

# the guardian

Eating junk food raises risk of depression, says multi-country study

→ doesn't say it causes it !!  
↳ doesn't sensationalise it

Eating junk food increases the risk of becoming depressed, a study has found, prompting calls for doctors to routinely give dietary advice to patients as part of their treatment for depression.

→ only studied by one group of people  
↳ only 1 result

In contrast, those who follow a traditional Mediterranean diet are much less likely to develop depression because the fish, fruit, nuts and vegetables that diet involves help protect against Britain's commonest mental health problem, the research suggests.

Published in the journal Molecular Psychiatry, the findings have come from an analysis by researchers from Britain, Spain and Australia who examined 41 previous studies on the links between diet and depression.

→ can conclude from many people multiple countries studied it !!

↳ compared to previous results !!

The research showed that poor diet has a likely causal link with the onset of depression and not merely an association.

They based their conclusions on reviewing five long-term studies of 32,908 adults who started without depression, from the UK, France, Spain, Australia and the US.

→ small sample !!  
Not specific.

→ represents the west !!  
↳ non from Asia/Africa →

↳ doesn't represent whole world

However, the study's claims about the Mediterranean diet were criticised by Naveed Sattar, professor of metabolic medicine at the University of Glasgow.

"The current evidence is not sufficient to prove plant-rich diets can prevent depression as most of the evidence so far simply shows that those with poorer mental health eat worse.

→ correlation ≠ causation

Only one study.

## Deodorants linked to cancer!

Sensationalised Headlines

- too general  
uncertain

Alarming new evidence of a possible link between anti-perspirants and breast cancer emerged yesterday.

Scientists found chemicals called parabens, used as preservatives in the underarm products, in cancerous breast tumours.

two sources against

Cosmetics manufacturers and cancer charities said there was no proof of the threat and called for further research.

- not good research

Dr Darbre's published evidence last year that most breast cancer tumours occur in the 'upper and outer section' of the left breast - the area where anti-perspirants are most likely to be applied.

correlation ≠ causation

Her team analysed samples of breast tumours from 20 different women. They found parabens in all but two of the samples, in a form which suggested they had probably been absorbed through the skin.

not representative

There is a good variety of women

unknown

not just deodorants

As well as body odour products, parabens are found in many other cosmetics including perfumes, sun creams and body lotions, and are used as preservatives in a variety of foods.

could have been from many different products → not just deodorants

Dr Richard Sullivan, head of clinical programmes at Cancer Research UK, added: "No causal relationship has ever been found between underarm cosmetics containing parabens and breast cancer."

no evidence people against it

# Daily Mail

## Deodorants linked to cancer!

too general headline isn't specific

not certain

Alarming new evidence of a possible link between anti-perspirants and breast cancer emerged yesterday.

no information

Scientists found chemicals called parabens, used as preservatives in the underarm products, in cancerous breast tumours.

Cosmetics manufacturers and cancer charities said there was no proof of the threat and called for further research.

→ they investigated the threat didn't just make an assumption

Correlation ≠ causation

Dr Darbre's published evidence last year that most breast cancer tumours occur in the 'upper and outer section' of the left breast - the area where anti-perspirants are most likely to be applied.

not specific → do they do anything else to cause it

Her team analysed samples of breast tumours from 20 different women. They found parabens in all but two of the samples, in a form which suggested they had probably been absorbed through the skin.

they did not test men

not enough people

no control group

As well as body odour products, parabens are found in many other cosmetics including perfumes, sun creams and body lotions, and are used as preservatives in a variety of foods.

Dr Richard Sullivan, head of clinical programmes at Cancer Research UK, added: "No causal relationship has ever been found between underarm cosmetics containing parabens and breast cancer."

→ contradicts the headline misinterpreted results

# Daily Mail

## Cell phones **ARE** linked to **cancer!**

questionable

sensationalised headlines

Probably not peer-reviewed

not all cancers

A report released today confirms the preliminary findings that were released in 2016 after scientists were alarmed by early indications that cell radiation may be carcinogenic.

not the same as humans

Although the tests were done on rodents at levels much higher than humans are currently exposed to, the link between cell phones and cancer in male rats was undeniable.

not rep comparable to cell phone levels of radiation higher than what humans are exposed to

not human

For female rats and mice of both sexes, the evidence was less clear as to whether cancers observed were associated with signal exposure.

good time length

The finding was the result of a 10-year study to assess the health effects in animals exposed to radiation used in 2G and 3G cell phones.

not most powerful (4G)

The lowest exposure level used in the studies was equal to the maximum local tissue exposure currently allowed for mobile phone users but this power level rarely occurs with typical use.

The highest exposure level in the studies was four times higher than the maximum power level permitted in our cell phones.

obviously going to be positive result

'This animal evidence, together with the extensive human evidence, coupled with the rising incidence of brain cancers in young people in the US, conclusively confirms that radio frequency radiation is a Category 1 human carcinogen,' said Dr Anthony Miller

No information or data on the actual study



# the guardian

## Eating junk food raises risk of depression, says multi-country study

Eating junk food increases the risk of becoming depressed, a study has found, prompting calls for doctors to routinely give dietary advice to patients as part of their treatment for depression.

In contrast, those who follow a traditional Mediterranean diet are much less likely to develop depression because the fish, fruit, nuts and vegetables that diet involves help protect against Britain's commonest mental health problem, the research suggests. ☺ → doesn't say definite

Published in the journal *Molecular Psychiatry*, the findings have come from an analysis by researchers from Britain, Spain and Australia who examined 41 previous studies on the links between diet and depression. ☺ → people can check original findings themselves

The research showed that poor diet has a likely causal link with the onset of depression and not merely an association. (contradicts start) changes to likely

They based their conclusions on reviewing five long-term studies of 32,908 adults who started without depression, from the UK, France, Spain, Australia and the US. → wide range → quite representative / sample size is big ☺ a lot of people tested

However, the study's claims about the Mediterranean diet were criticised by Naveed Sattar, professor of metabolic medicine at the University of Glasgow.

“The current evidence is not sufficient to prove plant-rich diets can prevent depression as most of the evidence so far simply shows that those with poorer mental health eat worse.” they were too assere at the start

# Daily Mail



## Deodorants linked to cancer!

general  
- maybe not causal

Sensationalised Headlines  
- misrepresents the data

Not specific - could just be one type of cancer  
not definite

Alarming new evidence of a possible link between anti-perspirants and breast cancer emerged yesterday.

not been tested for long period in depth

Scientists found chemicals called parabens, used as preservatives in the underarm products, in cancerous breast tumours. → how many? !!

Not necessarily the cause of the tumours.

Cosmetics manufacturers and cancer charities said there was no proof of the threat and called for further research.

Dr Darbre's published evidence last year that most breast cancer tumours occur in the 'upper and outer section' of the left breast - the area where anti-perspirants are most likely to be applied.

Not necessarily - speculation

Her team analysed samples of breast tumours from 20 different women. They found parabens in all but two of the samples, in a form which suggested they had probably been absorbed through the skin.

Small sample size

A very small number of women had parabens in their breast tissue.

correlation ≠ causation

As well as body odour products, parabens are found in many other cosmetics including perfumes, sun creams and body lotions, and are used as preservatives in a variety of foods.

many untested variables

Dr Richard Sullivan, head of clinical programmes at Cancer Research UK, added: "No causal relationship has ever been found between underarm cosmetics containing parabens and breast cancer."



*A causal link - not a definite cause*

## Deodorants linked to cancer!

*Not specific with type of cancer*

Alarming new evidence of a possible link between anti-perspirants and breast cancer emerged yesterday.

Scientists found chemicals called parabens, used as preservatives in the underarm products, in cancerous breast tumours.

Cosmetics manufacturers and cancer charities said there was no proof of the threat and called for further research.

*states that there is not enough research, but no argument against it*

Dr Darbre's published evidence last year that most breast cancer tumours occur in the 'upper and outer section' of the left breast - the area where anti-perspirants are most likely to be applied.

*not enough women*

Her team analysed samples of breast tumours from 20 different women. They found parabens in all but two of the samples, in a form which suggested they had probably been absorbed through the skin.

As well as body odour products, parabens are found in many other cosmetics including perfumes, sun creams and body lotions, and are used as preservatives in a variety of foods.

Dr Richard Sullivan, head of clinical programmes at Cancer Research UK, added: "No causal relationship has ever been found between underarm cosmetics containing parabens and breast cancer."

## Deodorants **linked to cancer!**

Alarming new evidence of a **possible** link between anti-perspirants and breast cancer emerged yesterday.

*unclear*

Scientists found chemicals called parabens, used as preservatives in the underarm products, in cancerous breast tumours.

*assumption*

Cosmetics manufacturers and cancer charities said there was no proof of the threat and called for further research.

Dr Darbre's published evidence last year that most breast cancer tumours occur in the 'upper and outer section' of the left breast - the area where anti-perspirants are most likely to be applied.

*not a big enough sample*

Her team analysed samples of breast tumours from 20 different women. They found parabens in all but two of the samples, in a form which suggested they had **probably** been absorbed through the skin.

*an assumption*

As well as body odour products, parabens are found in many other cosmetics including perfumes, sun creams and body lotions, and are used as preservatives in a variety of foods.

*Seems reliable*

Dr Richard Sullivan, head of clinical programmes at Cancer Research UK, added: "No causal relationship has ever been found between underarm cosmetics containing parabens and breast cancer."

*- honest*



# Daily Mail

Sensationalised headline

## Cell phones ARE linked to cancer!

not necessarily peer-reviewed material

A report released today, confirms the preliminary findings that were released in 2016 after scientists were alarmed by early indications that cell radiation may be carcinogenic. *not definitive*

Sample is not representative

Although the tests were done on rodents at levels much higher than humans are currently exposed to, the link between cell phones and cancer in male rats was undeniable.

doesn't point to their conclusion  
unsupported conclusions

For female rats and mice of both sexes, the evidence was less clear as to whether cancers observed were associated with signal exposure.

large timescale

The finding was the result of a 10-year study to assess the health effects in animals exposed to radiation used in 2G and 3G cell phones.

unrepresentative

The lowest exposure level used in the studies was equal to the maximum local tissue exposure currently allowed for mobile phone users but this power level rarely occurs with typical use.

unrepresentative

The highest exposure level in the studies was four times higher than the maximum power level permitted in our cell phones.

'This animal evidence, together with the extensive human evidence, coupled with the rising incidence of brain cancers in young people in the US, conclusively confirms that radio frequency radiation is a Category 1 human carcinogen,' said Dr Anthony Miller

# Daily Mail

## Cell phones **ARE** linked to cancer!

→ not definite

← Not specific enough - doesn't link to ALL cancer

A report released today, confirms the preliminary findings that were released in 2016 after scientists were alarmed by early indications that cell radiation may be carcinogenic.

↳ not definite

Although the tests were done on rodents at levels much higher than humans are currently exposed to, the link between cell phones and cancer in male rats was undeniable.

→ obviously not representative of population

higher levels of radiation than humans are exposed to

↳ good variation

For female rats and mice of both sexes, the evidence was less clear as to whether cancers observed were associated with signal exposure.

not certain

The finding was the result of a 10-year study to assess the health effects in animals exposed to radiation used in 2G and 3G cell phones.

→ long time

variation

The lowest exposure level used in the studies was equal to the maximum local tissue exposure currently allowed for mobile phone users but this power level rarely occurs with typical use.

The highest exposure level in the studies was four times higher than the maximum power level permitted in our cell phones.

↳ unrealistic evidence

'This animal evidence, together with the extensive human evidence, coupled with the rising incidence of brain cancers in young people in the US, conclusively confirms that radio frequency radiation is a Category 1 human carcinogen,' said Dr Anthony Miller

is it completely certain?

*sensationalised*

## Cell phones **ARE** linked to cancer!

A report released today, confirms the preliminary findings that were released in 2016 after scientists were alarmed by early indications that cell radiation may be carcinogenic.

Although the tests were done on **rodents** at levels much higher than humans are currently exposed to, the link between cell phones and cancer in male rats was undeniable.

For female rats and mice of both sexes, the evidence was less clear as to whether cancers observed were associated with signal exposure.

*How big was the sample*

The finding was the result of a **10-year** study to assess the health effects in animals exposed to radiation used in 2G and 3G cell phones.

*long time*

The lowest exposure level used in the studies was equal to the maximum local tissue exposure currently allowed for mobile phone users but this power level **rarely occurs with typical use**.

*variables*

The highest exposure level in the studies was four times higher than the maximum power level permitted in our cell phones.

'This animal evidence, together with the extensive human evidence, coupled with the rising incidence of brain cancers in young people in the US, conclusively confirms that radio frequency radiation is a Category 1 human carcinogen,' said Dr Anthony Miller

*No conclusive evidence from humans*

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→ how big was the sample? "

long time "

↳ Different variables "

→ Doesn't represent " real life exposure "

" what is the human evidence? "

↳ only in the US " not representative "



# the guardian

— Sensationalised Headlines

## Eating junk food raises risk of depression, says multi-country study

Eating junk food increases the risk of becoming depressed, a study has found, prompting calls for doctors to routinely give dietary advice to patients as part of their treatment for depression.

— more evidence

In contrast, those who follow a traditional Mediterranean diet are much less likely to develop depression because the fish, fruit, nuts and vegetables that diet involves help protect against Britain's commonest mental health problem, the research suggests.

— not only form of prevention

Published in the journal Molecular Psychiatry, the findings have come from an analysis by researchers from Britain, Spain and Australia who examined 41 previous studies on the links between diet and depression.

The research showed that poor diet has a likely causal link with the onset of depression and not merely an association.

— certain?

high sample size

They based their conclusions on reviewing five long-term studies of 32,908 adults who started without depression, from the UK, France, Spain, Australia and the US.

large period of time

— No control variable

However, the study's claims about the Mediterranean diet were criticised by Naveed Sattar, professor of metabolic medicine at the University of Glasgow.

— conflicted views

"The current evidence is not sufficient to prove plant-rich diets can prevent depression as most of the evidence so far simply shows that those with poorer mental health eat worse.

— peer review shows issues

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In contrast, those who follow a traditional Mediterranean diet are much less likely to develop depression because the **fish, fruit, nuts and vegetables** that diet involves help protect against Britain's commonest mental health problem, the research suggests.

Published in the journal **Molecular Psychiatry**, the findings have come from an analysis by researchers from **Britain, Spain and Australia** who examined **41 previous studies** on the links between diet and depression. *↳ peer review*

The research showed that poor diet has a **likely causal link** with the onset of depression and not merely an association. *↳ reliable source*

correlation  
≠  
causation

They based their conclusions on reviewing five long-term studies of **32,908 adults** who started without depression, from the **UK, France, Spain, Australia and the US**. *↳ good sample size*  
*- control group*  
*↳ representative*

However, the study's claims about the Mediterranean diet were criticised by Naveed Sattar, professor of metabolic medicine at the **University of Glasgow**. *↳ challenged by reliable academic*

"The current evidence is not sufficient to prove plant-rich diets can prevent depression as most of the evidence so far simply shows that those with **poorer mental health eat worse**. *↳ sensationalised heading*