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**Subject:** APA Headlines: Young Adult's Job Satisfaction Can Impact Health In Middle-Age, Study Suggests  
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Good morning Ms Cathy Thompson

August 23, 2016

### Leading The News

#### Young Adult's Job Satisfaction Can Impact Health In Middle-Age, Study Suggests.

[HealthDay](#) (8/22, Mozes) reports new research found being unsatisfied at your job in your 20s and 30s can "undermine your health by mid-life," but having work you enjoy could "pay health dividends." The study found that disenchanted worker had "worse mental health" by their 40s, and "were more likely to suffer from routine sleep trouble and anxiety compared with satisfied or increasingly satisfied participants." Researchers surveyed more than 6,400 men and women participating in a long-running study that began in 1979. According to the researchers "physical health appeared to suffer among those who consistently expressed low satisfaction with work or whose satisfaction fell over time."

#### Psychiatric News Alert



[New Scoring System May Improve Reliability of PMDD Diagnosis](#)

[Probiotics Alone May Be Unlikely to Reduce Risk of Depression, Report Finds](#)

Free Course of the Month: [Updates in Women's Health: Psychopharmacologic Approaches in the Perinatal Period](#)

Psychiatric disorders are common during pregnancy and the postpartum period. This course provides an overview of the current evidence for the use of mood stabilizers and antipsychotics during pregnancy and lactation. [Learn more](#) or [take the August course](#).

Free Course for September: Neuromodulation in the Treatment of Geriatric Psychiatric Disorders



### Psychiatric Treatment/Disorders

#### Study Finds Some Women Taking Calcium Supplements May Have Increased Risk Of Dementia.

[Reuters](#) (8/22) reports that, according to a small [study](#) in the journal Neurology, "women who have had a stroke or suffer from disorders that affect blood flow to the brain" and "who take calcium supplements may face an increased risk of developing dementia." Lead author Silke Kern of the University of Gothenburg in Sweden said, "Our study is the first to show a relationship between calcium supplementation and increased risk for dementia in older women." He added that "this observational study doesn't prove that calcium supplements directly cause dementia" and that "even for women who have had a stroke, it's too soon to say for sure whether they should avoid calcium supplements." Reuters says that study examined data on 700 women ages 70 to 92 who didn't have dementia.

### Psychiatry and Public Health



## National Institute Of Child Health And Human Development Launches New Initiative To Increase Awareness About Depression And Anxiety During Pregnancy And After Childbirth.

[Healio](#) (8/22) reports the National Institute of Child Health and Human Development recently launched Moms' Mental Health Matters, a new initiative that aims "to increase awareness about depression and anxiety during and after pregnancy." The National Institute of Child Health and Human Development developed free materials on the signs and symptoms of the conditions that can occur "during pregnancy and after childbirth."

### Other News

## Study Says Being A Breadwinner Reduces Millennial Men's Psychological Well-Being.

[CNN](#) (8/22, Howard) reports a new working paper suggests that married millennial men who are the breadwinner in a household may have their "psychological well-being and overall physical health slightly suffer," whereas millennial women in the same position may experience a boost in their psychological well-being. Christin Munsch, an assistant professor of sociology at the University of Connecticut and lead author of the paper, admits she was "in some ways...surprised" by the findings, but acknowledged "this is just showing trends in the data." Munsch and her colleagues found that "men whose wives contributed equally to the household income had an average psychological well-being score of about 3.33 on a four-point scale, whereas men who contributed twice as much as their wives had a 3.27 score." Men who were complete breadwinners scored 3.17, while completely dependent women scored 3.08, and partially dependent women scored 3.17.

According to [McClatchy](#) (8/22), Munsch says, "The data definitely seems to indicate that, in general, as men take responsibility for greater and greater shares of the couple's pooled income, they experience declines in their psychological well-being and health."

## Most Studies Of Surgery Patients Do Not Enroll Similar Numbers Of Men And Women, Analysis Suggests.

[Reuters](#) (8/22, Seaman) reports most studies of surgery patients do not "enroll similar numbers of men and women," according to a new study published in JAMA Surgery. The researchers, led by Dr. Melina Kibbe of the University of North Carolina at Chapel Hill, reviewed 1,303 studies published in 2011 and 2012 and found that while women made up 51% of study participants, the majority of the studies did not have a male-to-female or female-to-male sex ratio under 2:1.

### Monday's Lead Stories

- [Study Indicates Consumers Have Fewer Insurer Options For 2017.](#)
- [UK Trial Aims To Identify Patients With Early Alzheimer's.](#)
- [New York Governor Urged To Sign Bill Mandating Mental Health Instruction In Public Schools.](#)
- [Suicidologist Urges Faster Action On George Washington Bridge Safety Barriers.](#)
- [Some Small Companies Restoring Group Health Insurance Coverage.](#)

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