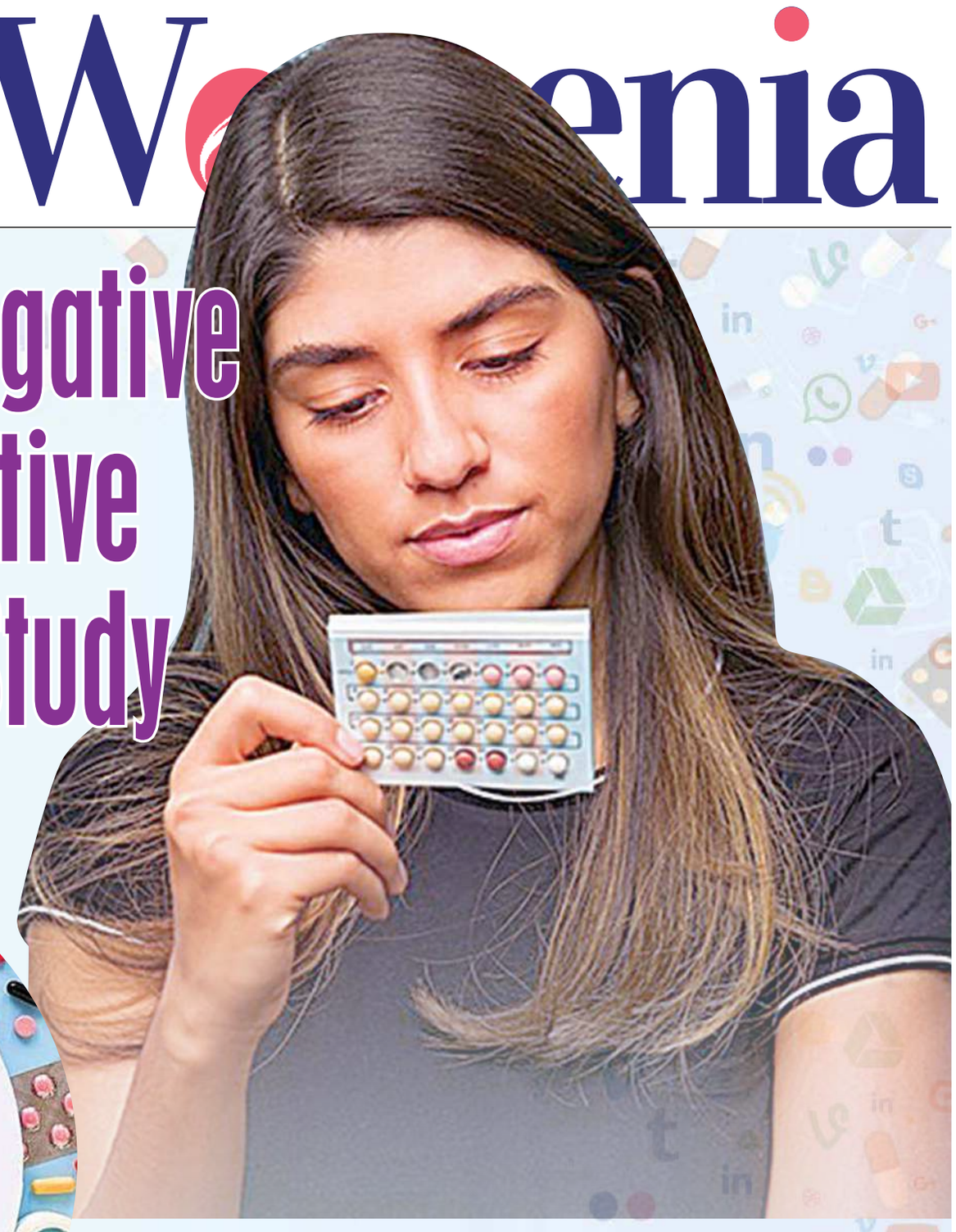
Wo enia

Social media driving negative opinion on contraceptive pills among women: Study



A new study from the University of Sheffield has shed light on how social media may be shaping women's experiences with the contraceptive pill, often in harmful ways. According to researchers, negative narratives online could be contributing to women discontinuing oral contraceptives within just two years of starting them, driven largely by what's known as the "nocebo effect."

The nocebo effect occurs when negative expectations or anxiety about a medicine trigger real physical side effects once the drug is taken. Often called the "evil twin" of the placebo effect, it manifests in symptoms such as fatigue, depression, and anxiety. While these side effects are very real to those experiencing them, researchers suggest that in some cases, they may be amplified—or even triggered—by psychological factors rather than the drug itself.

Dr. Rebecca Webster from the University of Sheffield's School of Psychology explained: "The contraceptive pill gets a lot of negative attention, particularly on social media, and we were interested in how these negative views could be influencing the way women are experiencing oral contraception. The side effects are very real, but could some of them have a psychological component? If they do, that means we could develop interventions to help people deal with them."

The study, published in the journal Perspectives on Sexual and Reproductive Health, recruited 275 women aged 18 to 45, all of whom had taken the contraceptive pill at some point in the last 18 months. Participants completed an online survey, allowing researchers to explore the psychological and experiential factors tied to pill use.

Results revealed that nearly every woman (97 percent) reported at least one side effect. Over the study's 18 months, just over half (54.2 percent) continued using oral contraception, while the remaining 45.8 percent discontinued. Of those who stopped, 42 switched to alternative forms of contraception—many of which were less effective.

Experts argue that more needs to be done to combat misinformation and provide balanced, evidence-based education. They also suggest that healthcare providers could play a key role in addressing patient anxieties and reframing expectations before women st art taking the pill

Statistical analysis identified four psychological factors that heightened the likelihood of experiencing negative side effects: holding a negative expectation from the outset, low confidence in how medicines are developed, a belief that medicines are overused or harmful, and a personal belief in heightened sensitivity to medications.

Researchers warn that the growing wave of online discussions—often dominated by personal anecdotes, misinformation, and sensational stories—could be fueling these nocebo responses. While the pill remains one of the most effective and widely used forms of contraception, public perception can directly impact how women feel while taking it, sometimes pushing them toward less reliable options.

Experts argue that more needs to be done to combat misinformation and provide balanced, evidence-based education. They also suggest that healthcare providers could play a key role in addressing patient anxieties and reframing expectations before women start taking the pill.

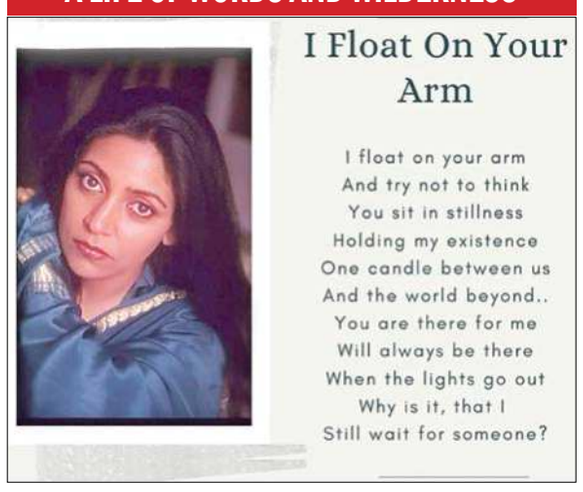
As the conversation around contraception becomes increasingly shaped by digital platforms, the challenge now lies in distinguishing between genuine risks and nocebo-driven experiences—ensuring that women make informed choices without undue influence from online negativity.

Deepti Naval's poetic reflections and hillside escapes

Veteran actress Deepti Naval, who has long enchanted audiences with her understated elegance and nuanced performances in films like Chashme Buddoor and Saath Saath, recently turned to poetry to share her emotions with the world. Known for her deep connection with both art and nature, Naval took to Instagram to pen a heartfelt piece that resonated with her followers for its raw simplicity and profound depth.

The post was quickly met with admiration from her fans. One follower recalled her memorable role as a tribal girl in one of her acclaimed films, writing, "So beautifully expressed without speaking, like in one of your great movies." Others showered her with praise, leaving comments such as "Wow, very well expressed. Nice words. It's a life you lived," while several simply summed up their admiration with "Superb" and "Touchwood."

A LIFE OF WORDS AND WILDERNESS



This isn't the first time Naval has used her social media to offer a glimpse into her inner world. Just days earlier, she shared snippets from her tranquil life in the mountains of Himachal Pradesh. Posting a short video from her garden—her beloved "bagicha"—the actress revealed her hillside haven in Haripur, near Naggar. Surrounded by apricot-laden trees and blanketed in morning fog, Naval's narration in the clip reflected her deep contentment.

"It's so foggy, you don't really see the mountain. But this is my bagicha. Look at the apricots, oh my God… And this is where I do my workout. This is what I always wanted—to be outside, walking," she said in the video, her voice filled with both wonder and peace.

Her posts underline how she has carved a life steeped in creativity and solitude. While cinema gave her recognition and applause, poetry and nature seem to give her fulfillment and grounding. Whether it is verses about companionship and longing or candid clips of her hillside mornings, Naval's expressions continue to inspire her fans—reminding them that artistry isn't confined to the screen.

For her admirers, these glimpses into her poetic musings and serene lifestyle are more than just updates—they are an extension of the same sensitivity and depth that once defined her roles on screen.

Neena Gupta shows how to flaunt the pallu in Gujarati style saree

Veteran actress Neena Gupta has once again reminded fans why she is considered one of the most graceful personalities in Indian cinema. Taking to Instagram, the 66-year-old actress shared a stunning photo of herself draped in a blue saree. But it wasn't just the elegance of the attire that caught attention—it was her styling advice that made the post stand out.

Alongside the picture, Gupta wrote, "If you want to show your nice Pallu, you should wear it the Gujarati style." Her caption instantly resonated with admirers, many of whom see her as a style icon who blends tradition with modernity. With her signature poise, Gupta demonstrated how the classic Gujarati drape remains timeless when it comes to showcasing a saree's pallu.

Over the years, Neena Gupta has built a reputation not only as a powerhouse performer but also as someone unafraid to experiment with fashion. Whether she is dressed in traditional weaves or chic western silhouettes, Gupta carries every outfit with an ease that continues to inspire younger generations. Her Instagram, often filled with snapshots of her personal style, has become a go-to space for fashion and lifestyle inspiration.

CROSSWORD

ACROSS

3 Bollywood's Alia ___ (5)
8 Paying Guest was her first film (5)
10 Make haste (5)
11 To free from (3)
12 Lifeless (5)
13 Disparaged (3,4)
15 Seeps (5)
18 Actor Chaney (3)
19 Indisciplined (6)
21 Carriage or conveyance used on land or in space (7)
22 Angers or rages (4)
23 A prefix meaning "by itself" (4)
24 Eternal (7)
26 Safe harbours (6)
29 Make an __ of oneself : behave foolishly ? (3)
31 Refine metal (5)
32 Steadfastly loyal (7)
34 Run away to wed (5)
35 Fabulous bird (3)
36 From this time (5)
37 Conclude as a deal (3,2)
38 Verity (5)

DOWN

1 City in Gujarat (5)
2 ___ with : burdens a person with ? (7)
4 A song giving praise to god (4)
5 Royal seat (6)
6 Private teacher (5)
7 Brutal (5)
9 A metal (3)
12 Sunshades or sunblinds (7)
14 Sound of amazement (3)
16 African warriors of Bantu tribe (5)
17 Church council (5)
19 Howl with grief (7)
20 Breathes deeply (5)
21 Great vitality (5)
23 Guaranteed (7)
24 Deer horn (6)
25 Eur. Space Agcy. (3)
27 Caution light (5)
28 Put in office (5)
30 Happen (5)
32 See something (4)
33 At this time (3)

Solution to September 13

SUDOKU

		3	8	1				6
				7		8	5	4
4	9				2			3
		2	3		7		4	
6	7						8	9
	4		1		6	5		
1			5				2	7
9	3	5		2				
8				6	9	1		

9	3	4	2	8	1	7	6	5
5	1	7	6	4	9	3	8	2
8	6	2	5	7	3	4	9	1
2	7	6	3	9	5	1	4	8
1	9	8	7	2	4	5	3	6
4	5	3	1	6	8	9	2	7
6	4	9	8	5	7	2	1	3
3	8	5	9	1	2	6	7	4
7	2	1	4	3	6	8	5	9

Solution to September 13