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RESEARCH

TUD Researchers Predict: Alcohol Consumption Increases Globally →

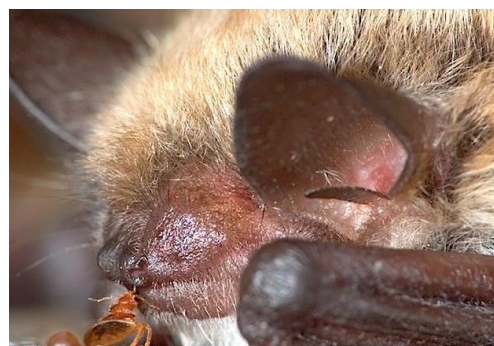


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While alcohol consumption in Europe is declining, the global average is rising - especially middle-income countries such as China and India have increased over the past three decades. An international study led by **Prof. Jürgen Rehm**, head of the Epidemiological Research Unit Addiction at the TU Dresden, predicts that the global average will rise in the future: Per capita consumption will continue to rise, from currently 6.5 to 7.6 litres of pure alcohol per year. The study has now been published by the renowned medical journal *The Lancet*. The German-Canadian collaboration examined alcohol consumption in 189 countries from 1990 to 2017 with a view to 2030. The results will be used by the United Nations for their reporting as well as in the Global Burden of Disease Study and the WHO Global Status Reports. First author Jakob Manthey, graduate psychologist at the Institute of Clinical Psychology and Psychotherapy, explains: "Based on our data, the WHO's aim of reducing the harmful use of alcohol by 10% by 2025 will not be reached globally. Implementation of effective alcohol policies is warranted, especially in rapidly developing countries with growing rates of alcohol use."

Bedmate Wanted: Who Hosted the First Bedbug? →

An international team of scientists under the co-operative leadership of TUD biologist **Prof. Klaus Reinhardt** has published new findings on the evolution of bedbugs in the renowned scientific journal *Current Biology*. In 15 years of adventures – from climbing African bat caves to steep bird cliffs in Southeast Asia –, the scientists gathered DNA of dozens of bedbug species, helping understand their mutual evolutionary relationships as well as their relations towards humans. The first astonishing result: bedbugs emerged roughly 115 million years ago, predating bats by more than 30 million years. Until now, it was believed that bats were the first bedbug hosts. Furthermore, the team discovered that the two human parasites, the common and the tropical bedbug, are much older than humans themselves.



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Sleep Well: New Sleep Training App „Refresh“ Developed by TUD Psychologists

With their new sleep training App "Refresh", scientists of the TU Dresden aim to help people to get a grip on sleep problems. The new app-based training was developed at the Institute of Clinical Psychology and Psychotherapy under the direction of Dr. Ina Beintner, in co-operation with the Stanford School of Medicine. The researchers followed the German Sleep Society's (DGSM) guidelines for the treatment of sleep disorders. "In a pilot study, the quality of sleep improved after three months, especially among participants with abnormal sleep patterns," summarized Dr. Beintner. The developers are currently looking for study participants to test the app and the improvement of their sleep quality.

TUD Researchers Contribute to Hygiene Museum Exhibition „Of Plants and People“

On 19th April, the interdisciplinary exhibition "Of plants and people. A Stroll Around the Green Planet" opened its doors at the German Hygiene Museum in Dresden. It focuses in particular on the relationship between humans and plants, our dependence on them and their destruction. Researchers of the TU Dresden have contributed several stations to the exhibition. So did Dr. Thea Lautenschläger from the Chair of Botany, who is working with partners from the Universidade Kimpa Vita in Angola, among other things, on ethnobiological surveys that record native plant species there. The TUD biologists made the strong dependence of many Angolans on the surrounding flora perceptible in the exhibition: notably with a truth spell from plant and animal parts, which, mixed into the food, lets someone speak or recognize the truth - even the local police is part of the customers. Bernd Schulz has also contributed exhibits: the trained forester and member of the Chair of Botany is known for his detailed botanical drawings, some of which can now be seen in the Hygiene Museum, together with plant descriptions and illustrations from centuries. At a children's table full of tactile objects, from Baobab and cocoa fruit to dry cork oak bark, the TU researchers illustrate the diversity of flora and fauna. The exhibition is open to the public until 19th April 2020. Here you can find the [exhibition's website](#).



Co-operation on Health: TU Dresden and AOK PLUS Aim to Prevent Students and University Members from Psychological Illness



From left: Prof. Andreas Seidler, Jens Hoßbach, Dr. Andreas Handschuh, Prof. Corinna Jacobi © Michael Kretzschmar

staff to recognise early symptoms and thus enable early, low-threshold prevention and treatment. In addition to 'classical' behavioural and behavioural preventive measures, modern, evidence-based measures from the field of E-Mental Health are also made usable and individually applicable, emphasises Prof. Corinna Jacobi, Professor of Clinical Psychology and E-Mental Health at the TU Dresden. "The limits of the four prevention fields of action nutrition, exercise, addiction and stress/relaxation will be overcome by the development of innovative, app-based and combinable intervention modules and supplemented by modules from new fields of action". The co-operation will, so far, run until autumn 2022.

The TU Dresden and the health insurance "AOK PLUS - Die Gesundheitskasse" have signed a co-operation agreement for the project "Bedarfsorientierte und zielgruppenspezifische Prävention psychischer Belastungen und Beanspruchungen in Studierwelten und universitären Lebenswelten" ("Demand-oriented and target group-specific prevention of psychological stress and strain in study and university environments"). A package of measures to strengthen mental health is to be developed and scientifically evaluated. These include the health-promoting design of studies and employment at the TU, the health-preserving handling of mental stress and the ability of students and

Research for Future: IAPP at the Hannover Messe



© Organic Electronics Saxony

„Research for Future“ was the motto of the joint TU Dresden stand at the Hannover Messe. The world's largest industrial fair bundles key technologies and core areas of industry. The Dresden Integrated Center for Applied Physics and Photonic Materials IAPP was here together with the Organic Electronics Saxony e.V. (OES) presenting various exhibits. The Saxon Minister of Economic Affairs, Labour and Transport Martin Dulig also visited the stand and discussed the latest developments in organic, flexible and printed electronics with the young scientists Jörn Vahland and Kevin Krechan from IAPP, Dominik Gronarz and Jitka Barm from OES.

UNI Day on 25th May 2019 **Open Doors at TU Dresden**

What's next after school graduation and Bachelor's degree? Answers can be found at the "UNITAG" ("Uni Day"), the open day, from 9:30 a.m. to 3 p.m. in the central lecture hall.

Detailed information on study opportunities and degrees, study prerequisites and application modalities, as well as on the topics of student financing, living and foreign stays can be found at the information stands and in many lectures.

Here you can find the programme:

<https://tud.de/unitag>

YOUNG SCIENTISTS

Call for Applications:

Dalberg Prize 2019

The Akademie gemeinnütziger Wissenschaften zu Erfurt ("Academy of Non-Profit Sciences in Erfurt"), in conjunction with the universities and colleges of Thuringia, is awarding the Dalberg Prize 2019. The award honours research whose transdisciplinarity is not only directed towards connections between individual subjects, but also builds a bridge between the humanities and natural sciences. The emphasis on transdisciplinarity sends a signal to the public that these scientific disciplines commonly separated are not only perceived mutually, but also jointly. Carl von Dalberg, a promotor of science and the arts after whom the prize is named, as the Governor of Erfurt since 1772, raised the Academy to a special heyday.

The Dalberg Prize, donated with 2,000 Euros, will be awarded on 24th October 2019 as part of the ceremonial matriculation of the Friedrich Schiller University in Jena.

Applications are invited until 30th June 2019 to:

Senat der Akademie gemeinnütziger Wissenschaften zu Erfurt

Postfach 45 01 22

99051 Erfurt

E-Mail for information and online application: meinolf.vielberg@uni-jena.de / sekretariat@akademie-erfurt.de



EQUAL OPPORTUNITIES

Vacation Care for Children 2019



In the summer holidays 2019, TU Dresden again offers a child holiday care for students grades 5-8.

As a family-friendly university, TU Dresden wants to support its employees in reconciling work and family responsibilities. Children's holiday care is exclusively available to children of TU Dresden employees. In principle, this is a free offer, only the costs for lunch (in the refectory) of 30 Euros must be borne by the parents. As part of the children's holiday care, the children visit institutes and laboratories at the TU Dresden and experience exciting experiments. The afternoons are organised in cooperation with the University Sports Centre.

Time: 5th week of summer holidays (5th to 9th August 2019) - daily from 9 a.m. to 4 p.m., Friday until 3 p.m.

Ages: 5th to 8th grade

All information can be found at:

<https://tu-dresden.de/tu-dresden/chancengleichheit/familienfreundlichkeit/kinderferienbetreuung>

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