Fast Facts

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A 12-week yoga intervention demonstrated greater improvements in mood and anxiety than a metabolically matched walking exercise. This study also indicated that increased thalamic GABA levels are associated with improved mood and decreased anxiety.


Interventions integrating physical activity into organizational routine during everyday life demonstrate modest but consistent benefits. Physical activity promotion strategies at the organizational level may be more sustainable than those at the individual level.


This narrative review suggests that a progressive loss of intrinsically photosensitive retinal ganglion cells (ipRGC) because of oxidative stress in glaucoma may be a pathway connecting glaucoma with sleep disorders and depression. Multidisciplinary treatment focusing on depression and normalization of circadian rhythms might be beneficial for glaucoma patients.

This review suggests that higher age, smoking, alcohol consumption, and psychological stress are risk factors for semen quality. Thus improvements to lifestyle and psychological health would be helpful for male reproductive health.


Psychological characteristics of both asthmatic children and their caregivers appear to contribute to the course and possibly also to the onset of asthma.


The effect of massage therapy on cortisol is generally very small and not statistically distinguishable from zero. Thus other as-yet-unidentified causal mechanisms must be responsible for massage therapy’s well-established clinical benefit for people with anxiety, depression, and pain.


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