Covid-19

Maintaining motivation in uncertain times
William Bridges’s model of psychological transitions is one way to understand what it means to grapple with change and live with uncertainty. He emphasises that transition is an internal process of our minds catching up with the new reality involved in the actual changes that are happening. This might be when we take on new roles or return to old roles; one or both these scenarios may be playing out for people as the system responds to Covid-19.

Compassionate transitions: Reconnecting school communities post-Covid-19 closures
This paper, produced by the Scottish Division of Educational Psychology, is intended to support teachers and education staff return to school. It provides a psychological perspective on how to manage this significant transition compassionately and in a way that takes account of the needs of all individuals within a school community.

The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK
Using longitudinal microdata for the UK over the period 2009-2020 we control for pre-existing previous trends in mental health in order to isolate and quantify the effects of the Covid-19 pandemic. Mental health in the UK worsened by 8.1% on average as a result of the pandemic and by much more for young adults and for women which are groups that already had lower levels of mental health before Covid-19. Hence inequalities in mental health have been increased by the pandemic.

Covid-19 affects BAME youth mental health more than white peers – study
Higher risk of BAME people dying and inability to attend school behind rises in anxiety.

‘I’m broken’: how anxiety and stress hit millions in UK Covid-19 lockdown
Mental health crisis looms as families struggle with effects of living with pandemic.

One third of UK women are suffering from lockdown loneliness
New study shows that gender difference in mental health problems during pandemic stems from the loss of social interaction.

Study finds half of 16- to 24-year-olds hit by ‘lockdown loneliness’
Younger people are more likely to have experienced loneliness than older people during lockdown, according to research by the Office for National Statistics (ONS).

Children Show Increase in Mental Health Difficulties Over COVID-19 Lockdown – Same Pattern Not Seen in Teenagers
Parents/carers of children aged 4-10 years of age reported that over a one-month period in lockdown, they saw increases in their child’s emotional difficulties, such as feeling unhappy, worried, being clingy and experiencing physical symptoms associated with worry.
Studies

Virtual Reality Games and the Role of Body Involvement in Enhancing Positive Emotions and Decreasing Anxiety: Within-Subjects Pilot Study

This study finds that (1) virtual reality video games appear to be effective tools to elicit positive emotions and to decrease negative emotions and state anxiety in individuals and (2) the level of body involvement of the virtual video game has an important effect in determining the ability of the game to improve positive emotions and decrease negative emotions and state anxiety of the players.

Causal Factors of Anxiety and Depression in College Students: Longitudinal Ecological Momentary Assessment and Causal Analysis Using Peter and Clark Momentary Conditional Independence

This study aims to characterize the causal and contemporaneous networks between these critical mental health factors in a cohort of first-year college students and then determine if observed results replicate in a second, distinct cohort. Understanding how causal factors impact the evolution of these mental states over time may provide key information for targeted treatment.

Automatic Construction of a Depression-Domain Lexicon Based on Microblogs: Text Mining Study

A depression-domain lexicon was proven to be a meaningful input for classification algorithms, providing linguistic insights on the depressive status of test subjects. It is possible that this lexicon will enhance early depression detection in social media users.

Examining Social Capital, Social Support, and Language Use in an Online Depression Forum: Social Network and Content Analysis

The structural positions of online depression forum users in the reply network are associated with different participation outcomes in the users.

Evaluation of an On-Demand Mental Health System for Depression Symptoms: Retrospective Observational Study

This study provides preliminary insights into which aspects of an on-demand mental health system members are utilising and levels of engagement and satisfaction over an 8-12 week window.

Challenges and Benefits of an Internet-Based Intervention with a Peer Support Component for Older Adults with Depression: Qualitative Analysis of Textual Data

This study performed qualitative analysis of data collected from MoodTech, a pilot study of an internet-based intervention with a peer support component for older adults with symptoms of depression.

Women at risk of babies being put in care more likely to have mental health issues

Wales study shows 53% have condition, showing need for early support for mothers

Trainee doctors’ attitudes to mental illness among their peers

Summary of a recent qualitative study exploring UK trainee doctors’ attitudes to mental illness among their peers and their access to support services.

Social media to diagnose depression: should this be used to target mental health care?

Summary of a mixed methods study, which explores public opinion about using social media to diagnose depression.

Therapists and patients have good quality interactions during telephone sessions

The quality of interactions between therapists and their patients is as good by telephone as in face-to-face sessions. A review of the evidence found little difference in the interaction regardless of how therapy was delivered. Telephone sessions were shorter but measures such as empathy and attentiveness, as well as patients’ readiness to disclose information, was similar in both settings.
Systematic Reviews

**Physical activity while pregnant may help prevent postpartum depression**
Summary of a systematic review and meta-analysis on the effects of physical activity during pregnancy and the risk of postpartum depression.

**Effects of cognitive behavioural therapy on anxiety and depression in patients with chronic obstructive pulmonary disease: A Meta-analysis and Systematic Review**
Cognitive-behavioural therapy may possibly relieve depression in COPD patients in a short period of time, and improve anxiety over a longer period.

**Therapeutic Alliance in Technology-Based Interventions for the Treatment of Depression: Systematic Review**
This systematic review suggests that it is possible to establish a positive therapeutic alliance across a variety of different TBIs for depression, but this is based on a small number of studies.

**Apps with Maps—Anxiety and Depression Mobile Apps with Evidence-Based Frameworks: Systematic Search of Major App Stores**
The current proportion of apps developed using evidence-based frameworks is unacceptably low, and those without tested frameworks may be ineffective, or worse, pose a risk of harm to users.

Randomised Control Trial

**Coach-Facilitated Web-Based Therapy Compared with Information About Web-Based Resources in Patients Referred to Secondary Mental Health Care for Depression: Randomized Controlled Trial**
This RCT demonstrates that the use of guided web-based therapy for the treatment of depression is not more effective than information-only waitlist control. However, it showed that the coach has the potential to increase adherence and engagement with web-based depression treatment protocols.

Survey

**Working from home taking its toll on the mental health & relationships of the nation**
As the UK Government continues to encourage those who can work at home to do so, new survey reveals that 80% of Brits feel working from home has had a negative impact on their mental health.

App

**ELFy – support app for asthma, epilepsy and mental health**
A free-to-download app is helping people self-manage long-term conditions.