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**Week Ending Dec. 4, 2015**

*The following is a digest of news coverage that we thought would be of interest because of the subject matter or because the articles mention APA-published research or members. This is just a sample of the coverage that APA’s Public Affairs staff tracks each day to keep staff abreast of pertinent news. We hope you find this information useful.*

[Security steps in Paris, Brussels, may be spreading anxiety](http://www.newsday.com/news/world/security-steps-in-paris-brussels-may-be-spreading-anxiety-1.11166700)

Newsday – Nov. 26, 2015

"We don't want to reinforce the Chicken Little belief that the sky is falling," said Frank Farley, former president of the **American Psychological Association**.  
\*\*\*APA fellow Frank Farley, PhD, quoted  
This article is a sample of an Associated Press report that has been reprinted by over 100 news outlets, including The Washington Post and The New York Times.

[Making Sense of the Senseless Violence](http://health.usnews.com/health-news/articles/2015/12/03/making-sense-of-the-senseless-violence)

U.S. News & World Report – Dec. 3, 2015

Some people may become isolated homebodies as their world view continues to be shaken, said Jones, a fellow of the **American Psychological Association**.  
\*\*\*APA fellow Russell Jones, PhD, quoted

[9 Tips for Talking to Kids About Trauma](http://www.huffingtonpost.com/greater-good-science-center/9-tips-for-talking-to-kids-about-trauma_b_8684558.html)

Huffington Post – Dec. 2, 2015

This applies to emotions, too," explain the experts at the **American Psychological Association** in their guide on how to talk to children about difficult news and ...

[Has Obama banned torture? Yes and no](http://america.aljazeera.com/opinions/2015/12/has-obama-banned-torture-yes-and-no.html)

Al Jazeera America – Dec. 1, 2015

The document suggests that “behavioral science consultants” help interrogators probe detainees, but the **American Psychological Association**recently voted to ...

[Proof That Positive Work Cultures Are More Productive](https://hbr.org/2015/12/proof-that-positive-work-cultures-are-more-productive?utm_campaign=HBR&utm_source=facebook&utm_medium=social)

Harvard Business Review – Dec. 1, 2015

The **American Psychological Association** estimates that more than $500 billion is siphoned off from the U.S. economy because of workplace stress, and 550 billion workdays are lost each year due to stress on the job.

[Why the San Bernardino Shooting Scares Us So Much](http://www.nbcnews.com/storyline/san-bernardino-shooting/why-san-bernardino-shooting-scares-us-so-much-n473911)

NBCNews.com – Dec. 4, 2015

"Work is the place most of us spend the majority of our waking time," clinical psychologist Ani Kalayjian added. "And there is a lot more fear of people from the ...  
\*\*\*APA fellows Ani Kalayjian, EdD, and Joel Dvoskin, PhD, quoted

[Making Sense of the Senseless Violence](http://health.usnews.com/health-news/articles/2015/12/03/making-sense-of-the-senseless-violence)

U.S. News & World Report – Dec. 3, 2015

Some people may become isolated homebodies as their world view continues to be shaken, said Jones, a fellow of the **American Psychological Association**.  
\*\*\*APA fellow Russell Jones, PhD, quoted

[Here's What We Know About The Contagion Of Mass Shootings](http://www.huffingtonpost.com/entry/mass-shooting-contagion_5660717be4b08e945fee4d57)

Huffington Post – Dec. 3, 2015

“You'd have a hard time finding someone who didn't do some research about those who went before,” Robert Fein, a psychologist who specializes in targeted ...

\*\*\*APA Member Robert Fein, PhD, quoted

[This May Be Why Some of Us Have Given Up on Gun Control](http://time.com/4133689/san-bernardino-shooting-compassion-fatigue/)

TIME – Dec. 2, 2015

... anger, disgust and profound sadness, but also maintaining our own emotional health. Joan Cook is a psychologist and associate professor at Yale University.  
\*\*\*APA fellow Charles Figley, PhD, quoted  
\*\*\*APA fellow Joan Cook, PhD, wrote piece

[Too Much TV And Chill Could Reduce Brain Power Over Time](http://www.npr.org/sections/health-shots/2015/12/02/458071139/too-much-tv-and-chill-could-reduce-brain-power-over-time)

NPR – Dec. 2, 2015

Scientists have known that lack of physical exercise could be a big risk factor in cognitive decline, says Marcus Richards, a psychologist at the University College ...  
\*\*\*APA fellow Margie Lachman, PhD, quoted

['The madness of the crowds': The psychology behind Black Friday](http://www.today.com/health/madness-crowds-psychology-behind-black-friday-t58096)

Today.com - Nov. 27, 2015

For many families, Black Friday shopping is a tradition, says Kit Yarrow, a consumer psychologist, professor emerita at Golden Gate University and author of ...  
\*\*\*APA member Kit Yarrow, PhD, quoted

[Why it's good to show you're embarrassed](https://www.washingtonpost.com/news/wonk/wp/2015/11/30/why-its-good-to-show-youre-embarrassed/)

Washington Post – Nov. 30, 2015

... research published a few years ago in the Journal of Personality and Social Psychology suggests that there is an upside to all those cringeworthy moments.  
\*\*\**Journal of Personality and Social Psychology* cited

[How to increase thankfulness and why it's good for your health](http://www.cnn.com/2015/11/26/health/giving-thanks-good-health/index.html)

CNN - ‎Nov. 26, 2015‎

For a 2011 paper in Applied Psychology, researchers asked a group of study participants to keep a gratitude journal (something many of the studies on this subject have in common). These participants were all students who said they had trouble sleeping ...  
\*\*\**Journal of Personality and Social Psychology* cited

[Live-in offers same 'emotional benefits' as marriage](http://www.business-standard.com/article/news-ani/live-in-offers-same-emotional-benefits-as-marriage-115120400122_1.html)

Business Standard – Dec. 3, 2015

... suggest an evolving role of marriage among young people today, said co-author Sara Mernitz. The study appears online in the Journal of Family Psychology.  
\*\*\**Journal of Family Psychology* cited

[Five ways the US could reduce gun violence](http://www.cbsnews.com/news/five-ways-the-us-could-reduce-gun-violence/)

CBS News – Dec. 4, 2015

Tim Murphy, R-Pennsylvania. Murphy, a career psychologist, has been working on the legislation since the Newtown shooting. His bill aims to improve treatment ...

[Voices: Our apathy about gun violence is staggering](http://www.usatoday.com/story/news/nation/2015/12/02/voices-our-apathy-gun-violence-staggering/76682894/)  
USA TODAY – Dec. 2, 2015

Standing amid yet another community shattered by gun violence, I’m left with the unshakable belief that Americans are actually OK with it.

[Paul Ryan Pushes Changes in Mental Health Care After Colorado ...](http://www.nytimes.com/2015/12/02/us/obama-repeats-call-for-stricter-gun-laws-after-colorado-shooting.html)

New York Times – Dec. 1, 2015

Representative Tim Murphy, the Pennsylvania Republican who is a clinical psychologist and who introduced the bill, spent a year conducting research on the ...

[Brains aren't actually 'male' or 'female,' new study suggests](https://www.washingtonpost.com/news/speaking-of-science/wp/2015/12/01/brains-arent-actually-male-or-female-new-study-suggests/)

Washington Post – Dec. 1, 2015

But it's time to throw away the brain gender binary, according to a study published Monday in the Proceedings of the National Academy of Sciences. Brains can't ...

[Getting mental health care — virtually — at your regular doctor's office](https://www.washingtonpost.com/national/health-science/getting-mental-health-care--virtually--at-your-regular-doctors-office/2015/11/25/403938b0-8e32-11e5-acff-673ae92ddd2b_story.html)

Washington Post – Nov. 30, 2015

North Carolina suffers one of the country's most acute shortages of mental health professionals. Nearly half of its 100 counties have a single psychiatrist at best.

[For Survivors of Paris Attacks, Mental Scars May Outlast Wounds](http://www.nytimes.com/2015/12/01/world/europe/for-survivors-of-paris-attacks-mental-scars-may-outlast-wounds.html)

New York Times – Nov. 30, 2015

The number of wounded arriving within hours on the night of the attacks was overwhelming for Paris hospitals, which have since worked ...

[How Psychology Can Save The World From Climate Change](http://www.npr.org/sections/13.7/2015/11/30/457835780/how-psychology-can-save-the-world-from-climate-change)

NPR – Nov. 30, 2015

They highlight five features of human psychology that make climate change communication especially challenging, and they pair these with recommendations ...

[Genes May Help Shield Seniors From Mental Decline: Study](http://health.usnews.com/health-news/articles/2015/11/30/genes-may-help-shield-seniors-from-mental-decline-study)

U.S. News & World Report – Nov. 30, 2015

"Our study does not directly prove that these factors were involved in the selection of protective variants of CD33, APOE and other genes, but it is reasonable to ...

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