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AI 文章重點自動擷取工具

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Scholarcy 幫您省下大量的時間， 閱讀文獻就是這麼 Easy

Scholarcy highlights

- There is limited and conflicting evidence for associations between use of screen-based technology and **anxiety** and **depression** in young people
- Several studies have found evidence for an association between **anxiety** and **screen time** [5, 6], but none adjusted for time spent alone, which attenuated the association in our study
- We found differences between type of screen use, where **anxiety** and **depression** whereas there was little evidence of
- In summary, our results suggest that increased **computer use** at age 18, causality cannot be ascertained
- The size and strength of the associations differ depending on complexities in the relationship
- There was moderate evidence for a small **positive association** **anxiety** (OR for 1-2 h = 1.17, 95% **Confidence interval**: 1.0 for **linear trend** = 0.003, model 3; **Table 2**)
- Further research is needed to capture a wider range of use with more up-to-date **screen time**

5. Cao H, Qian Q, Weng T, Yuan C, Sun Y, Wang H, Tao F. Screen time, physical activity and mental health among urban adolescents in China. *Prev Med.* 2011;53:316-20.

- In 2010, total 5003 boys and girls were analyzed from 4 junior high schools in Bengbu city of China
- Logistic regression analyses were used to explore the effects of ST and PA on psychological problems
- The combination of high ST and insufficient VPA was associated with the highest prevalence of various psychological problems
- More than 1/4 adolescents in China were exposed to screen time > 2 h/day. Screen time and physical activity were independently associated with mental health. Interactions between the two factors increase additional risk for mental health

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“ Scholarcy 提供清晰、可讀的摘要，更自動生成能在社群媒體推廣文獻的短語。它還能連結到背景閱讀。

- Matt K, review from Google

Scholarcy summary

- Introduction:** **Plastic pollution** is globally distributed across all oceans due to its properties of buoyancy and durability, and the sorption of toxicants to plastic while traveling through the environment [1, 2], have led some researchers to claim that synthetic polymers in the ocean should be regarded as hazardous waste [3].
- Adsorption of persistent organic pollutants** onto plastic and their transfer into the tissues and organs through ingestion [15] is impacting marine megafauna [16] as well as lower trophic-level organisms [17, 18] and their predators [19, 20].
- These impacts are further exacerbated by the persistence of floating plastics, ranging from resin pellets to large derelict nets, docks and boats that float across oceans and transport microbial communities [21], algae, invertebrates, and fish [22] to non-native regions [23], providing further rationale to monitor the global distribution and abundance of **plastic pollution**.
- Methods:** Net tow sample collection and analysis
- Net tows were conducted using neuston nets with a standard mesh size of 0.33 mm towed between 0.5 and 2 m s21 at the **sea surface** for 15-60 minutes outside of the vessel's wake to avoid downwelling of debris.
- Microplastic was manually separated from natural debris, sorted through stacked Tyler sieves into three size classes [7, 10, 12], counted individually and weighed together.
- All items were counted and weighed to the nearest 0.01 mg.
- Using these data, trawl dimensions and distance traveled, count and weight (g km22) densities were estimated.
- The slow tow speed and the washing of the net between the tows when needed provided sufficient confidence that any variation in sample collection efficiency due to the net size, difference in tow speed or tow time were negligible.
- Results:** Based on the model results, the authors estimate that at least 5.25 trillion plastic particles weighing 268,940 tons are currently floating at sea (**Table 1**).
- The 891 visual surveys revealed that foamed polystyrene items were the most frequently observed macroplastics (1116 out of 4291 items), while derelict fishing buoys accounted for most (58.3%) of the total macroplastic weight (**Table S2**).
- These observations are conservative, recognizing that items with marginal buoyancy, dark color and small size are more difficult to see, especially during challenging environmental conditions.
- Conclusion:** This is the first study that compares all sizes of floating plastic in the world's oceans from the largest items to small microplastics.
- Plastics of all sizes were found in all ocean regions, converging in accumulation zones in the **subtropical gyres**, including **southern hemisphere gyres** where coastal

Tables

- Table 1:** Characteristics of the **ALSPAC**-enrolled sample and complete cases
- Table 2:** Odds ratios for associations between **anxiety** and watching television, **computer use**
- Table 3:** Odds ratios for associations between **depression** and watching television, **computer use**

Download tables as Excel

Main text

Introduction

Methods

Results

◀ Scholarcy 可讓您把文內表格下載為 Excel 檔。

“ 對於繁忙的學者、學生和任何處理超載訊息的人來說，這是一個很大的福音。從嵌入式表中提取數據的功能特別有用，非常適合可重複性研究。

- Gerald L. review from Google

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- Sigmundova D, Sigmund E, Badura P, Vokacova J, Trhlikova L, Bucksch J. Weekday-weekend patterns of physical activity and **screen time** in parents and their pre-schoolers. *BMC Public Health.* 2016;16:898.

“ Scholarcy 提取參考文獻的速度和準確性超出了我們的預期。

- Helen King, BMJ

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