Observation and Correlation
The Impact of Alcohol on Academic Performance:
Summarizing the Research

**Research Finding #1: High-risk drinking negatively impacts class attendance**
- Frequent binge drinkers are more likely to miss a class, fall behind in their schoolwork (Wechsler et al., 1998)
- The number of drinks consumed correlates positively with the number of classes missed (AlcoholEdu, 2008-2009)
- Frequency of alcohol consumption was associated positively with absenteeism from classes disliked (Wyatt, 1992)

**Research Finding #2: High-risk drinking negatively impacts time spent studying**
- Alcohol consumption has a negative predictive effect on study hours under all definitions of drinking (binge, frequent binge, drunkenness, and frequent drunkenness) (Weaver, 2002)
- More frequent use of alcohol usually produces larger negative effects on study hours, with frequent drunkenness having the largest negative effect (Weaver, 2002)
- There is a negative relationship between heavy episodic alcohol use and the time students spend on academics (Porter & Pryor, 2007)

**Research Finding #3: Inverse relationship between high-risk drinking and grade point average**
- Binge drinking two or more times in a typical two week period is linked to significantly lower semester grades (Pascarella et al., 2007)
- The probability of getting a high GPA significantly decreases as the frequency of heavy episodic drinking increases (Porter & Pryor, 2007)
- The heaviest drinkers obtain the lowest grades (Presley, 1993)
- The amount of alcohol consumed correlates significantly with GPA (Singleton, R. 2007)
- Alcohol consumption has a negative predictive effect on GPA under all definitions of drinking (binge, frequent binge, drunkenness, and frequent drunkenness) (Weaver, 2002)
- Heavy college drinking predicts a reduction in the probability of having an "A" average cumulative GPA (Weaver, 2002)
- There is a significant relationship between GPA and the percent of students who drink or are heavy drinkers (Engs et al., 2002)
- Among drinkers, the lower the GPA, the higher the percentage who drank or were heavy drinkers (Engs et al., 2001)
- Those students with 4.0 GPAs consumed a third fewer drinks compared to those with GPAs under 2.0 (Engs et al., 2001)
- There is a significant decline in GPA when comparing abstainers to heavier drinking categories (Rau & Durand, 2000)


Observation

• Observation is scientific
• Not as well controlled as true experiments.
• This leads to concerns about
  - **Construct validity** (are you measuring what you intend to study?)
  - **External validity** (do your observations generalize?)
  - **Internal validity** (can you be sure that the behaviors are caused by what you think they are?)
Descriptive observation

• Naturalistic observation
  – Ethology: the study of naturally occurring behaviors, often in the wild. Count various behaviors of animals, infants, shoppers.
  – Can measure inter-observer reliability.

• Case study

• Survey
Jane Goodall

Dian Fossey
Jane Goodall

Dian Fossey

Me
Want my parking space?  
You'll just have to wait

Study says drivers take longer when someone's waiting

May 13, 1997
Web posted at: 11:47 a.m. EDT (1547 GMT)

STATE COLLEGE, Pennsylvania (AP) -- It's not your paranoid imagination after all: People exiting parking spaces really do leave more slowly when you're waiting for the spot. And if you honk, it will only make things worse.

It's called territorial behavior and once again shows that we haven't evolved as much as we might like to think.

A study of more than 400 drivers at an Atlanta-area mall parking lot found that motorists defend their spots instinctively.

"Like our ancestors, we humans still defend territories," said Penn State University sociologist Barry Ruback. "This, despite the fact that when you're leaving, the whole point is to leave. There's nothing to be territorial about."

One reason for the extra wait, Ruback acknowledged, could be safety: Drivers may slow down to avoid hitting the other car.

The study appears in the May 1-15 issue of Journal of Applied Social Psychology. Ruback conducted the research with Daniel Jueng, an undergraduate at Georgia State University.

Judith Stevens, a transplanted New Yorker now living in State College, said she understands the impulse to take your sweet time when another driver gets a little pushy.
Unobtrusive “observation” (?)

Scientists look for data anywhere they can find it. Researchers from University College London studying handedness, for example, found data in a group of early 20th-century films of everyday English life.

More than 800 short films made from 1900 to 1906 by Mitchell & Kenyon, a company in Blackburn, were found in 1994 and preserved by the British Film Institute. The researchers, Chris McManus and Alex Harrigan, wanted to see what the films showed about rates of left-handedness. More than 10 percent of people are left-handed, but studies have shown that the percentage was lower a century ago.

The researchers found 391 arm-waving examples in the films, 61 involving the left arm. Other studies have shown a correlation between arm waving and handedness.

In a control sample of 391 modern images of arm waving, 95 involved the left arm. The findings were published in Current Biology.

The researchers estimated the ages of arm wavers and found that the frequency of left-arm use increased with age. It was higher, for example, among people estimated to have been born in the 1860s than those born in the 1870s.

The researchers concluded left-handedness declined in Victorian England because of social and school pressures and the rise of industrial tools, among other factors, reaching bottom around the turn of the 20th century.
Problems with descriptive observation

• Can’t determine causes of behavior
• Can’t easily replicate observations
• Reactivity = demand characteristics
  – Could use unobtrusive, naturalistic observation
  – Or participant observation
  – Or unobtrusive measurements—evidence of the behavior without observing the behavior (graffiti, trash, death records, accident reports)
Relational Research

1. Frequency distributions (or contingency tables)
2. Correlational research
Relational Research

• Contingency tables with frequencies of events in which two (or more) variables are examined together.

• Is **ex post facto** -- nothing is manipulated

• Goal is to learn how different factors may be related to each other
Contingency table research

- Can indicate relationships between variables.
- Cannot indicate causation.

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CDC: 15 million U.S. adults have asthma

August 17, 2001 Posted: 11:32 AM EDT (1532 GMT)

ATLANTA, Georgia (AP) -- Nearly 15 million American adults -- about one in every 14 -- suffer from asthma, according to the government's first state-by-state survey of the respiratory disorder.

About 6 million more adults say they have had asthma at some point in their lives, the Centers for Disease Control and Prevention reported Thursday.

The data showed no broad regional trends, leaving scientists scratching their heads as to why some states are more susceptible to asthma than others.

"Anything we'd say would be speculation," said Dr. Stephen Redd of the CDC's National Center for Environmental Health.

According to the survey, Nevada had the highest rate in the country, with 13.4 percent of residents saying they have suffered from asthma in their lives. The state with the highest rate of people currently suffering from asthma is Maine, at nearly 9 percent.

Louisiana health department spokesman Bob Johannesseen said he was skeptical of the numbers, which relied on asthma sufferers themselves rather than health care data.

"We're very pleased to see any report that ranks Louisiana at the top of a good list, but it's a condition we are very concerned about," he said. "It very well could be underreported."

Asthma rates have more than doubled since 1980, hitting particularly hard
Camero has highest driver death rate

September 19, 1997
Web posted at: 12:22 a.m. EST (0527 GMT)

WASHINGTON (Reuters) -- The sporty Chevrolet Camaro once again had the highest driver death rate in the latest insurance industry figures issued Thursday.

The Camaro's driver death rate of 295 for the 1991-95 period was almost three times the average for all models and just slightly below its 297 score last year, the Arlington, Virginia-based Insurance Institute for Highway Safety said.

Other vehicles with very high death rates included the Geo Tracker, a small utility vehicle based on a Suzuki design and sold by Chevrolet dealers, with a 264 score.

The Pontiac Firebird, a twin of the Camaro, had a death rate of 260 and the Hyundai MotorScoupe, a small two-door car, was scored at 255.

But General Motors Corp said the Camaro, Firebird and Tracker were all safe cars.

It said the institute's study implied vehicles caused crashes without recognizing driver behavior as the primary cause of over 90 percent of vehicle crashes.

"People should not conclude from the study that they would be 'safer' in one vehicle than in another vehicle," said Kyle

Johnson, GM manager of safety communications.

However, the institute, a research group funded by the insurance industry, disagreed. While driver behavior was certainly a factor it did not explain large differences in death rates within groups of vehicles.

Despite that variation the institute said vehicles with the lowest death rates tended to be passenger vans and station wagons, large four-door cars and large utility vehicles.

The Ford Motor Co. Windstar van got a low 25 death rating. Other low scores were Toyota Motor Corp.'s Lexus ES 300 at 30, followed by GM's Cadillac Fleetwood and the Volvo 850 at 32.

The institute used data from the federal government's Fatality Analysis Reporting System. Driver deaths per 10,000 registered vehicle years were distributed on a scale where 100 equals the average death rate for all passenger vehicles.

Institute spokeswoman Julie Rochman said sports cars were bound to be driven in a certain way.

"The main thing is that different cars do better or worse than similar cars in their class -- that's the concern to us," equals the average death rate for all passenger vehicles.

Rochman said that within the sports car group the Chevrolet Corvette scored 237 vs. the Camaro's 295 and the Mazda Motor Corp. Miata was rated 77.

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Table continues on next page
Correlational research

• Can provide information about **direction** and **degree** to which two variables are related.
  – Correlation coefficient ranges from –1.0 to 1.0
  – Negative vs. positive relation
  – Closer to 1.0 or -1.0 = stronger relation

• Correlations do not permit inferences about causation.

• Low correlation does not necessarily mean the two variables are unrelated.
  – Non-linear relation
  – Restricted range

• Third-variable problem
Correlation coefficient = \text{"r"}
$r = 0.181$
Variance Interpretation
The squared correlation coefficient ($r^2$) is the proportion of variance in $Y$ that can be accounted for by knowing $X$. Conversely, it is the proportion of variance in $X$ that can be accounted for by knowing $Y$.

One of the most important properties of variance is that it may be partitioned into separate additive parts. For example, consider shoe size. The theoretical distribution of shoe size may be presented as shown above.

If one knows the sex of an individual, one knows something about that person's shoe size, because the shoe sizes of males are on the average somewhat larger than females. The variance within each distribution, male and female, is variance that cannot be predicted on the basis of sex, or error variance, because if one knows the sex of an individual, one does not know exactly what that person's shoe size will be.
Effect of Outliers
An outlier is a score that falls outside the range of the rest of the scores on the scatterplot. Depending upon where the outlier falls, the correlation coefficient may be increased or decreased. An outlier which falls near where the regression line would normally fall would necessarily increase the size of the correlation coefficient, as seen below.

\[ r = .457 \]

\[ r = .336 \]
Highly related, low correlation
non-linear relation

\begin{align*}
10 & \quad 1000 \\
20 & \quad 8000 \\
30 & \quad 27000 \\
40 & \quad 64000 \\
50 & \quad 125000 \\
60 & \quad 216000 \\
70 & \quad 343000 \\
\end{align*}

\[ r = 0.93 \]

\[ x' = x^3 \]
Highly related, low correlation 2
restricted range

$r = .933$

restrict range to $x > 29$: $r = .71$
Validity of the Graduate Record Examination: Estimated or Tactfully Known? Nathan R. Kuncel, John P. Campbell, and Deniz S. Ones University of Minnesota, Twin Cities Campus

Although Sternberg and Williams (June 1997) addressed an important topic, they probably did not fully appreciate the consequences of their findings. Their focus on operational validity, which they themselves defined as a measure of the test's effectiveness in predicting important outcomes, was somewhat narrow. The publication of their findings in Psychological Assessment, a journal with a broad readership, suggests that they intended their research to have a more general impact beyond the field of psychology.

In the context of the Graduate Record Examination (GRE), the GRE Verbal subscale is highly correlated with various academic achievement measures. For example, the GRE Verbal subscale is strongly related to graduate school performance, but its predictive validity is not as high as that of the GRE Quantitative subscale. However, the GRE Verbal subscale is still a useful predictor of academic success, and its inclusion in the GRE battery helps to provide a more comprehensive assessment of a candidate's abilities.

Failure to Take Range Restriction Into Account

The objective of Sternberg and Williams's (1997) study was to estimate the criterion-related validity of the GRE for predicting subsequent graduate school performance. The GRE is a standardized test that is widely used in the United States and around the world. The results of the study were published in Psychological Assessment, a journal that is read by a large audience of psychologists and educators.

In the context of the GRE, range restriction refers to the fact that the scores on the test are concentrated in a narrow range. This can occur when the sample of test-takers is not representative of the population of interest. For example, if the sample of test-takers consists of only a small subset of the population, the scores on the test may be skewed towards the high end. This can lead to a situation where the correlation between the test score and the criterion is artificially low, even if the test is a valid measure of the criterion.

Reanalysis

On the basis of the previous literature and a reanalysis of Sternberg and Williams's (1997) data, we would argue that the operational validity of the GRE is higher than what Sternberg and Williams claimed. Both the GRE Technical Manual (Briel et al., 1992) and the meta-analysis by Goldberg and Alliger (1992) provide observed correlations between the GRE and graduate school performance. Although both of these sources also failed to use appropriate corrections, they provide considerably more information about the observed sample relationships between GRE scores and graduate student performance than can be obtained from a single small sample study. The GRE Technical Manual (Briel et al., 1992) reports median criterion-related validity coefficients for the GRE Verbal subscale (r = .18), the GRE Quantitative subscale (r = .39), and the GRE Advanced Psychology Test (r = .37) for psychology graduate school success across a number of studies and criterion measures. In a small-scale study, Sternberg and Williams (1997) reported similar results, with an average correlation of .23 for GRE scores and graduate student performance. These estimates as well as those for the other criterion variables shown in Table 1 do not support Sternberg and Williams's (1997) conclusion that "only the GRE Analytical Writing is found to predict more than 3% of variance in student performance in graduate school.

Gatekeeping, Compensation, and Falsifiability

John Ruscio Brandeis University

Sternberg and Williams (June 1997) wrestled with an important question when they considered the extent to which Graduate Record Examination (GRE) scores predict meaningful educational outcomes. Their discussion of the reasons why the GRE is important to academic success and the call for evaluations of its predictive validity may stimulate much-needed research. However, none of their conclusions regarding the utility of GRE scores or alternative assessment of ability in admissions decisions is supported by the study they cite. The article to an understanding of the GRE is neg

Table 1

<table>
<thead>
<tr>
<th>Criterion and Correlation</th>
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<td>17</td>
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Note: Grades were not corrected for unavailability because no reliability values were reported for this criterion. The computations took into account the different numbers of students for different criteria. The data for this study were not corrected for range restriction. The correlation .23 is a correlation corrected for range restriction only. The correlation .23 is a correlation corrected for range restriction and reliability. The correlation .23 is a correlation corrected for range restriction, reliability, and operational validity.

REFERENCES


tion Graduate Record Examina-


Correspondence concerning this comment should be addressed to John P. Campbell, Department of Psychology, University of Minnesota, Twin Cities Campus, 75 East River Road, Minneapolis, MN 55455-0311. Electronic mail may be sent to campbell00@umn.edu.

May 1998 • American Psychologist

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May 1998 • American Psychologist

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Third variable problem

From http://www.allegiance.com/blog/correlation-vs-causation-means-job-security-for-the-voc-professional/8177
Third variable problem
A beneficial use of the third variable problem

Get people to drink less? Make cigarettes more expensive

Article by: CHRISTOPHER INGRAHAM, Washington Post | Updated: November 1, 2014 - 3:39 PM

Excessive drinking leads to about 88,000 deaths each year in the United States. Cigarette smoking adds another 440,000 deaths, most from long-term health problems, including cancer.

And both figures could be improved with one simple policy change, according to a study from the Washington University School of Medicine.

A substantial body of research shows that cigarette tax increases lead to decreased cigarette consumption. A recent Congressional Budget Office study concluded that a 10 percent increase in cigarette prices leads to a 5 to 15 percent decrease in teen smoking rates, and a 3 to 7 percent decrease among all adults.

The Washington University study finds that the same 10 percent cigarette price increase also leads to a 1 percent decrease in alcohol consumption. But the researchers found that when it comes to tax policy, all drinks aren’t created equal. “Strengthening of tobacco
The finding doesn’t mean the drinks cause bad behavior. But the data suggest that regular consumption of energy drinks may be a red flag for parents that their children are more likely to take risks with their health and safety. “It appears the kids who are heavily into drinking energy drinks are more likely to be the ones who are inclined toward taking risks,” Dr. Miller said.

Correlation does not imply causation, but…

Health researchers have linked risky behavior among teenagers and young adults to super-caffeinated energy drinks such as Red Bull, Redline, Monster, Spike Shooter, Full Throttle, and Amp. Approximately one-third of 12- to 24-year-olds say they regularly down energy drinks, accounting for over $3 billion in annual sales in the United States. Nationwide, these drinks have been linked with reports of nausea, abnormal heart rhythms, and emergency room visits and have been a source of increased concern among health researchers and school officials. Worse, emerging research suggests the drinks are connected with risk taking.
Study links sexual content on TV to teen pregnancy

By Elizabeth Landau
CNN

(CNN) -- Sexual content on television is strongly associated with teen pregnancy, a new study from the RAND Corporation shows.

Researchers at the nonprofit organization found that adolescents with a high level of exposure to television shows with sexual content are twice as likely to get pregnant or impregnate someone as those who saw fewer programs of this kind over a period of three years. It is the first study to demonstrate this association, RAND said.

A central message from the study is that there needs to be more dialogue about sex in the media, particularly among parents and their children, said Anita Chandra, the study's lead author and a behavioral scientist at RAND.

"We know that parents are busy, but sitting down and watching shows together with their teen, talking about the character portrayals, talking about what they just witnessed, and really using it as a teachable moment is really, I think, a good recommendation from this research," Chandra said.

To measure exposure, the researchers used a method developed by another research group evaluating 23 shows for sexual content. Then, they asked teenagers how frequently they watched each of those shows, and developed a score based on exposure to the shows.

"We know that if a child is watching more than an hour of TV a day, we know there's a sexual scene in the content every 10 minutes, then they're getting a fair amount of sexual content," Chandra said.

Don't Miss
• High-profile teen pregnancies in spotlight
• iReport: Teen pregnancy deserve attention

Melody Monroe of Norfolk, Virginia, who had her first child when she was 17, said she agrees that sex on television contributes to teen pregnancy. Monroe, who shared some of her views on iReport.com, recalls watching shows on Lifetime Television with her mother that were "almost soft porn," with kissing and bedroom scenes.

"Oh, the guy gets the girl, they fall in love, happily ever after, babies come, I thought that was one way of being loved," said Monroe, now 28. "Happily ever after doesn't happen," iReport.com: Were you a teenage parent? Share your story

But Sandy Tomlinson of Glendale, Arizona, who had her son at age 15, said she doesn't think television affects teen pregnancy -- rather, teen pregnancy has to do with the way parents raise their children.

"I feel that if my parents would have been more involved in my life that I would have made different choices," said Tomlinson, now 27, who also shared her story with iReport.com. "It gets old hearing all these studies that blame everything and everybody but the parents.

The RAND study, published in the November edition of the journal Pediatrics, looked at the results of three surveys of about 2,000 adolescents ages 12 to 17 from 2001 to 2004. It focused on the results from more than 700 participants nationwide who had engaged in sexual intercourse by the third survey.

Researchers asked adolescents about a mix of sitcoms, drama, animated shows and reality shows known to have sexual content. Chandra declined to name any specific programs, but said sexual content is a "necessity" in animation.
Main Entry:
bell·weth·er

Pronunciation:
\ˈbel-ˈwe-thər, -ˌwe-\n
Function:
noun

Etymology:
Middle English, leading sheep of a flock, leader, from belle bell + wether; from the practice of belling the leader of a flock

Date:
13th century

: one that takes the lead or initiative
: leader; also : an indicator of trends
Kids who are obedient are likely to (1) do their homework, (2) behave well in school, (3) eat their breakfast as requested.
Morning Jolt: Team Says Coffee May Avert Suicide, Depression

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LONDON — A U.S. researcher says coffee could protect people against suicide and depression, a scientific journal reported Friday.

Arthur Klatsky, head of a research team at the Department of Medicine at the Kaiser Permanente Medical Care Program in California, suggested in the journal Annals of Epidemiology that coffee acts as an antidepressant.

He described a 10-year follow-up study of 128,000 patients in a medical care program that found that the chance of suicide fell as people drank more coffee. Tea had a similar although weaker effect.

While the study found that the chance of suicide dropped with increased coffee intake, it found no difference between death rates for people who drank coffee and those who did not.

The link between more coffee and lower suicide rates was the strongest of all the links Klatsky's team found in its study of coffee and causes of death.

Coffee drinkers also were found less likely to die of cirrhosis of the liver.

But Klatsky advised doctors not to prescribe coffee, tea or pure caffeine for depression before trials on patients had been carried out.

A Norwegian study involving 38,564 men and women and published in the British Medical Journal in 1990 found that heavy coffee drinking was significantly related to death from heart disease.
Getting away from it all every year is a lifesaver

Heart death is more likely if you skip vacation
By Marilyn Elias
USA TODAY 2/2000

SAVANNAH, Ga. — Vacations apparently can help keep people alive.

Yearly vacations cut the chances of dying young from coronary heart disease by one-third for middle-aged men already at risk for heart attacks, suggests a large study out Wednesday.

The more times men skipped their annual vacation over five years, the more likely they were to die in the next nine years, scientists reported at the American Psychosomatic Society meeting.

"We don't know if it's just the absence of stress on vacations or some positive, restorative quality when you get away," says psychologist Brooks Gump of the State University of New York at Oswego.

He and University of Pittsburgh psychologist Karen Matthews reported findings from 22,338 men who were 35 to 57 years old at the start.

All were part of a larger, well-known health study called Mr. Fit.

Men in the worst shape were excluded from the study. Participants had no clinical signs of heart disease at the outset. Their weight, blood pressure and cholesterol weren't in dangerously high ranges but did put them at risk for later heart problems.

Researchers asked about vacations every year for five years. Then they looked at medical and death records over nine years for men who lived for at least a year after the last vacation survey.

They also took account of age and health factors linked to heart disease, as well as non-fatal heart attacks that might have prevented vacations and predicted death.

Compared with those who never took vacations, men going on annual vacations were 21% less likely to die over the nine years and 32% less likely to die of coronary heart disease.

"The more often you skipped that vacation, the higher your risk of death," Gump says.

The findings are consistent with new evidence that relaxation may help clear fats from arteries, he says.

The scenic beauty encountered on many vacations can promote health, says University of Michigan psychologist Stephen Kaplan.

His research shows that beauty focuses attention, helping people plan better and deflect distractions while lowering irritability.

"This could be the bridge to stress," Kaplan says. Viewing beauty "helps you handle things better. You can get more done without feeling overwhelmed."

Chances are you know someone in your workplace who refuses to take a vacation. Or maybe it’s you. Research shows that one out of seven workers entitled to paid vacation time didn’t use it this past year.

Some managers prefer when their employees don’t take a vacation.

"Somewhere around 13 percent of U.S. managers are more likely to promote people who don’t take all of their vacation days," says Nancy Koehn, historian at the Harvard Business School.

Other companies want to fix this problem - so, they’re paying for their employees’ vacation expenses. In 2012, the company FullContact began offering their employees about $7,000 a year for a vacation.

"The perception of managers and workers is that somehow people who never take any vacation, or are always doing their job, are somehow better team members and are more productive," says Koehn. "But the evidence on all of that is unambiguous. People who take time off are actually less stressed, more focused and more productive."

Featured in: Marketplace for Monday August 18, 2014
HEART PROBLEMS

Long Commute, Overtime May Set Off Coronary Ills

Long commuting and working overtime appear to cause pronounced heart rate variations, which could trigger heart problems, Japanese doctors warned Friday.

Dr. Takayuki Kageyama and colleagues at the National Institute for Environmental Studies in Ibaraki, Japan, studied the short-term heart rate variability of 223 Japanese male white-collar workers in a Tokyo company.

They found that those who commuted 90 minutes or longer had more pronounced heart rate variations than their colleagues who spent less time traveling.

"These findings suggest that chronic stress or fatigue resulting from long commuting time or extensive overtime cause a sympathodominant state in these individuals," Kageyama reports in the British medical journal, Lancet.

From Post-Dispatch Wire Services 8/97
Study Links Cancer Of Breast To Jobs

WASHINGTON — Women who are teachers, religion workers or librarians have a significantly greater chance of dying from breast cancer than homemakers or other women in nonprofessional occupations, according to a federal study released Monday.

The study is the first to link breast cancer deaths with occupation on a large scale.

Carol Hogfoss Rubin, an epidemiologist with the Centers for Disease Control and Prevention, said her findings do not indicate that the occupations themselves are causing breast cancer, but rather that other outside factors associated with them — such as delayed childbearing — may be to blame.

Studying 2.9 million death certificates from 1979 through 1987, Rubin and fellow researchers at the disease center and National Institute for Occupational Safety and Health looked at those with breast cancer as a cause of death and then categorized them by occupation.

They found that professional women, overall, had higher rates of breast cancer death than nonprofessional workers. Nuns, clergy women, teachers and librarians had the most elevated rates among white women. Their risk of dying from the disease was between 62 percent and 65 percent greater than women in the average population, the study said.

Also at higher risk — in decreasing order — were white counselors, mathematicians, computer scientists, secretaries, finance officers, pharmacists, supervisors, bank tellers, clerks, lawyers, judges, managers and administrators, and nurses.

The risk was especially pronounced for black professional women. The study found that black physicians, lawyers, judges and pharmacists were three to six times more likely than other women to die from the disease.

Yet in general, women in less professional jobs had a lower than average risk of dying from breast cancer, which annually kills about 46,000 American women. Among those were homemakers, laborers, farmers, equipment cleaners and service industry workers, the study said.

There were some anomalies uncovered by the research: White women physicians were found to be at lower risk than women in the general population, while white mechanics, repairers and precision production workers had a higher risk of dying from the disease.

One reason behind the overall findings, Rubin said, may be that women in higher professions "go to school; they're starting their families later than they would if they went straight into childbearing."

Previous breast cancer research has shown that delayed childbearing increases a woman's risk of getting the disease, probably because of hormonal factors. Studies indicate that a woman who does not have her first child until after age 30 is at three times' greater risk of developing breast cancer than women who have a first child before age 18.

It may also be true, Rubin said, that women who live in urban areas and are exposed to higher levels of industrial chemicals may be at higher risk. Research on occupational factors and breast cancer is expected to be presented at a meeting of the American Cancer Society this month.

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\text{St. Louis Post-Dispatch}
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\text{Sept. 14, 1993}
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Lack of Sleep May Be Linked to Childhood Obesity

Study found more than 30% of kids who didn’t get enough nighttime rest gained too much weight.

Among the younger children, lack of sufficient nighttime sleep at baseline was associated with increased risk for later overweight or obesity.

Among the older children, the amount of sleep at baseline was not associated with weight at follow-up. However, a lack of nighttime sleep at follow-up was associated with increased risk of a shift from normal weight to overweight and from overweight to obesity, the study found.

The findings “suggest that there is a critical window prior to age 5 years when nighttime sleep may be important for subsequent obesity status,” wrote Janice F. Bell of the University of Washington in Seattle, and Frederick J. Zimmerman of the University of California, Los Angeles.

“Sleep duration is a modifiable risk factor with potentially important implications for obesity prevention and treatment,” the authors concluded. "Insufficient nighttime sleep among infants and preschool-aged children appears to be a lasting risk factor for subsequent obesity, while..."
Cross-lagged panel correlation procedure

- Provides a way to make inferences about causation using correlations.