondary school children. Results showed that whilst reasons did vary, key associations found were low self-esteem and use of alcohol. Other factors included marijuana use, holding positive attitudes towards smoking, having smoking friends or residing in homes where smoking is not banned. The number of tobacco retailers found nearby was not found to have an effect.

Science and Technology

Addiction to mobile text messaging applications is nothing to “lol” about
The Social Science Journal | http://dx.doi.org/10.1016/j.soscij.2013.09.003

IM addicted
The popularity of instant messaging (IM) applications such as Blackberry Messenger and WhatsApp has increased greatly over recent years. Whilst it’s a positive fact that we are able to communicate easier, the constant engagement could cause social issues such as addiction to these applications. This study, published in The Social Science Journal, examined personality traits and consumer attitudes toward these applications. Results, from over 500 participants, showed that more than 32% report using IM more than 12 times per hour. Furthermore 53% of participants perceive themselves to be either BBM or WhatsApp addicts or do not know whether they are addicts. Reasons given for using IM were socializing, seeking entertainment, seeking self-status, and seeking information.

What makes Napa Napa? The roots of success in the wine industry
Wine Economics and Policy | http://dx.doi.org/10.1016/j.wep.2014.02.001

Produce success can be due to investment not quality of goods
California is world-renowned for the ability to produce world-class quality wine, particularly wines from the Napa Valley. This study, published in Wine Economics and Policy, examined the sources of Napa’s success compared to other wine-producing regions of California. Results showed that while terroir has a role to play, social capital, entrepreneurship and technical leadership are other explanations behind Napa’s competitive advantage.

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