Article: <https://consumer.healthday.com/kids-health-information-23/adolescents-and-teen-health-news-719/can-eating-fish-make-kids-smarter-729613.html>

Notes:

* New study showing fish is brain food
* Kids who ate fish at least once a week had 5 IQ points higher & slept better
* Study was done on Chinese children
* Lead researcher: Jianghong Liu (associate professor of nursing)
* They claim: “Although the study cannot prove that eating fish accounted for the higher IQs and better sleep, they do seem to be associated, she said.”
* “According to the researchers, the benefit in IQ can be pinned to the better sleep afforded by omega-3 fatty acids found in many types of fish.”
* more than 500 boys and girls in China, 9 to 11 years old.
* Children responded to the questionnaire about whether or not they ate fish
* Took the “Wechsler Intelligence Scale for Children-Revised” – accounts for verbal and non-verbal skills
* Parents attested to the sleeping of their own children

Initial Thoughts:

* Asking 10 year old kids to recite what they ate over a week is likely filled with errors
* Didn’t normalize for how kid’s parents already feel about the sleep patterns of their kids – bias is included in their reporting
* They made a causal inference without doing any causality study (instead relied purely on perceived correlation on biased data) in regards to the cause being fatty acids
* Study done on Chinese kids but findings is presented in english to an american audience
  + Chinese families have more fish in their diet so their reaction to eating fish is likely much different from an American – they shouldn’t have presented the information in an article such as this with this audience in mind

Tropes present:

* Anchoring bias: study is being conducted in response to the common myth that fish makes your smarter – the researchers are likely going in to this with some bias towards it helping
* Bandwagon effect (same reason as above)
* Confirmation bias (same reason as above)
* Placebo effect: parents could think that their kid was sleeping better because they knew the kid should (was it a double-blinded experiment?)
* Selective perception: omega 3 fatty acids already have the perception to help brain function which might be why they made a causal inference with no causal study