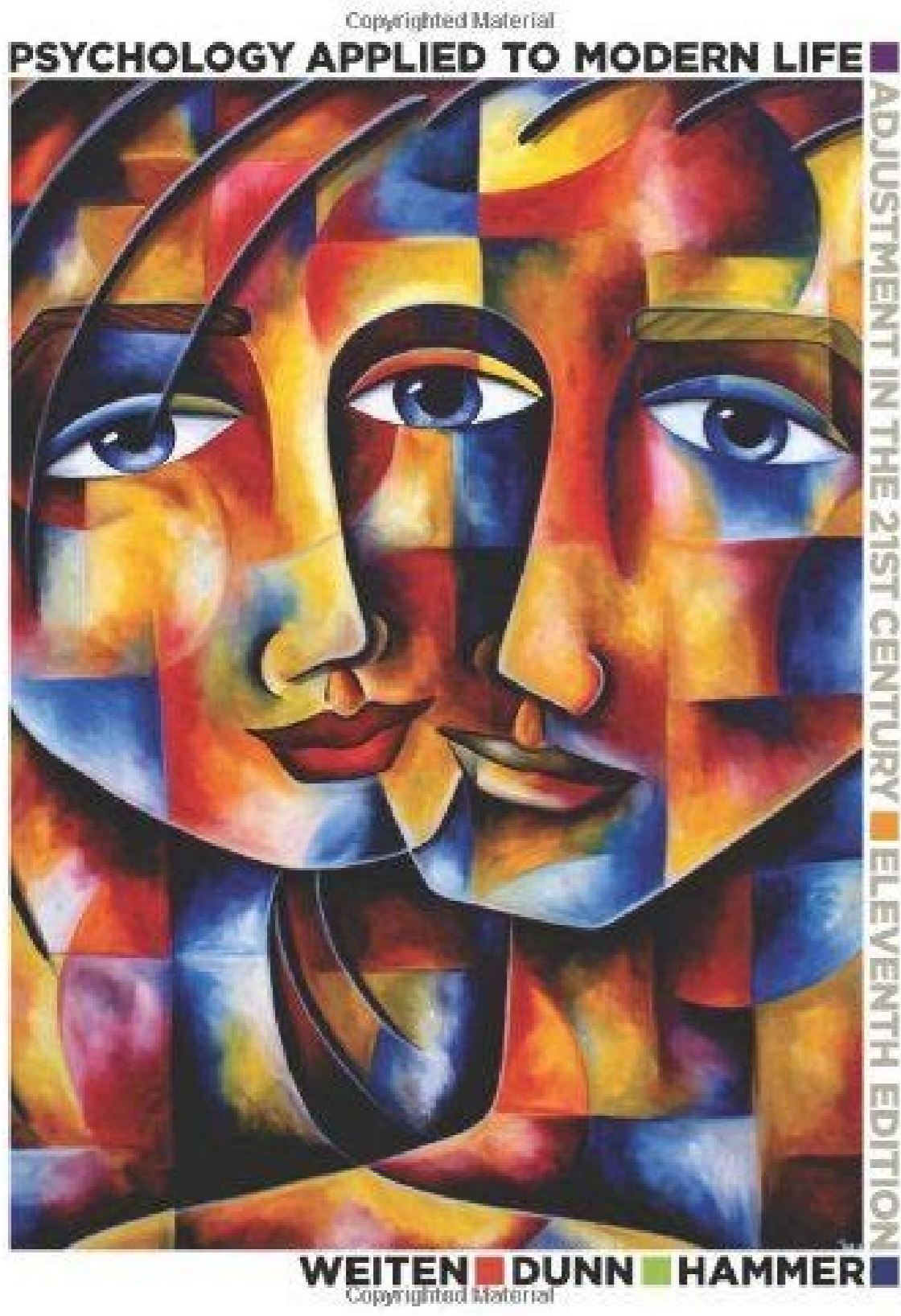


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Stacey Solomon, one of Britain's tidiest person, has been drafted in for a brand new cleaning and organisation show, Sort Your Life Out. Heading to BBC One this spring (April 5), the reality show will see UK families benefit from a complete home organisation overhaul. The average family home contains thousands of items that are not really needed, says BBC One, and living in all the clutter is making us miserable. As many of us have spent most of the past year inside (gathering dust) the new show may sound like a life-saver, so here's how to apply to appear in Sort Your Life Out. Good news, if your cupboards are bursting at the seams currently, then BBC One home makeover show is still looking for people in need of a super size sort out, and you can fill out an application before April 12, 2021. "Whether you'd like more space for a home office, have a new baby on the way, find it hard to let go of items or just want to create calm amongst the chaos, we'd love to hear from you," says BBC One. Stacey Solomon and her team of "organising fanatics", carpenter and upcycler Robert Bent, and cleaning fanatic Iwan Carrington, have a job on their hands when the show starts. From encouraging the Yaku family to sort their life out in seven days and "let go of half their possessions", to giving hospital director Tash, tube driver Lawrence, and their four kids' home a "supersized spring clean." Meanwhile, the Loose Women presenter and Tap To Tidy author has been showing people how to declutter on her Instagram account, with more than 4 million followers copying her handy tips. "There's always that one room or cupboard I can't face sorting out at home, but once I've done it there's nothing more satisfying," said Solomon about the new show. "One cupboard at a time, we'll be helping families declutter their homes and get organised in a way that works for them. I'll be sharing my ultimate tidying and upcycling tips, from Lazy Susans to tension rods, there'll be lots of great ideas to give viewers the confidence to finally tackle that cupboard!" Quitting smoking results in improved mental health, according to a new study by researchers in the UK and published in the BMJ. The physical benefits of stopping smoking are well known. Giving up smoking can reduce chance of cancers and cardiovascular and respiratory diseases, among other things. But the potential benefits to mental health on a smoke-free lifestyle have been less clear cut. Indeed, a reason often cited by smokers for not giving up is that they believe smoking has mental health benefits - such as reducing stress and anxiety. It is reported that even health professionals can be reluctant to advise people with mental health problems to stop smoking, in case quitting makes their mental health worse. As the researchers explain in their study: "Both quantitative and qualitative analyses indicate that regular smokers report smoking cigarettes to alleviate emotional problems and feelings of depression and anxiety, to stabilize mood, and for relaxation as well as relieving stress." "This pattern of behavior occurs in smokers with and without diagnosed mental disorders. Unsurprisingly, views about smoking predict whether or not people attempt to quit and whether or not they are successful." As smokers experience irritability, anxiety and depression when they have not smoked for a while, the study suggests that people may misinterpret symptoms of nicotine withdrawal for perceived psychological benefits of smoking. The researchers wanted see to what extent giving up smoking can affect people's mental health and whether the effect quitting had was positive or adverse. They analyzed the results of 26 studies assessing people's mental health before and at least 6 weeks after smoking cessation. The people in the study - who had an average age of 44 and smoked around 20 cigarettes a day - were drawn both from the general population and from patients who were being treated for clinical (psychiatric or physical) conditions. Measuring mental health status by anxiety, depression, positivity, stress and psychological quality of life, the researchers found that quitting smoking was associated with improvements in all of these factors. This applied to the participants both in the general population and clinical patients - including people with mental health disorders. Three broad explanations have been suggested, the researchers note, for associations between smoking and poor mental health: Smoking and poor mental health might have common causes. People with poor mental health smoke as a coping mechanism for low mood and anxiety. Smoking causes mental health problems or makes these problems worse. Whatever the cause, the researchers believe that the relationship between smoking and mental health requires further attention. If smokers believe that their psychological wellbeing will be adversely affected by giving up, then they will be less likely to do so, which has implications for their physical wellbeing. For instance, the study observes that the life expectancy of people with mental health disorders is 8 years less than the general population - the authors think smoking could be a reason for this. "This could overcome barriers that clinicians have toward intervening with smokers with mental health problems," the researchers say, of their study. "Furthermore, challenging the widely held assumption that smoking has mental health benefits could motivate smokers to stop." Recently, Medical News Today reported on a study suggesting that quitting smoking reduces risk of cataract development. Applied research refers to scientific study and research that seeks to solve practical problems. This type of research plays an important role in solving everyday problems that often have an impact on life, work, health, and overall well-being. This type of research can be used in a variety of ways. For example, it is used to find solutions to everyday problems, cure illness, and develop innovative technologies. There are many different types of psychologists who perform applied research. Psychologists working in human factors or industrial/organizational fields, for example, often do this type of research. A few examples of applied research in psychology include: Analyzing what type of prompts will inspire people to volunteer their time to charities. Investigating if background music in a work environment can contribute to greater productivity. Investigating which treatment approach is the most effective for reducing anxiety. Researching which strategies work best to motivate workers. Studying different keyboard designs to determine which is the most efficient and ergonomic. As you may notice, all of these examples explore topics that will address real-world issues. This immediate and practical application of the findings is what distinguishes applied research from basic research, which instead focuses on theoretical concerns. Basic research tends to focus on "big picture" topics, such as increasing the scientific knowledge base around a particular topic. Applied research tends to drill down more toward solving specific problems that affect people in the here and now. For example: A social psychologist performing basic research on violence might look at how different factors might contribute to violence in general. A psychologist conducting applied research might tackle the question of what type of programs can be implemented to reduce violence in school settings. However, researchers also suggest that basic research and applied research are actually closely intertwined. The information learned from basic research often builds the basis on which applied research is formed. Basic research often informs applied research, and applied research often helps basic researchers refine their own theories. Applied research usually starts by identifying a problem that exists in the real world. Applied psychologists then conduct research in order to identify a solution. The type of research that is used can depend upon a variety of factors. This includes unique characteristics of the situation and the kind of problem psychologists are trying to solve. Researchers might opt to use naturalistic observation to see the problem as it occurs in a real-world setting. They might then conduct experiments to help determine why the problem occurs and to explore different solutions that might solve it. As with any other type of research, challenges can arise when conducting applied research in psychology. Some potential problems that researchers might face when performing this type of research include: When conducting applied research in a naturalistic setting, researchers have to deal with ethical challenges that can make research more difficult. For example, they may come across concerns about privacy and informed consent. In some cases, such as in workplace studies conducted by industrial-organizational psychologists, participants may feel pressured or even coerced into participating as a condition of their employment. Such factors can also sometimes impact the result of research studies. Since applied research often takes place in the field, it can be difficult for researchers to maintain complete control over all of the variables. Extraneous variables can also exert a subtle influence that the experimenters may not even consider or realize are having an effect on the results. In many cases, researchers are forced to strike a balance between a study's ecological validity (which is usually quite high in applied research) and the study's internal validity. Since applied research focuses on taking the results of scientific research and utilizing it directly in real-world situations, those who work in this line of research tend to be more concerned with the external validity of their work. External validity refers to the extent that scientific findings can be generalized to other populations. Researchers don't just want to know if the results of their experiments apply to the participants in their studies. They want these results to also apply to larger populations outside of the lab. External validity is often of particular importance in applied research. Researchers want to know that their findings can be applied to real people in real settings. What are some examples of how applied research is used to solve real-world problems? A hospital might conduct applied research on how to prepare patients for certain types of surgical procedures. A business might hire an applied psychologist to assess how to design a workplace console to maximize efficiency and productivity while minimizing worker fatigue and error. An organization might hire an applied researcher to determine how to select employees that are best suited for certain positions within the company. Applied research is an important tool in the process of understanding the human mind and behavior. Thanks to this kind of research, psychologists are able to investigate problems that affect people's daily lives. This kind of research specifically targets real-world issues. However, it also contributes to our base of knowledge about how people think and behave.

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