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Health

Sleep behavior and unemployment conditions
Economics & Human Biology | DOI: 10.1016/j.ehb.2014.03.003
Not working can relieve sleeplessness
It has been previously believed that economic pressures can result in a loss of sleep in individuals. This study, published in Economics & Human Biology, looked at the relationship between sleeplessness and employment rates in the United States over a ten year period. Results showed that a higher rate of unemployment is associated with more minutes of sleep and less frequent reports of sleeplessness.
Acceptance of Cravings: How Smoking Cessation Experiences Affect Craving Beliefs

Negativity hinders smoking cessation

It’s hard for any individual to give up smoking but what impact do others have on success? This study, published in *Behaviour Research and Therapy*, looked at the way people perceive and respond to cravings and the effect on quitting. Results showed that those who took appraisals more negatively and more personally were more likely to fail from abstaining from smoking; negative appraisals correlated strongly with distress and withdrawal symptoms. Those who held negative beliefs about cravings were also less likely to have changed their smoking behaviour one month later.

Fucoidan from sea cucumber protects against high-fat high-sucrose diet-induced hyperglycaemia and insulin resistance in mice

*Journal of Functional Foods* | DOI: 10.1016/j.jff.2014.05.012

Sea cucumbers could hold key to diabetes prevention

Sea cucumbers (also known as Gamat) are cylindrical invertebrates that live throughout the world’s oceans and comprise of over 2,000 species of various colours. This study, published in the *Journal of Functional Foods*, examined the effect of fucoidan, a molecule known for cell growth controlling properties, taken from the sea cucumber and its potential use for diabetes prevention. The fucoidan reduced blood glucose in, improved insulin resistance, and regulated cytokines and also improved hepatic glucose metabolism in mouse subjects. This is a novel and significant development for insulin resistant therapy.

Sexual satisfaction in Tunisian obese subjects

*Sexologies* | DOI: 10.1016/j.sexol.2014.05.002

Body weight affects sex life

Many of us are unhappy with the way that we look, particularly when it comes down to weight. This study, published in *Sexologies*, looked at the effect of weight overload on the sexuality of obese individuals. Results showed a clear link between obesity and sexual dissatisfaction, which, in turn, was related to body image and sexual fulfilment. Those who were overweight were also more likely to avoid sexual intercourse as they were dissatisfied with their body image.

Science and Technology

Touchscreen performance and knowledge transfer in the red-footed tortoise (Chelonoidis carbonaria)

*Behavioural Processes* | DOI: 10.1016/j.beproc.2014.06.003

Tortoises learn to use touchscreens for rewards

Red-footed tortoises have been shown to be proficient in a number of spatial cognition tasks. This study, published in *Behavioural Processes*, investigated the ability of the tortoise to learn how to touch a stimulus on a touchscreen in order to gain a reward. The results show that red-footed tortoises are able to operate a touchscreen and can successfully solve a spatial two-choice task in this apparatus.

Motivations for sharing tourism experiences through social media

*Tourism Management* | DOI: 10.1016/j.tourman.2014.01.012

Sharing our holidays on Facebook for the benefit of our friends

This study, published in *Tourism Management*, looked at why and in what form we share our holiday experiences through social media. Results showed we do this to feel more of a part of the community and for altruistic reasons – we believe that others want to see this content. Visual content, photos or videos, is more likely to be shared above textual content, although ‘real-time’ use of social media on holiday is very low, most post on their return.
Disinhibition of Olfaction: Human Olfactory Performance Improves Following Low Levels of Alcohol

*Behavioural Brain Research* | DOI: 10.1016/j.bbr.2014.06.024

**Sense of smell is heightened with alcohol**

Sense of smell (human olfactory abilities) is thought to be obscured by cortical inhibition. This study, published in *Behavioural Brain Research*, looked at the effect of alcohol consumption on olfactory abilities, as alcohol is known to reduce inhibitions. Results showed improved olfaction at low levels of alcohol. This supports the theory that an individual's true olfactory abilities are inhibited by our body's own mechanisms.

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