

RESEARCH DIGESTS

Health

Source: [The British Psychological society](#)

Source: [Science Daily](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
RD_HTH01_01	Exercise can reduce symptoms of depression and anxiety, confirms review of reviews	28/04/2023	679	Link to the associated research article (RA). Written by the same journalist/specialist writer, Emily Reynolds.	RD_HTH02_01	Exercise more effective than medicines to manage mental health, study shows	23/02/2023	619	Comprehensive website in terms of topics.
RD_HTH01_02	Access to green space linked to reduced risk of postnatal depression in new mothers	05/04/2023	573		RD_HTH02_02	Nitrate: Healthy heart or cancer risk? Meet nutrition's Jekyll and Hyde	21/05/2023	851	Date, source and summary are provided at the top of the page.
RD_HTH01_03	Couples feel closer after indulging in unhealthy behaviours together	01/03/2023	538		RD_HTH02_03	Problems with 'pruning' brain connections linked to adolescent mental health disorders	24/04/2023	1030	Story source and how to cite are provided at the bottom.
RD_HTH01_04	How ghosting affects people who feel the need for closure	24/03/2023	755		RD_HTH02_04	Low intensity light to fight the effects of chronic stress	02/05/2024	1075	
RD_HTH01_05	Higher self-esteem benefits adolescents' wellbeing	07/12/2022	585		RD_HTH02_05	Stress increases Alzheimer's risk in female mice but not males	02/05/2023	903	

RESEARCH DIGESTS

Economy

Source: [Science Daily](#)

Source: [European Commission](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
RD_ECO01_01	Heat or eat? Prepayment users consume less fruit and vegetables, study finds	11/11/2022	1110	Comprehensive website in terms of topics.	RD_ECO02_01	Fast fashion: common reasons garments are discarded	16/11/2022	947	Three types of news: (i) news articles, (ii) press releases, (iii) news announcements.
RD_ECO01_02	Tech could help BC farmers reach customers, mitigate climate change impacts	14/03/2023	879	Date, source and summary are provided at the top of the page.	RD_ECO02_02	Circular building design: assessment of two versions of the same residential building highlights benefits of adaptable building	15/02/2023	1088	
RD_ECO01_03	A wholly sustainable plastics economy is feasible	06/03/2023	977	Story source and how to cite are provided at the bottom.	RD_ECO02_03	Sustainable smartphones? Modular design promotes do-it-yourself repair to extend device life	15/02/2023	846	
RD_ECO01_04	SMEs are likely to achieve higher environmental performance through circular economy adoption, new research finds	20/04/2023	599		RD_ECO02_04	Understanding of the broader context is important for small and medium-sized enterprises transitioning to circular economy	26/10/2022	763	
RD_ECO01_05	'Green' hydrogen: How photoelectrochemical water splitting may become competitive	20/03/2023	871		RD_ECO02_05	Factors promoting green growth include access to information on funding opportunities	23/08/2022	737	

RESEARCH DIGESTS

Natural Sciences

Source: [Science Daily](#)

Source: [European Commission Environment](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
RD_NSC01_01	Deep earthquakes could reveal secrets of the Earth's mantle	22/02/2023	943	Comprehensive website in terms of topics. Date, source and summary are provided at the top of the page. Story source and how to cite are provided at the bottom.	RD_NSC02_01	Climate warming may increase algal blooms caused by sediment nutrient release in lakes – management must adapt	18/01/2023	885	Source and how to cite are included at the bottom of the page.
RD_NSC1_02	Glacier National Park could provide climate haven for Canada Lynx	01/03/2023	929		RD_NSC02_02	Most forests are less able to cope with hazards under climate change	19/01/2023	623	
RD_NSC01_03	Seabirds in the eye of the storm	01/03/2023	759		RD_NSC02_03	On-site renewable energy generation could help decarbonise shipbuilding given suitable incentives	08/03/2023	758	
RD_NSC01_04	Scientists synthesize cerium mineral which holds promise for biomedical research	01/03/2023	607		RD_NSC02_04	Extreme decentralisation of water production: environmentally sustainable and economically feasible?	30/11/2022	820	
RD_NSC01_05	America on the move: How urban travel has changed over a decade	01/03/2023	1063		RD_NSC02_05	Overhead line vehicle-charging system could substantially reduce emissions from road freight	09/11/2022	890	

FEATURE ARTICLES
Health
Source: *The Smithsonian magazine*
Source: *Popular Science*

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
FA_HTH01_01	Can Digital Psychiatry Really Fill the Mental Health Care Gap?	12/05/2023	2477	Their articles seem to be borrowed from other popularising sources. Authors tend to be freelance journalists.	FA_HTH02_01	5 nutrition goals that are better than weight loss	11/01/2022	1335	A combination of personal narrative and experts' opinion. Authors tend to be freelance journalists and science news writers.
FA_HTH01_02	Can a 'Fingerprint' of Your Brain Help Predict Disorders?	24/03/2023	2689		FA_HTH02_02	CRISPR breaks ground as a one-shot treatment for a rare disease	28/07/2021	1709	
FA_HTH01_03	Is Saliva the Next Frontier in Cancer Detection?	17/03/2023	2141		FA_HTH02_03	Is it ok to eat GMO foods? Scientists say 'yes'	03/01/2022	1339	
FA_HTH01_04	Should Parents Worry About New Research Linking Kids' Mental Health and Individual Sports?	01/06/2022	1539		FA_HTH02_04	5 skin cancer-care tools you should look out for	24/04/2023	1302	
FA_HTH01_05	This Dissolvable Implant Could Revolutionize Pain Management	30/06/2022	1442		FA_HTH02_05	Two decades-long studies link ultra-processed foods to cancer and premature death	02/09/2022	783	

FEATURE ARTICLES

Economy

Source: *Nature*

Source: *The Smithsonian magazine*

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
FA_ECO01_01	How to fit clothing into the circular economy	16/11/2022	1917	Every FA is available for download in a formatted pdf file. Links to related articles and subjects are provided.	FA_ECO02_01	How Dairy Farmers Are Turning Manure into Money	04/05/2023	3142	Their articles seem to be borrowed from other popularising sources.
FA_ECO01_02	To get serious on the circular economy, upend how global business works	07/12/2022	876		FA_ECO02_02	The Future of Recycling May Be in Microbes	28/02/2022	2099	
FA_ECO01_03	Building a circular economy: Sustainability requires conserving the planet's resources so that waste products from one process become the input for another	16/11/2022	404		FA_ECO02_03	This Canadian Ski Area Doesn't Make Snow—It Farms It	12/01/2023	2471	
FA_ECO01_04	Recycling our way to sustainability	16/11/2022	875		FA_ECO02_04	Are Floating Solar Panels the Future of Clean Energy Production?	22/03/2023	734	
FA_ECO01_05	How fast fashion can cut its staggering environmental impact	16/09/2022	1276		FA_ECO02_05	Could Climate Impact Labels Change the Way We Eat?	06/01/2023	673	

FEATURE ARTICLES
Natural Sciences
Source: *The Smithsonian magazine*
Source: *Popular Science*

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
FA(NSC01_01)	America's Waterways: The Past, Present and Future	Nov/December 2022	5588*	Their articles seem to be borrowed from other popularising sources.	FA(NSC02_01)	Wet bulb globe temperature is the vital weather stat you've never heard of	30/06/2021	1432	A combination of personal narrative and experts' opinion.
FA(NSC01_02)	How Utah's 'Spiral Jetty' Is Drawing Attention to the Climate Crisis	02/09/2022	1101	*This FA is presented as a 'special report'.	FA(NSC02_02)	40 million Americans depend on two reservoirs that just hit record lows	28/07/2021	558	Authors tend to be freelance journalists and science news writers.
FA(NSC01_03)	Seven Reasons to Be Optimistic About the World's Oceans	11/08/2021	2502		FA(NSC02_03)	Solar power got cheap. So why aren't we using it more?	08/10/2021	2100	
FA(NSC01_04)	What Will It Take for Smart Windows to Go Mainstream?	09/06/2022	1910		FA(NSC02_04)	Biden's infrastructure act bets big on 3 types of 'green' energy tech	22/11/2021	1213	
FA(NSC01_05)	Can Green Hydrogen Help Power Latin America?	22/02/2023	2632		FA(NSC02_05)	Renewable energy needs storage. These 3 solutions can help	29/08/2021	1109	

THE CONVERSATION PLATFORM
Health

Source: [The Conversation](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
TC_HTH_01	Many people are still shielding from COVID – and our research suggests their mental health is getting worse	06/07/2022	1010	Single- and multiple-authored texts. In particular, retrieved from the UK, the Australia and the Canada <i>The Conversation</i> sections.	TC_HTH_06	Why sleep is so important for your fitness	20/2/2023	940	Single- and multiple-authored texts.
TC_HTH_02	Loneliness is making us physically sick, but social prescribing can treat it – podcast	23/02/2023	887		TC_HTH_07	How to help teen girls' mental health struggles – 6 research-based strategies for parents, teachers and friends	24/2/2023	1102	In particular, retrieved from the UK, the Australia and the US <i>The Conversation</i> sections.
TC_HTH_03	What's the 'weight set point', and why does it make it so hard to keep weight off?	22/02/2023	1229		TC_HTH_08	Use of psychedelics to treat PTSD, OCD, depression and chronic pain – a researcher discusses recent trials, possible risks	11/2/2023	820	
TC_HTH_04	Drinking and suicide: How alcohol use increases risks, and what can be done about it	5/2/2023	901		TC_HTH_09	Yoga: Modern research shows a variety of benefits to both body and mind from the ancient practice	25/1/2023	1007	
TC_HTH_05	Five reasons physical activity is important for cancer patients	6/2/2023	830		TC_HTH_10	Diet can influence mood, behavior and more – a neuroscientist explains	24/08/2022	1176	

THE CONVERSATION PLATFORM
Economy

Source: [The Conversation](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
TC_ECO_01	South Africa can reduce emissions and create jobs. A tough task, but doable	16/11/2022	1189	Single- and multiple-authored texts. In particular, retrieved from the Africa, the Canada, the UK, the Indonesia the Europe <i>The Conversation</i> sections.	TC_ECO_06	How to make roads with recycled waste, and pave the way to a circular economy	21/11/2021	785	Single- and multiple-authored texts.
TC_ECO_02	How equity, diversity and inclusion policies are becoming a tool for capitalism	22/12/2022	769		TC_ECO_07	Africa's agribusiness sector should drive the continent's economic development: Five reasons why	17/02/2023	923	In particular, retrieved from the Australia, the Africa, the Global and the US <i>The Conversation</i> sections.
TC_ECO_03	What ancient wisdom can teach businesses about sustainable finance	30/12/2022	843		TC_ECO_08	3 ways to help Indonesia grow more seafood from aquaculture, with less local impact	14/03/2023	906	
TC_ECO_04	Indonesia's 'blue carbon credits' are crucial for global climate mitigation. Here's how to help them flourish	22/12/2022	948		TC_ECO_09	Farms in cities: new study offers planners and growers food for thought	14/03/2023	982	
TC_ECO_05	Participation income: the social welfare model that could help communities fight climate change	20/03/2023	771		TC_ECO_10	Local nonprofits play a key role in recovery from disasters – while also having to get back on their own feet	12/12/2022	1028	



Health

Economy

Natural Sciences

Research digests

Feature articles

The Conversation platform

Explainers

THE CONVERSATION PLATFORM
Natural Sciences

Source: [The Conversation](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
TC_NSC_01	Deforestation: proposed EU import ban may fail to protect tropical rainforests and farmers – here's how it should work	06/01/2023	1007	Single- and multiple-authored texts. In particular, retrieved from the Europe, the Africa, the UK, the Canada and the US <i>The Conversation</i> sections.	TC_NSC_06	Solar power can cut living costs, but it's not an option for many people – they need better support	07/03/2023	990	Single- and multiple-authored texts.
TC_NSC_02	Angola's peatlands trap carbon and clean the region's water – how we mapped this newly found landscape	17/01/2023	960		TC_NSC_07	Wind turbines are already skyscraper-sized – is there any limit to how big they will get?	03/01/2023	971	In particular, retrieved from the Australia, the UK, the Global and the US <i>The Conversation</i> sections.
TC_NSC_03	Extreme storms and flood events cause damage worth billions to ports – and they are most disruptive to small island developing states	17/01/2023	917		TC_NSC_08	Britain is a net electricity exporter for first time in 44 years	13/01/2023	840	
TC_NSC_04	As heatwaves and floods hit cities worldwide, these places are pioneering solutions	16/01/2023	1038		TC_NSC_09	Seven ways to recycle heat and reduce carbon emissions	12/04/2023	852	
TC_NSC_05	Have we reached the end of nature? Our relationship with the environment is in crisis	17/10/2023	797		TC_NSC_10	Deep seabed mining plans pit renewable energy demand against ocean life in a largely unexplored frontier	17/01/2023	1469	

EXPLAINERS
Health
Source: *Harvard Health*
Source: *WebMD*

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
EX_HTH01_01	Bipolar disorder (manic depressive illness or manic depression)	08/03/2023	2257	Authorship is sometimes unclear. Experts appear to act as editors or supervisors.	EX_HTH02_01	Agoraphobia	26/8/2024	3159	Sometimes authors are "freelance writers". Texts are "medically reviewed" by experts.
EX_HTH01_02	Dementia	20/03/2023	1720		EX_HTH02_02	Dyslexia: Signs, Symptoms, Diagnosis, and How to Help	30/09/2024	1844	
EX_HTH01_03	Eczema	12/01/2024	1673		EX_HTH02_03	Irritable Bowel Syndrome (IBS)	11/02/2024	3828	
EX_HTH01_04	Hepatitis A	15/02/2024	920		EX_HTH02_04	Obsessive-Compulsive Disorder (OCD): Signs and Treatment	04/04/2024	2447	
EX_HTH01_05	Osteoporosis	22/01/2024	1657		EX_HTH02_05	Smallpox: Symptoms, Spread, and Treatment	31/01/2024	2532	

EXPLAINERS
Economy
Source: *Grantham Research Institute at LSE*
Source: *World Economic Forum*

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
EX_ECO01_01	What is climate change lobbying?	17/02/2023	941	These EXs are classified under nine overlapping sections, e.g. "oceans and the blue economy", "business and climate change", "biodiversity". Author-generated.	EX_ECO02_01	What is sustainable aviation fuel and why are only 0.1% of flights powered by it?	29/11/2023	1376	Thematic diversity: trade and investment, civil society, economic growth, biodiversity, emerging technologies, etc. The majority of these EXs include images; some include graphs displaying data and occasionally, embedded videos. Most of them seem to be writer-mediated, sometimes co-authored by experts (e.g. EX_ECO02_01).
EX_ECO01_02	What is the blue economy?	11/12/2024	1098		EX_ECO02_02	What is green hydrogen and why do we need it? An expert explains	21/21/2021	2457	
EX_ECO01_03	What is conservation finance?	26/04/2023	1085		EX_ECO02_03	What is energy intensity and why is it vital to our net-zero goals?	13/06/2023	1126	
EX_ECO01_04	What is a carbon price and why do we need one?	01/11/2019	1034		EX_ECO02_04	What do green subsidies mean for the future of climate and trade?	13/03/2023	1631	
EX_ECO01_05	How much will it cost to cut global greenhouse gas emissions?	02/09/2022	1374		EX_ECO02_05	What is the circular economy, and why does it matter that it is shrinking?	14/06/2022	1326	

EXPLAINERS
Natural Sciences

Source: [Yale Experts Explain](#)

Source: [MIT Climate Portal](#)

Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments	Label	Articles (with URLs hyperlinked)	Date of texts	No. of words	Comments
EX NSC01_01	Yale Experts Explain Methane Emissions	18/11/2024	1593	It is stated that these EXs are based on "interviews from Yale's very own staff, faculty, and alumni experts". The oldest one was published in April 2020.	EX NSC02_01	Climate Change Attribution	10/9/2024	1038	Footnotes include references to research articles.
EX NSC01_02	Yale Experts Explain Scope 3 Emissions	14/11/2023	2145		EX NSC02_02	Biochar	27/2/2024	781	
EX NSC01_03	Yale Experts Explain Compost	10/1/2022	2111		EX NSC02_03	Enhanced Rock Weathering	9/11/2023	1165	
EX NSC01_04	Yale Experts Explain Ocean Acidification	21/9/2021	1600		EX NSC02_04	Net Zero Emissions	16/12/2022	1138	
EX NSC01_05	Yale Experts Explain Biodiversity	17/8/2020	1197		EX NSC02_05	Permafrost	4/8/2022	966	