Welcome to this month’s Health Improvement alert, compiled by NHS Health Scotland’s Knowledge Services team which highlights recent publications and journal articles in many health improvement topics.

Some of the items highlighted in this digest are available with an ATHENS username and password only. NHS staff and partners can obtain an Athens password by registering with Athens. [https://www.athensregistration.scot.nhs.uk/](https://www.athensregistration.scot.nhs.uk/)

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Alcohol

(1) Abrantes AM, Blevins C, Lindsay C, Battle CL, Buman MP, Agu E, et al. **Formative work in the development of a physical activity smartphone app targeted for patients with alcohol use disorders.** Psychol Sport Exerc 2019 03;41:162-171

(2) Agahi N, Dahlberg L, Lennartsson C. **Social integration and alcohol consumption among older people: A four-year follow-up of a Swedish national sample.** DRUG ALCOHOL DEPENDENCE 2019 03;196:40-45

(3) Bliuc A, Doan T, Best D. **Sober social networks: The role of online support groups in recovery from alcohol addiction.** J COMMUNITY APPL SOC PSYCHOL 2019 Mar;29(2):121-132


(7) Devilly GJ, Srbinovski A. **Crisis support services in night-time entertainment districts: Changes in demand following changes in alcohol legislation.** Int J Drug Policy 2019 03;65:56-64


(9) Kraus L, Seitz N, Shield KD, Gmel G, Rehm J. **Quantifying harms to others due to alcohol consumption in Germany: a register-based study.** BMC MED 2019 03/19;17(1):N.PAG-N.PAG

(11) Marmorstein NR. Investigating associations between caffeinated beverage consumption and later alcohol consumption among early adolescents. Addict Behav 2019 03;90:362-368


Children and young people


(3) Bølling M, Niclasen J, Bentsen P, Nielsen G. Association of Education Outside the Classroom and Pupils' Psychosocial Well-Being: Results From a School Year Implementation. J Sch Health 2019 03;89(3):210-218


Participating in a Multicomponent Program Promoting Family Cooking, Eating, and Playing Together. J NUTR EDUC BEHAV 2019 03/02;51:S30-S40

(8) Killeen H, Shahin S, Bedell GM, Anaby DR. Supporting the participation of youth with physical disabilities: Parents' strategies. BR J OCCUP THER 2019 03;82(3):153-161


(13) Reyes C, Barakat-Haddad C, Barber W, Abbass-Dick J. Investigating the effectiveness of school-based breastfeeding education on breastfeeding knowledge, attitudes and intentions of adolescent females. Midwifery 2019 03;70:64-70


(17) Wright DR, Saelens BE, Fontes A, Lavelle TA. Assessment of Parents' Preferences for Incentives to Promote Engagement in Family-Based Childhood Obesity Treatment. JAMA Network Open 2019 03/29;2(3):e191490-e191490
Disabilities


(2) Atkinson D. How austerity has eroded learning disability services. LEARN DISABIL PRACT 2019 03/25;22(2):8-8

(3) Atkinson D. People with learning disabilities could benefit from mindfulness sessions. LEARN DISABIL PRACT 2019 03/25;22(2):8-8


(9) Gates B. Subjection of people with learning disabilities in the UK: Commentary on indifference of a devalued group. BR J LEARN DISABIL 2019 03;47(1):1-4


(11) Killeen H, Shahin S, Bedell GM, Anaby DR. Supporting the participation of youth with physical disabilities: Parents' strategies. BR J OCCUP THER 2019 03;82(3):153-161
(12) KRUEGER PM, DEHRY IA, CHANG VW. The Economic Value of Education for Longer Lives and Reduced Disability. Milbank Q 2019 03;97(1):48-73


(22) Rumrill PD, Koch LC, Bishop ML. The Disability Community Ain’t What It Used to Be: Implications of Emerging Disabilities for Rehabilitation Research, Policy,
Food and nutrition


(4) Medforth N, Evans J, Hills M, Madden H, Oyston J. Hearty Lives (Liverpool): a case study-based evaluation of a project designed to promote healthy eating and lifestyles in looked after young people. ADOPTION FOSTERING 2019 03;43(1):75-88

Mental health & wellbeing

(1) **UK adults with mental health issues are much less active than healthy peers, study finds.** MENT HEALTH PRACT 2019 03/07;22(2):7-7


(3) Baur N. **This weather always gets me down: A psychosocial perspective on mental illness.** HEALTH (LOND) 2019 03;23(2):180-196


(5) Busutil Leaver R. **Who is looking after your mental health?** INT J UROL NURS 2019 03;13(1):3-4

(6) Cheater S. **Promoting positive mental health.** INT J HEALTH PROMOT EDUC 2019 03;57(2):112-114

(7) Devitt P, Kelly BD. **A human rights foundation for ethical mental health practice.** IR J PSYCHOL MED 2019 03;36(1):47-54

(8) El Asam A, Samara M, Terry P. **Problematic internet use and mental health among British children and adolescents.** Addict Behav 2019 03;90:428-436

(9) Kotera Y, Green P, Sheffield D. **Mental Health Attitudes, Self-Criticism, Compassion and Role Identity among UK Social Work Students.** BR J SOC WORK 2019 03;49(2):351-370
(10) Richardson S, McNeill A, Brose LS. Smoking and quitting behaviours by mental health conditions in Great Britain (1993-2014). Addict Behav 2019 03;90:14-19


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**Obesity**


(3) Casey A. Childhood Obesity: Causes, Consequences, and Intervention Approaches. NURS CHILD YOUNG PEOPLE 2019 03/06;31(2):11-11


(15) Sluggett L, Wagner SL, Harris RL. **Sleep Duration and Obesity in Children and Adolescents.** CAN J DIABETES 2019 03;43(2):146-152


(17) Tsai AG, Apovian C, Kaplan L. **Weight Loss Interventions in Adults.** JAMA 2019 03/05;321(9):900-900

(18) Wright DR, Saelens BE, Fontes A, Lavelle TA. **Assessment of Parents’ Preferences for Incentives to Promote Engagement in Family-Based Childhood Obesity Treatment.** JAMA Network Open 2019 03/29;2(3):e191490-e191490
Older people


(3) Qi M, Moyle W, Jones C, Weeks B. Physical Activity and Psychological Well-Being in Older University Office Workers: Survey Findings. WORKPLACE HEALTH SAF 2019 03;67(3):123-130


Oral health

(1) Addressing older adults' oral health needs. DENT ABSTRACTS 2019 Mar;64(2):95-96

(2) Improving oral health for immigrants. DENT ABSTRACTS 2019 Mar;64(2):93-94

(3) da Mata C, Allen PF, McKenna GJ, Hayes M, Kashan A. The relationship between oral-health-related quality of life and general health in an elderly population: A cross-sectional study. Gerodontology 2019 03;36(1):71-77

(4) Gibney JM, Wright FA, D'Souza M, Naganathan V. Improving the oral health of older people in hospital. AUSTRALAS J AGEING 2019 03;38(1):33-38


(6) Lutfiyya MN, Gross AJ, Soffe B, Lipsky MS. Dental care utilization: examining the associations between health services deficits and not having a dental visit in past 12 months. BMC Public Health 2019 03/05;19(1):N.PAG-N.PAG

(8) Sekundo C, Stock C, Jürges H, Listl S. Patients' self-reported measures of oral health-A validation study on basis of oral health questions used in a large multi-country survey for populations aged 50. Gerodontology 2019 03;36(1):N.PAG


Physical activity

(1) Bønnelycke J, Sandholdt CT, Jespersen AP. Household collectives: resituating health promotion and physical activity. Sociol Health Illn 2019 03;41(3):533-548


**Sexual health**


(3) Claussen C. Men engaging boys in healthy masculinity through school-based sexual health education. SEX EDUC 2019 03;19(2):115-129


Smoking


(5) Knopf A. AAP urges stronger regulations to prevent youth access to e-cigarettes. BROWN UNIV CHILD ADOLESC BEHAV LETT 2019 03;35(3):1-2


(7) Linden B. Stop smoking interventions and services: 2018 NICE guideline. BR J CARD NURS 2019 03;14(3):139-141


(10) Middleton A. Smoking and behaviour change. DENT NURS 2019 03;15(3):148-149

Substance use

(1) Corrigan PW, Larson JE, Smelson D, Andra M. Recovery, peer support and confrontation in services for people with mental illness and/or substance use disorder. Br J Psychiatry 2019 03;214(3):130-132


(8) Stuart H. Managing the stigma of opioid use. Healthc Manage Forum 2019 03;32(2):78-83

(9) Sundin M, Lilja J. Substance use and strategies to avoid relapses following treatment: A narrative approach with clients undertaking a twelve-step program in Sweden. J Subst Use 2019 03;24(2):125-129

Obtaining full text journal articles

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