September Issue
Part One

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Health

Associations between exposure to stressful life events and alcohol use disorder in a longitudinal birth cohort studied to age 30

*Drug and Alcohol Dependence* | DOI: 10.1016/j.drugalcdep.2014.06.010

**Stressful life events make us turn to the bottle**

Stress has long been cited as a reason for heavy drinking. This study, published in *Drug and Alcohol Dependence*, examined the association between exposure to stressful life events and alcohol abuse/dependence in 18 to 30 year olds. Reoccurring associations between stressful life events and alcohol abuse were found. Those with the highest exposure to stressful events were likely to suffer the most with alcohol abuse. Associations between life events exposure and alcohol abuse symptoms were also stronger for females than for males.
Disseminating Treatment for Anxiety Disorders: Step 1: Recognizing the problem as a precursor to seeking help

Journal of Anxiety Disorders | DOI: 10.1016/j.janxdis.2014.07.011

Depression or anxiety? Correct detection is crucial for treatment

Anxiety and depression are closely related but both may go untreated as people struggle to accurately identify the symptoms. This study, published in Journal of Anxiety Disorders found that only 50% of respondents correctly recognised depression and less than 20% could correctly recognise an anxiety disorder when presented with symptoms. With only a third of adults with mental illness receiving treatment, this study shows that increasing recognition of anxiety disorders may be a useful first step in in optimising service utilisation.

Science and Technology

Peering into the pharmaceutical “pipeline”: Investigational drugs, clinical trials, and industry priorities

Social Science & Medicine | DOI: 10.1016/j.socscimed.2014.08.023

Insight into the billion dollar pharma industry

Research and development (R&D) is the life blood of the pharmaceutical market, allowing the industry to continue to grow at a shocking rate. A new study, published in Social Science & Medicine, has analysed the R&D pipeline of pharmaceutical companies over a five year period. Results showed that 26.2% of drugs under development are for cancer treatments, whilst just 4% are for mental illness. Furthermore, the 20 biggest pharmaceutical companies are developing only 12% of all drugs.

Time with children and employed parents’ emotional well-being

Social Science Research | DOI: 10.1016/j.ssresearch.2014.05.003

Routine childcare leads to stressed mothers

When kids return to school after the holidays it brings welcome relief for some parents. Or does it? This study, published in Social Science Research, examined how parents feel when they spend time with their children on a routine basis, and whether their emotional experiences differ by type of activity and by gender. Activities, such as shared meals and leisure activities, and childcare that was passive and not child-focused were found to be beneficial for parents’ wellbeing. In contrast, it was found that routine childcare was associated with increased stress and lower engagement but only in mothers.

Endogenous cortisol levels influence exposure therapy in spider phobia

Behaviour Research and Therapy | DOI: 10.1016/j.brat.2014.06.009

Is treatment of phobias more effective in the morning?

If you’re afraid of spiders, you’re perceived fear is likely to be the same no matter what time of day you encounter the eight-legged arachnid. New research published in Behaviour Research and Therapy, investigated whether levels of the stress hormone, cortisol, influence the effectiveness of exposure therapy for this phobia. Participants in the high cortisol group, in which treatment was assigned at 8.00am, exhibited significantly less fear of spiders in post-treatment assessments than those treated in the evening. This may suggest that high cortisol levels enhance extinction memory.

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