

Health

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Feature articles

*The Conversation* platform

Explainers

## 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	<a href="#">Exercise can reduce symptoms of depression and anxiety, confirms review of reviews</a>	28/04/2023	679	Link to the associated research article (RA).  Written by the same journalist/specialist writer, Emily Reynolds.	RD_HTH02_01	<a href="#">Exercise more effective than medicines to manage mental health, study shows</a>	23/02/2023	619	Comprehensive website in terms of topics.
RD_HTH01_02	<a href="#">Access to green space linked to reduced risk of postnatal depression in new mothers</a>	05/04/2023	573		RD_HTH02_02	<a href="#">Nitrate: Healthy heart or cancer risk? Meet nutrition's Jekyll and Hyde</a>	21/05/2023	851	Date, source and summary are provided at the top of the page.
RD_HTH01_03	<a href="#">Couples feel closer after indulging in unhealthy behaviours together</a>	01/03/2023	538		RD_HTH02_03	<a href="#">Problems with 'pruning' brain connections linked to adolescent mental health disorders</a>	24/04/2023	1030	Story source and how to cite are provided at the bottom.
RD_HTH01_04	<a href="#">How ghosting affects people who feel the need for closure</a>	24/03/2023	755		RD_HTH02_04	<a href="#">Low intensity light to fight the effects of chronic stress</a>	02/05/2024	1075	
RD_HTH01_05	<a href="#">Higher self-esteem benefits adolescents' wellbeing</a>	07/12/2022	585		RD_HTH02_05	<a href="#">Stress increases Alzheimer's risk in female mice but not males</a>	02/05/2023	903	



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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	<a href="#">Heat or eat? Prepayment users consume less fruit and vegetables, study finds</a>	11/11/2022	1110	Comprehensive website in terms of topics.	RD_ECO02_01	<a href="#">Fast fashion: common reasons garments are discarded</a>	16/11/2022	947	Three types of news: (i) news articles, (ii) press releases, (iii) news announcements.
RD_ECO01_02	<a href="#">Tech could help BC farmers reach customers, mitigate climate change impacts</a>	14/03/2023	879	Date, source and summary are provided at the top of the page.	RD_ECO02_02	<a href="#">Circular building design: assessment of two versions of the same residential building highlights benefits of adaptable building</a>	15/02/2023	1088	
RD_ECO01_03	<a href="#">A wholly sustainable plastics economy is feasible</a>	06/03/2023	977	Story source and how to cite are provided at the bottom.	RD_ECO02_03	<a href="#">Sustainable smartphones? Modular design promotes do-it-yourself repair to extend device life</a>	15/02/2023	846	
RD_ECO01_04	<a href="#">SMEs are likely to achieve higher environmental performance through circular economy adoption, new research finds</a>	20/04/2023	599		RD_ECO02_04	<a href="#">Understanding of the broader context is important for small and medium-sized enterprises transitioning to circular economy</a>	26/10/2022	763	
RD_ECO01_05	<a href="#">'Green' hydrogen: How photoelectrochemical water splitting may become competitive</a>	20/03/2023	871		RD_ECO02_05	<a href="#">Factors promoting green growth include access to information on funding opportunities</a>	23/08/2022	737	

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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	<a href="#">Deep earthquakes could reveal secrets of the Earth's mantle</a>	22/02/2023	943	Comprehensive website in terms of topics.	RD_NSC02_01	<a href="#">Climate warming may increase algal blooms caused by sediment nutrient release in lakes – management must adapt</a>	18/01/2023	885	Source and how to cite are included at the bottom of the page.
RD_NSC1_02	<a href="#">Glacier National Park could provide climate haven for Canada Lynx</a>	01/03/2023	929	Date, source and summary are provided at the top of the page.	RD_NSC02_02	<a href="#">Most forests are less able to cope with hazards under climate change</a>	19/01/2023	623	
RD_NSC01_03	<a href="#">Seabirds in the eye of the storm</a>	01/03/2023	759	Story source and how to cite are provided at the bottom.	RD_NSC02_03	<a href="#">On-site renewable energy generation could help decarbonise shipbuilding given suitable incentives</a>	08/03/2023	758	
RD_NSC01_04	<a href="#">Scientists synthesize cerium mineral which holds promise for biomedical research</a>	01/03/2023	607		RD_NSC02_04	<a href="#">Extreme decentralisation of water production: environmentally sustainable and economically feasible?</a>	30/11/2022	820	
RD_NSC01_05	<a href="#">America on the move: How urban travel has changed over a decade</a>	01/03/2023	1063		RD_NSC02_05	<a href="#">Overhead line vehicle-charging system could substantially reduce emissions from road freight</a>	09/11/2022	890	

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## 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	<a href="#">Can Digital Psychiatry Really Fill the Mental Health Care Gap?</a>	12/05/2023	2477	<p>Their articles seem to be borrowed from other popularising sources.</p> <p>Authors tend to be freelance journalists.</p>	FA_HTH02_01	<a href="#">5 nutrition goals that are better than weight loss</a>	11/01/2022	1335	<p>A combination of personal narrative and experts' opinion.</p> <p>Authors tend to be freelance journalists and science news writers.</p>
FA_HTH01_02	<a href="#">Can a 'Fingerprint' of Your Brain Help Predict Disorders?</a>	24/03/2023	2689		FA_HTH02_02	<a href="#">CRISPR breaks ground as a one-shot treatment for a rare disease</a>	28/07/2021	1709	
FA_HTH01_03	<a href="#">Is Saliva the Next Frontier in Cancer Detection?</a>	17/03/2023	2141		FA_HTH02_03	<a href="#">Is it ok to eat GMO foods? Scientists say 'yes.'</a>	03/01/2022	1339	
FA_HTH01_04	<a href="#">Should Parents Worry About New Research Linking Kids' Mental Health and Individual Sports?</a>	01/06/2022	1539		FA_HTH02_04	<a href="#">5 skin cancer-care tools you should look out for</a>	24/04/2023	1302	
FA_HTH01_05	<a href="#">This Dissolvable Implant Could Revolutionize Pain Management</a>	30/06/2022	1442		FA_HTH02_05	<a href="#">Two decades-long studies link ultra-processed foods to cancer and premature death</a>	02/09/2022	783	

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### Economy

Source: <a href="#">Nature</a>					Source: <a href="#">The Smithsonian magazine</a>				
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	<a href="#">How to fit clothing into the circular economy</a>	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	<a href="#">How Dairy Farmers Are Turning Manure into Money</a>	04/05/2023	3142	Their articles seem to be borrowed from other popularising sources.
FA_ECO01_02	<a href="#">To get serious on the circular economy, upend how global business works</a>	07/12/2022	876		FA_ECO02_02	<a href="#">The Future of Recycling May Be in Microbes</a>	28/02/2022	2099	
FA_ECO01_03	<a href="#">Building a circular economy: Sustainability requires conserving the planet's resources so that waste products from one process become the input for another</a>	16/11/2022	404		FA_ECO02_03	<a href="#">This Canadian Ski Area Doesn't Make Snow—It Farms It</a>	12/01/2023	2471	
FA_ECO01_04	<a href="#">Recycling our way to sustainability</a>	16/11/2022	875		FA_ECO02_04	<a href="#">Are Floating Solar Panels the Future of Clean Energy Production?</a>	22/03/2023	734	
FA_ECO01_05	<a href="#">How fast fashion can cut its staggering environmental impact</a>	16/09/2022	1276		FA_ECO02_05	<a href="#">Could Climate Impact Labels Change the Way We Eat?</a>	06/01/2023	673	



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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	<a href="#">America's Waterways: The Past, Present and Future</a>	Nov/December 2022	5588*	<p>Their articles seem to be borrowed from other popularising sources.</p> <p>*This FA is presented as a 'special report'.</p>	FA_NSC02_01	<a href="#">Wet bulb globe temperature is the vital weather stat you've never heard of</a>	30/06/2021	1432	A combination of personal narrative and experts' opinion.
FA_NSC01_02	<a href="#">How Utah's 'Spiral Jetty' Is Drawing Attention to the Climate Crisis</a>	02/09/2022	1101		FA_NSC02_02	<a href="#">40 million Americans depend on two reservoirs that just hit record lows</a>	28/07/2021	558	Authors tend to be freelance journalists and science news writers.
FA_NSC01_03	<a href="#">Seven Reasons to Be Optimistic About the World's Oceans</a>	11/08/2021	2502		FA_NSC02_03	<a href="#">Solar power got cheap. So why aren't we using it more?</a>	08/10/2021	2100	
FA_NSC01_04	<a href="#">What Will It Take for Smart Windows to Go Mainstream?</a>	09/06/2022	1910		FA_NSC02_04	<a href="#">Biden's infrastructure act bets big on 3 types of 'green' energy tech</a>	22/11/2021	1213	
FA_NSC01_05	<a href="#">Can Green Hydrogen Help Power Latin America?</a>	22/02/2023	2632		FA_NSC02_05	<a href="#">Renewable energy needs storage. These 3 solutions can help</a>	29/08/2021	1109	

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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	<a href="#">Many people are still shielding from COVID – and our research suggests their mental health is getting worse</a>	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	<a href="#">Why sleep is so important for your fitness</a>	20/2/2023	940	Single- and multiple-authored texts.  In particular, retrieved from the UK, the Australia and the US <i>The Conversation</i> sections.
TC_HTH_02	<a href="#">Loneliness is making us physically sick, but social prescribing can treat it – podcast</a>	23/02/2023	887		TC_HTH_07	<a href="#">How to help teen girls' mental health struggles – 6 research-based strategies for parents, teachers and friends</a>	24/2/2023	1102	
TC_HTH_03	<a href="#">What's the 'weight set point', and why does it make it so hard to keep weight off?</a>	22/02/2023	1229		TC_HTH_08	<a href="#">Use of psychedelics to treat PTSD, OCD, depression and chronic pain – a researcher discusses recent trials, possible risks</a>	11/2/2023	820	
TC_HTH_04	<a href="#">Drinking and suicide: How alcohol use increases risks, and what can be done about it</a>	5/2/2023	901		TC_HTH_09	<a href="#">Yoga: Modern research shows a variety of benefits to both body and mind from the ancient practice</a>	25/1/2023	1007	
TC_HTH_05	<a href="#">Five reasons physical activity is important for cancer patients</a>	6/2/2023	830		TC_HTH_10	<a href="#">Diet can influence mood, behavior and more – a neuroscientist explains</a>	24/08/2022	1176	

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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	<a href="#">South Africa can reduce emissions and create jobs. A tough task, but doable</a>	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	<a href="#">How to make roads with recycled waste, and pave the way to a circular economy</a>	21/11/2021	785	Single- and multiple-authored texts.  In particular, retrieved from the Australia, the Africa, the Global and the US <i>The Conversation</i> sections.
TC_ECO_02	<a href="#">How equity, diversity and inclusion policies are becoming a tool for capitalism</a>	22/12/2022	769		TC_ECO_07	<a href="#">Africa's agribusiness sector should drive the continent's economic development: Five reasons why</a>	17/02/2023	923	
TC_ECO_03	<a href="#">What ancient wisdom can teach businesses about sustainable finance</a>	30/12/2022	843		TC_ECO_08	<a href="#">3 ways to help Indonesia grow more seafood from aquaculture, with less local impact</a>	14/03/2023	906	
TC_ECO_04	<a href="#">Indonesia's 'blue carbon credits' are crucial for global climate mitigation. Here's how to help them flourish</a>	22/12/2022	948		TC_ECO_09	<a href="#">Farms in cities: new study offers planners and growers food for thought</a>	14/03/2023	982	
TC_ECO_05	<a href="#">Participation income: the social welfare model that could help communities fight climate change</a>	20/03/2023	771		TC_ECO_10	<a href="#">Local nonprofits play a key role in recovery from disasters – while also having to get back on their own feet</a>	12/12/2022	1028	



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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	<a href="#">Deforestation: proposed EU import ban may fail to protect tropical rainforests and farmers – here's how it should work</a>	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	<a href="#">Solar power can cut living costs, but it's not an option for many people – they need better support</a>	07/03/2023	990	Single- and multiple-authored texts.  In particular, retrieved from the Australia, the UK, the Global and the US <i>The Conversation</i> sections.
TC_NSC_02	<a href="#">Angola's peatlands trap carbon and clean the region's water – how we mapped this newly found landscape</a>	17/01/2023	960		TC_NSC_07	<a href="#">Wind turbines are already skyscraper-sized – is there any limit to how big they will get?</a>	03/01/2023	971	
TC_NSC_03	<a href="#">Extreme storms and flood events cause damage worth billions to ports – and they are most disruptive to small island developing states</a>	17/01/2023	917		TC_NSC_08	<a href="#">Britain is a net electricity exporter for first time in 44 years</a>	13/01/2023	840	
TC_NSC_04	<a href="#">As heatwaves and floods hit cities worldwide, these places are pioneering solutions</a>	16/01/2023	1038		TC_NSC_09	<a href="#">Seven ways to recycle heat and reduce carbon emissions</a>	12/04/2023	852	
TC_NSC_05	<a href="#">Have we reached the end of nature? Our relationship with the environment is in crisis</a>	17/10/2023	797		TC_NSC_10	<a href="#">Deep seabed mining plans pit renewable energy demand against ocean life in a largely unexplored frontier</a>	17/01/2023	1469	



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### 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	<a href="#">Bipolar disorder (manic depressive illness or manic depression)</a>	08/03/2023	2257	Authorship is sometimes unclear. Experts appear to act as editors or supervisors.	EX_HTH02_01	<a href="#">Agoraphobia</a>	26/8/2024	3159	Sometimes authors are “freelance writers”. Texts are “medically reviewed” by experts.
EX_HTH01_02	<a href="#">Dementia</a>	20/03/2023	1720		EX_HTH02_02	<a href="#">Dyslexia: Signs, Symptoms, Diagnosis, and How to Help</a>	30/09/2024	1844	
EX_HTH01_03	<a href="#">Eczema</a>	12/01/2024	1673		EX_HTH02_03	<a href="#">Irritable Bowel Syndrome (IBS)</a>	11/02/2024	3828	
EX_HTH01_04	<a href="#">Hepatitis A</a>	15/02/2024	920		EX_HTH02_04	<a href="#">Obsessive-Compulsive Disorder (OCD): Signs and Treatment</a>	04/04/2024	2447	
EX_HTH01_05	<a href="#">Osteoporosis</a>	22/01/2024	1657		EX_HTH02_05	<a href="#">Smallpox: Symptoms, Spread, and Treatment</a>	31/01/2024	2532	

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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	<a href="#">What is climate change lobbying?</a>	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	<a href="#">What is sustainable aviation fuel and why are only 0.1% of flights powered by it?</a>	29/11/2023	1376	Thematic diversity: trade and investment, civil society, economic growth, biodiversity, emerging technologies, etc.
EX_ECO01_02	<a href="#">What is the blue economy?</a>	11/12/2024	1098		EX_ECO02_02	<a href="#">What is green hydrogen and why do we need it? An expert explains</a>	21/21/2021	2457	The majority of these EXs include images; some include graphs displaying data and occasionally, embedded videos.
EX_ECO01_03	<a href="#">What is conservation finance?</a>	26/04/2023	1085		EX_ECO02_03	<a href="#">What is energy intensity and why is it vital to our net-zero goals?</a>	13/06/2023	1126	Most of them seem to be writer-mediated, sometimes co-authored by experts (e.g. EX_ECO02_01).
EX_ECO01_04	<a href="#">What is a carbon price and why do we need one?</a>	01/11/2019	1034		EX_ECO02_04	<a href="#">What do green subsidies mean for the future of climate and trade?</a>	13/03/2023	1631	
EX_ECO01_05	<a href="#">How much will it cost to cut global greenhouse gas emissions?</a>	02/09/2022	1374		EX_ECO02_05	<a href="#">What is the circular economy, and why does it matter that it is shrinking?</a>	14/06/2022	1326	

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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	<a href="#">Yale Experts Explain Methane Emissions</a>	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	<a href="#">Climate Change Attribution</a>	10/9/2024	1038	Footnotes include references to research articles.
EX_NSC01_02	<a href="#">Yale Experts Explain Scope 3 Emissions</a>	14/11/2023	2145		EX_NSC02_02	<a href="#">Biochar</a>	27/2/2024	781	
EX_NSC01_03	<a href="#">Yale Experts Explain Compost</a>	10/1/2022	2111		EX_NSC02_03	<a href="#">Enhanced Rock Weathering</a>	9/11/2023	1165	
EX_NSC01_04	<a href="#">Yale Experts Explain Ocean Acidification</a>	21/9/2021	1600		EX_NSC02_04	<a href="#">Net Zero Emissions</a>	16/12/2022	1138	
EX_NSC01_05	<a href="#">Yale Experts Explain Biodiversity</a>	17/8/2020	1197		EX_NSC02_05	<a href="#">Permafrost</a>	4/8/2022	966	

