《啤酒能使人变得更善于交际》

导读:虽然这已是众所周知的事情，人们在喝了啤酒之后会变得更善于交际，但瑞典的研究者们却觉得很少有科学数据能证实此点。于是，他们进行了一系列的研究，证明啤酒能使人变得更善于交际。

Researchers from Switzerland have confirmed what most of us already know - drinking a single glass of beer can make people more sociable.

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The team from University Hospital in basel tested 60 healthy people, with an equal number of men and women drinking alcoholic and non-alcoholic beer.

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They took part in a range of tasks, including a face recognition test, empathy test and sexual arousal test.

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The lead researcher said there had been little previous research in this area.

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Prof Matthias Liechti explained: "Although many people drink beer and know its effects through personal experience there is surprisingly little scientific data on its effects on the processing of emotional social information."

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The desire to be with others, in a happy, talkative and open environment increased in the group which drank the alcoholic beer and was more marked in women and those with higher initial inhibitions.

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As well as enabling the participants to recognise happy faces more quickly, the beer also enhanced participants' emotional empathy, particularly in those with lower levels of initial empathy.

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Participants were also shown pictures of explicit sexual content.

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After drinking non-alcoholic beer, participants rated them as less pleasant than neutral pictures - but they were rated as more pleasant by those who drank alcoholic beer. This was most marked in the women participants, but researches found it did not actually enhance sexual arousal.

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