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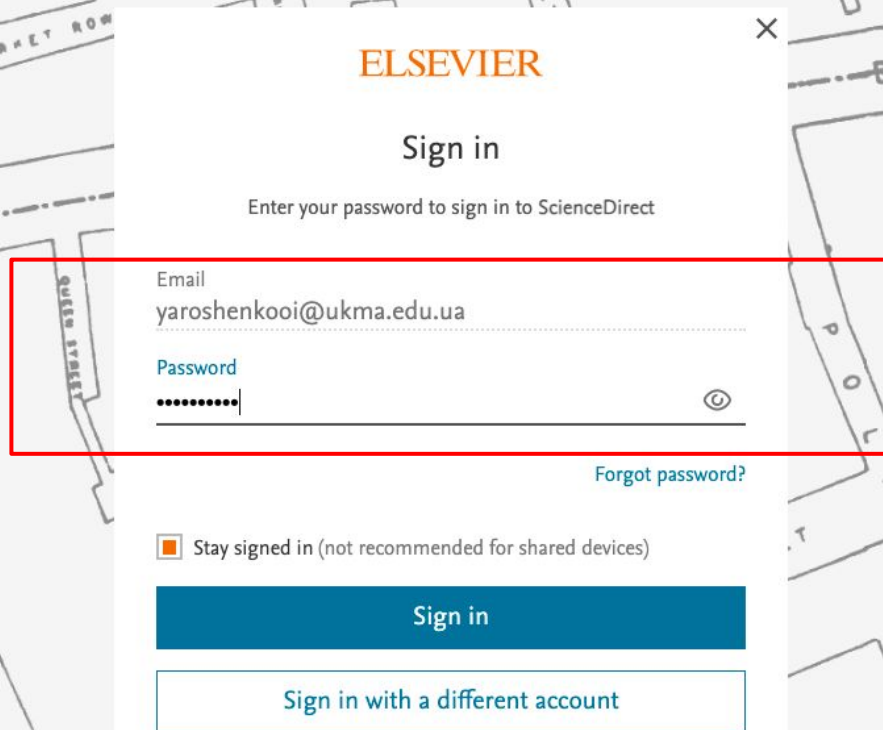
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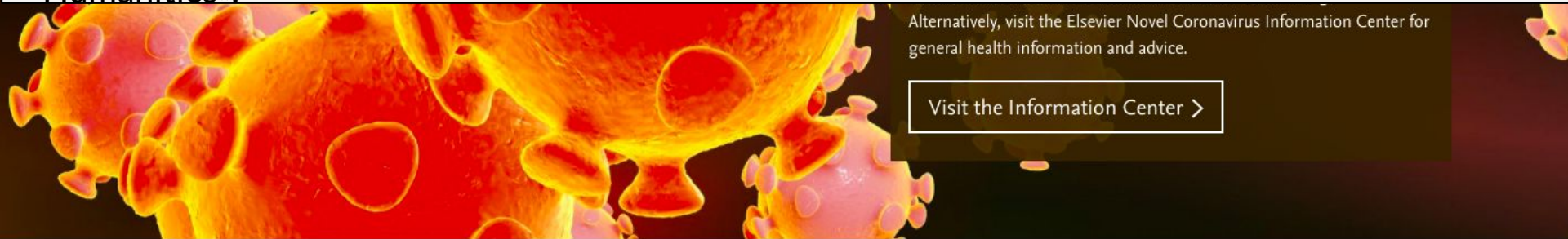
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Логічні оператори: AND, OR, NOT та дефіс (або символ мінус), потрібно вводити з великої літери.

AND шукає обидва терміни, **OR** - ті або інші терміни (або обидва), **NOT** виключає другий термін.

Дефіс (або символ мінус) інтерпретується як оператор NOT Приклад: **black -hole** поверне



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Точну фразу беремо у лапки (""). Приклад: `"heart attack" OR "myocardial infarction"`

Пунктуація ігнорується при пошуку фрази. Приклад: `"heart-attack"` та `"heart attack"` дають однакові результати.

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("heart attack" OR "myocardial infarction") AND (diabetes AND NOT cancer)



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("heart attack" OR "myocardial infarction") AND (diabetes AND NOT cancer)

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слова, що
ігноруються
пошуком

Якщо їх
необхідно додати
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people"***

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and	either	is	rather	then	where
another	enough	it	really	there	whereby
any	especially	its	regarding	thereby	wherein
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being	hardly	mostly	showed	to	within
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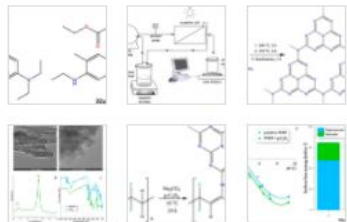
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Volume 250, 1 November 2020, 117231



Photocatalytic properties of PVDF membranes modified with g-C₃N₄ in the process of Rhodamines decomposition

Iryna Kolesnyk ^a, Joanna Kujawa ^b, Halyna Bubela ^a, Viktoriia Konovalova ^a, Anatolii Burban ^a, Aleksandra Cyganiuk ^b, Wojciech Kujawski ^b,  

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Highlights

- Novel PVDF-g-C₃N₄ membrane with improved permeability and separation is prepared.
- High dye rejection and decomposition of Rhodamines under visible light irradiation.
- Mechanism of dyes decomposition by modified membranes is proposed.

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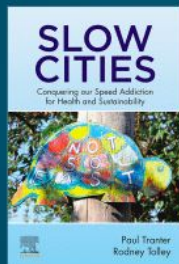
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Slow Cities

Conquering our Speed Addiction for Health and Sustainability

Book • 2020



Authors:
Paul Tranter and Rodney Tolley

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Description

Slow Cities: Conquering Our Speed Addiction for Health and Sustainability demonstrates, counterintuitively, that reducing the speed of travel within cities saves time for residents and creates more sustainable, liveable, prosperous and healthy environments.

This book examines the ways individuals and societies became dependent on transport modes that required investment in speed. Using research from multiple disciplinary perspectives, the book demonstrates ways in which human, economic and environmental health are improved with a slowing of city transport. It identifies effective methods, strategies and policies for decreasing the speed of motorised traffic and encouraging a modal shift to walking, cycling and public transport. This book also offers a holistic assessment of the impact of speed on daily behaviours and life choices, and shows how a move to slow down will - perhaps surprisingly - increase accessibility to the city services and activities that support healthy, sustainable lives and cities.

Key Features

- Includes cases from cities in North and South America, Europe, Asia, Africa and Australasia
- Uses evidence-based research to support arguments about the benefits of slowing city transport
- Adopts a broad view of health, including the health of individuals, neighbourhoods and communities as well as economic health and environmental health
- Includes text boxes, diagrams and photos illustrating the slowing of transport in cities throughout the world, and a list of references including both academic sources and valuable websites

Details

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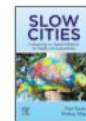
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In modern societies, speed has become such a central part of life that its value is largely accepted without question: there is rarely any serious reflection about alternatives to constant acceleration. The chapter outlines several of the conventional arguments about why speed is of value for individuals and households, and then shows how a careful assessment of these arguments reveals that speed is not always as beneficial as we assume. The claimed advantages of faster transport include saving time and allowing wider access to facilities and activities. Yet whilst these claims may seem logical, they are highly questionable, and we

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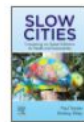
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Chapter 2

The benefits of speed for individuals: real or illusory?

'The hurrier I go, the behinder I get'.

A popular aphorism, commonly misattributed to the White Rabbit in Alice in Wonderland

Abstract

In modern societies, speed has become such a central part of life that its value is largely accepted without question: there is rarely any serious reflection about alternatives to constant acceleration. The chapter outlines several of the conventional arguments about why speed is of value for individuals and households, and then shows how a careful assessment of these arguments reveals that speed is not always as beneficial as we assume. The claimed advantages of faster transport include saving time and allowing wider access to facilities and activities. Yet whilst these claims may seem logical, they are highly questionable, and we explain why this is the case. Whilst in theory, increasing speeds might improve many aspects of the lives of individuals, when speeds increase, the city also changes in response and there are a range of costs for individuals and households. Increased speed often results in increased travel distances, and a loss of time, money and health.

2.1 Introduction

Many urban residents, conditioned by a lifetime of exposure to positive messages about speed, might be hesitant to believe that 'slowing city transport' is a sensible strategy, or that slowing their own movement in the city might have

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Highlights

- SUD is linked to WhatsApp (WUT) and Facebook Use Disorder (FUD).
- The association between SUD and WUT is stronger than with FUD.
- FoMO (fully) mediates the link between life satisfaction and SUD, WUT and FUD.

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ARTICLE INFO

Keywords:

Smartphone Use Disorder
Internet Communication Disorder
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ABSTRACT

Introduction: Smartphones are ubiquitous in the digital society. Although this powerful device is useful because it supports and simplifies many tasks in everyday life, a growing number of researchers is concerned that smartphones might have detrimental effects on the human brain and related psychological processes. Evidence indicates that social media platforms such as WhatsApp and Facebook are essential drivers of smartphone usage. Thus, a critical, yet unexplored issue is how excessive use of those platforms is related to Smartphone Use Disorder (SUD). Furthermore, since the roles of life satisfaction and fear of missing out (FoMo) have been demonstrated to be of particular importance for Internet Use and Internet Communication Disorder, those constructs were examined in the context of SUD.

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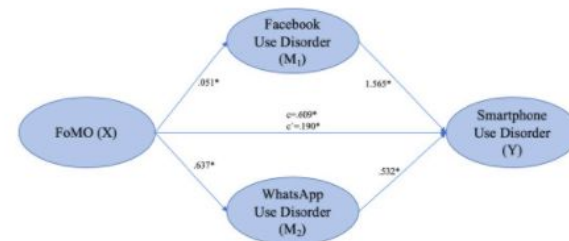


Fig. 1 Parallel multiple mediator model on the association between FoMo and SUD, with two mediators (WhatsApp/Facebook Use Disorder). X=independent variable, Y=dependent variable, $M_{1,2}$ =mediators, c =total effect, c' =direct effect. The unstandardized coefficients/effects are presented. Age was entered as a covariate. * $p < .05$.

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Linking Internet Communication and Smartphone Use Disorder by taking a closer look at the Facebook and WhatsApp applications*

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Keywords:

Smartphone Use Disorder
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FoMo
Life satisfaction

ABSTRACT

Introduction: Smartphones are ubiquitous in the digital society. Although this powerful device is useful because it supports and simplifies many tasks in everyday life, a growing number of researchers is concerned that smartphones might have detrimental effects on the human brain and related psychological processes. Evidence indicates that social media platforms such as WhatsApp and Facebook are essential drivers of smartphone usage. Thus, a critical, yet unexplored issue is how excessive use of those platforms is related to Smartphone Use Disorder (SUD). Furthermore, since the roles of life satisfaction and fear of missing out (FoMo) have been demonstrated to be of particular importance for Internet Use and Internet Communication Disorder, those constructs were examined in the context of SUD.

Methods: In total, $n = 2299$ participants filled in questionnaires assessing SUD, WhatsApp and Facebook Use Disorder, FoMo, life satisfaction, and reported owning a WhatsApp and Facebook account.

Results: The study revealed that SUD was linked to WhatsApp Use Disorder, and to a lesser extent, to Facebook Use Disorder. Associations between SUD and WhatsApp Use Disorder were most strongly pronounced in females. Additionally, FoMo predicted SUD, WhatsApp, Facebook Use Disorder, and (fully) mediated the relationship between life satisfaction and those variables.

Conclusion: The findings of the present study suggest that WhatsApp use plays an important role to understand SUD. Regarding the mediating role of FoMo, the present work might help disentangle inconsistent results on the

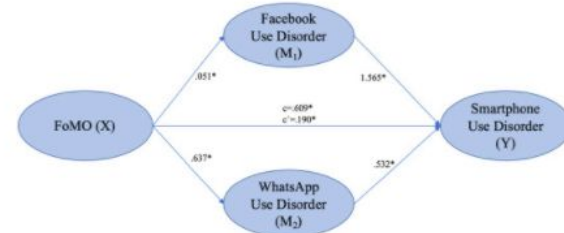


Fig. 1 Parallel multiple mediator model on the association between FoMo and SUD, with two mediators (WhatsApp/Facebook Use Disorder). X=independent variable, Y=dependent variable, M_{1,2}=mediators, c=total effect, c'=direct effect. The unstandardized coefficients/effects are presented. Age was entered as a covariate. *p<.05.

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P. Shu, et al.

has been argued that constant interruptions due to incoming messages might result in loss of productivity (Duke & Montag, 2017b) and first longitudinal studies demonstrated that smartphone usage characterized by frequent interruptions might result in ADHD-like (Attention Deficit Hyperactivity Disorder) behavioral tendencies (Hadar et al., 2017; Kushlev, Proulx, & Dunn, 2016). In addition, a recent work suggests a link between Smartphone Use Disorder² (SUD²) and lower empathy and life satisfaction (Lachmann et al., 2018), relationships which are likely mediated by stress (Samaha & Hawi, 2016). However, potential causal pathways between these variables have not been established until now.

Mounting evidence further shows that overuse of smartphones in the evening might result in lower sleep quality and in some cases also in work depletion in the morning (Lanaj, Johnson, & Barnes, 2014). Recent work shows that the smartphone lying on the desk, when we need to concentrate on a task on the computer screen, can result in reduced cognitive capacity (Ward, Duke, Gneezy, & Bos, 2017). Although, it is currently not clear if SUD merits being recognized as a mental health disorder (see the recent development to include the related term Internet Gaming Disorder (IGD) in Section III of DSM-5 and Gaming Disorder, predominantly online in ICD-11³), overuse of smartphones clearly can cause severe problems. Moreover, Internet Use Disorder (IUD) and SUD overlap to some extent (e.g. see Montag, Sindermann, Becker, & Panksepp, 2016; Duke & Montag, 2017a) and therefore the scientific community has to develop a framework explaining if and how mobile Internet use devices differ from the non-mobile Internet use platforms such as a desktop computer.

Moreover, the contribution of problematic use of different applications on the smartphone for the development of SUD has hardly been investigated. Therefore, the aim of the present study is to examine the overlap between SUD and tendencies towards problematic use of social network applications. Additionally, to investigate further factors associated with SUD, we also examined the role of Fear of Missing Out (FoMO) and life satisfaction in the context of SUD and different social media applications.

2. Related work

Humans are not addicted to the smartphone per se; rather, addiction typically refers to applications or functions provided by the smartphone (Pontes, Szabo, & Griffiths, 2015). Again, for a discussion on the overlap between the terms IUD and SUD please see the work by Duke and Montag (2017a).

Theoretical frameworks to understand SUD are largely lacking,

conflict between the reflexive/automatic system (e.g. respond to a message when we hear our phone rings) and the reflective/control system (e.g. monitor if the situation is appropriate – phoning while driving) influences mobile phone use and in turn, can explain potential negative consequences due to the use of mobile phones. The authors demonstrated this link by examining the relationship between habits, related to mobile phone use, self-regulation and the negative consequences of mobile phone use. Another theoretical model was proposed by Billieux, Maturaga, Lopez-Fernandez, Kuss, and Griffiths (2015) and describes three pathways which are linked to mobile phone use. According to the *excessive reassurance pathway* individuals with high anxiety and low self-esteem will experience the need for reassurance which could lead to excessive use of mobile phones. The *impulsive pathway* is characterized by low self-control, which might lead to problematic mobile phone use (accompanied by addiction symptoms), antisocial pattern of use (e.g. cyberbullying) or risky mobile phone use (e.g. using the smartphone while driving). Finally, the *extraversion pathway* is suggested to lead to addictive outcomes in extraverted individuals who have the constant need to socialize with others. However, here also the traits of high sensation seeking and high reward sensitivity are described as risk factors and linked to risky or antisocial use of mobile phones.

Elhai et al. (2017) summarized existing theoretical models on SUD, based on the role of positive and negative reinforcement. The authors propose that positive reinforcement is often linked to mood enhancement. Negative reinforcement, on the other hand, is described in theoretical models which highlight the role of habit formation (see model by Duke & Montag, 2017a), seeking excessive reassurance (Billieux et al., 2015) or the unwillingness to miss important information (known as FoMO; Przybylski, Murayama, Dehaan, & Gladwell, 2013). Last but not least, the pathways *extraversion* and *impulsivity* described by Billieux et al. (2015) can be assigned to models depicting both positive and negative reinforcement.

The importance of social media applications to understand smartphone behavior is confirmed by statistics. Major drivers of smartphone usage are social network applications such as Facebook, WhatsApp, or WeChat in China. While Facebook (56%) and WhatsApp⁵ (55%) are the leading messengers worldwide, WeChat (a Chinese application which serves as a messenger and a social platform, but also allows payment services) is the most popular one in China based on the number of memberships (Frobes, 2016). The use of social networking sites (SNS) is a particularly popular activity on smartphones since nearly 80% of time with SNS is spent using mobile technologies (Marketing Land, 2016). A study by Montag, Zhao, et al. (2018) demonstrated that WeChat might

Billieux et al., 2015

Can disordered mobile phone use be considered a behavioral addiction? An update on current evidence and a comprehensive model for future research

J. Billieux, ... +3 ... , M.D. Griffiths

Current Addiction Reports, 2 (2) (2015), pp. 156-162, 10.1007/s40429-015-0054-y

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Abstract

© 2015, Springer International Publishing AG. Despite the many positive outcomes, excessive mobile phone use is now often associated with potentially harmful and/or disturbing behaviors (e.g., symptoms of deregulated use, negative impact on various aspects of daily life such as relationship problems, and work intrusion). Problematic mobile phone use (PMPU) has generally been considered as a behavioral addiction that shares many features with more established drug addictions. In light of the most recent data, the current paper reviews the validity of the behavioral addiction model when applied to PMPU. On the whole, it is argued that the evidence supporting PMPU as an addictive behavior is scarce. In particular, it lacks studies that definitively show behavioral and neurobiological similarities between mobile phone addiction and

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1. Introduction

Smartphones are ubiquitous in modern societies and have dramatically changed how humans communicate and entertain themselves. According to latest statistics, 2.50 billion humans use a smartphone (Statista, 2019). In addition, the amount of time spent on smartphones has increased significantly in the last few years, with several hours using WhatsApp only. Considering a growing body of scientific observations showing that humans spend time on their smartphones and the Internet mostly for leisure, rather than business purposes (Montag, Zhao et al., 2018; Sariyska et al., 2014), it becomes evident, that much of this spent time could be invested in more meaningful activities such as direct interactions between humans and the natural world.

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Dave Dalton
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This short paper by Yuriy Matsiyevsky is worth a read if you are interested in Ukrainian high politics (bit.ly/2QGau70). Argues (as I do!) for continuity in elite political practices after the Maidan, & adds interesting perspective from modern theories of revolution.

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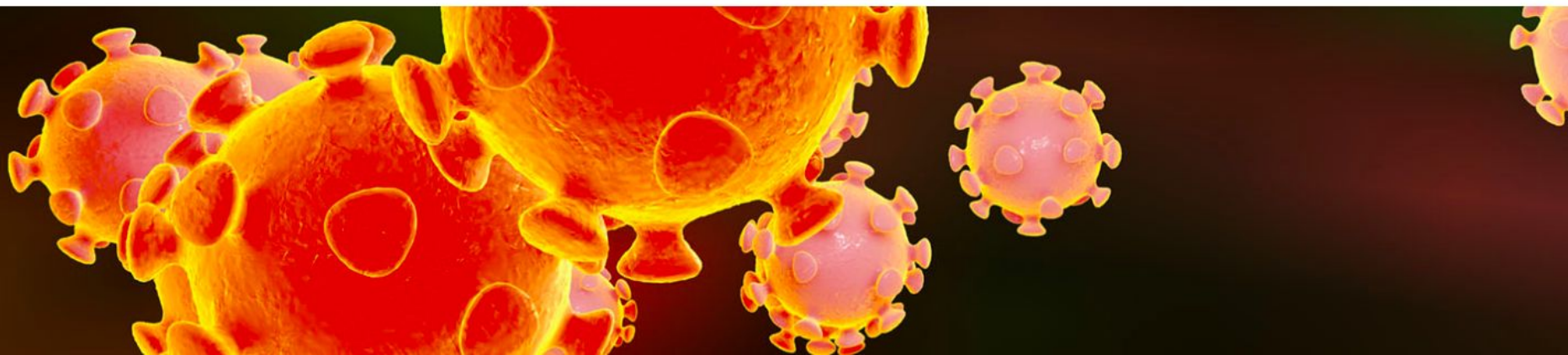
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