Mental Health

1/22/19

Innovative Approach Helps Recovering Substance Users Improve Their Happiness

*How scientists have designed a system for experiencing in-the-moment-happiness*.

Patients recovering from substance use disorders can now self-employ various quick and easy exercises to robustly improve their in-the-moment happiness.

The new study, published in the *Journal of Substance Abuse*, is co-authored by Hannah Carlon and Susanne Hoeppner from the Recovery Research Institute. The study examined how five self-administrable happiness exercises affected a person’s in-the-moment-happiness based on 531 participants. The most effective exercise, measured by the greatest pre/post change in in-the-moment-happiness, was called “Reliving Happy Moments”. The exercise involved reminiscing over a photo of a happy moment.

Overall results indicated that happiness exercises increased in-the-moment happiness while the two controls had a negative effect. These findings are helping improve the outlook on successful substance recovery efforts.

SOURCE: Hoeppner, Bettina B. et al. Do self-administered positive psychology exercises work in persons in recovery from problematic substance use? An online randomized survey. Journal of Substance Abuse Treatment. Jan 7, 2018. Link: DOI  <https://doi.org/10.1016/j.jsat.2019.01.006>

Herpetology

1/22/19

New Species of Snake Discovered

*After nearly 40 years, the mysterious snake found in the stomach of another snake has been officially discovered.*

A new species, and genus, of snake has been discovered by Scientists at the University of Texas at Arlington.

The snake, named *Cenaspis aenigma,* had been preserved in a museum collection for nearly 40 years before scientists Jonathan Campbell, Eric Smith and Alexander Hall were able to definitively identify the snake as a previously undiscovered species.

Published in the Journal of Herpetology, the author’s paper suggests that the snake species has largely evaded detection because of its burying lifestyle and other elusive habits. These inferences were based on the unique physical attributions of *Cenaspis aenigma.*

Originally found in northern Mexico, the snake’s discovery has fostered new efforts to preserve the region for protection of other undiscovered species.

SOURCE: Campbell et al. Caudals and Calyces: The Curious Case of a Consumed Chiapan Colubroid. Journal of Herpetology. November 27, 2018. DOI hyyps://doi.org/10.1670/18-042