

Depression

medication
therapy
resources
stress
anxiety
mood disorder counselling bipolar worry self-help panic
CBT research



25 May 2023

Studies

[Parents' depression can be linked to children's emotional difficulties](#)

Summarises a new paper in the BJPsych, which focuses on parental depression symptoms in both mothers and fathers, and how they are linked with emotional difficulties in their children.

[Improving access to CBT for people with anxiety: a review of solutions?](#)

Reflects on a scoping review exploring ways to improve access to Cognitive Behavioural Therapy for people with anxiety disorders.

[Investigating the role of relationship satisfaction and paternal psychological distress during pregnancy on offspring health in early life](#)

The association between paternal depressive symptoms during pregnancy and offspring recurrent respiratory infections (RRIs) was mediated by maternal prenatal depressive symptoms. Additionally, paternal poorer relationship satisfaction was associated with child RRIs independently of maternal distress.

[A service evaluation of phased- and stepped-care psychological support for health and social care workers during the COVID-19 pandemic](#)

The evaluation supports the utility of evidence-based interventions delivered as part of a stepped-care pathway for HSCWs with common mental health problems in the context of the COVID-19 pandemic. Given the novel integration of psychological first aid within the stepped-care model as a step one intervention, replication and further testing in larger-scale studies is warranted.

[Comparing measurements of lithium treatment efficacy in people with bipolar disorder: systematic review and meta-analysis](#)

An abundance of measurements have been used to assess lithium's clinical effects, across several study designs. Despite the resultant high heterogeneity, an overall picture of lithium's effects emerges that supports previous literature; between half and two-thirds of patients respond well to lithium across varying outcome measures, baseline mood states, study durations and bipolar disorder subtypes.

[Predicting future onset of depression among middle-aged adults with no psychiatric history](#)

Machine-learning approaches show potential for being beneficial for the identification of clinically relevant predictors of depression. Specifically, we can identify, with moderate success, people with no recorded psychiatric history as at risk for depression by using a relatively small number of features. More work is required to improve these models and evaluate their cost-effectiveness before integrating them into the clinical workflow.

[Individual-level interventions for reducing occupational stress in healthcare workers](#)

Our review shows that there may be an effect on stress reduction in healthcare workers from individual-level stress interventions, whether they focus one's attention on or away from the experience of stress. This effect may last up to a year after the end of the intervention. A combination of interventions may be beneficial as well, at least in the short term. Long-term effects of individual-level stress management interventions remain unknown. The same applies for interventions on (individual-level) work-related risk factors.



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Consultation

[Mental health and wellbeing plan: discussion paper and call for evidence](#)

The decision has since been taken to incorporate tackling mental ill health into a [major conditions strategy](#) instead of a stand-alone mental health strategy. This will ensure that mental ill health is considered alongside other physical health conditions and that the interactions between them are reflected in any resulting commitments. A [call for evidence to inform the major conditions strategy](#) was published on 17 May 2023.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) reflecting the worries, personal well-being, and loneliness of adults in Great Britain.

Elearning

[Perinatal Mental Health programme features new resources](#)

The Perinatal Mental Health elearning programme has now expanded to include 2 new sessions for parent-infant practitioners and colleagues in specialist perinatal mental health services.

[Improving children's lives by managing procedure induced anxiety](#)

Procedure induced anxiety affects the majority of children on their journey through the healthcare system and can have long-term consequences on their mental health and wellbeing. This anxiety may be generated by any medical intervention, from the simplest and transient, to the most complex, spanning most of a person's childhood. We are excited to share details of a [new elearning programme](#) that provides a comprehensive account of research evidence to illustrate the prevalence and consequences of this condition.

News

[Nine treatment options to be made available for adults with depression or an anxiety disorder](#)

Six digitally enabled therapies for adults with [anxiety disorders](#) and three for adults with [depression](#) have been recommended for use in the NHS while further data is gathered, NICE has said.

['I didn't even know men could get it': the hidden impact of male postnatal depression](#)

A personal account of male postnatal depression.



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[New Every Mind Matters campaign encourages public to get physical](#)

[Better Health – Every Mind Matters](#) from the Office for Health Improvement and Disparities (OHID) is launching a new campaign to encourage the nation to make the first move for their mental health and get active. New research released has revealed that three-quarters (75%) of adults surveyed report feeling anxious, but less than half (45%) are aware that physical activity is proven to reduce symptoms of anxiety.

[Mental health of half of adults in England and Wales negatively affected by cost-of-living crisis](#)

The mental health of nearly half (48%) of people in England and Wales has been negatively affected by the cost-of-living crisis, rising to nearly three quarters (73%) for those with an existing mental health problem. This is according to new research released from the mental health charity Mind.

[New collaboration between academics and secondary schools to address mental health crisis in adolescents](#)

Scientists and Educators collaborate in a programme to transform scientific research, school teaching and young people's understanding of their mental health and wellbeing. [BrainWaves](#), a global mental health and wellbeing initiative for young people will give scientists a better understanding of the adolescent brain and secondary schools high quality, evidence-based advice and mental health interventions for schools, including lesson materials on mental health.

[Single parents are more at risk of anxiety](#)

Anxiety is stopping single parents from doing what they like, or need to do with the vast majority of single parents saying anxiety has interfered with their day-to-day life.

[Young people aged 18 to 24 are the age group most likely to feel anxious in the UK, according to our recent survey](#)

The vast majority of young people aged 18 to 24 felt anxious in the last two weeks, so much so that it interfered with their day-to-day life, according to [data we released earlier this week](#). The survey of 6000 UK adults (conducted on our behalf by Opinium) illustrates the prevalence of [anxiety](#) in the UK, showing how common a feeling this is, especially in young people. Anxiety is a common emotion: almost nine in ten (86%) young people felt anxious at least sometimes in the last two weeks, with over a third (34%) feeling anxious most or all of the time, but if anxiety gets out of control it can become a mental health problem. Worryingly, more than a third of young people (34%) who are feeling anxious say they are not coping well with those feelings.

[Financial strain is driving the UK's anxiety](#)

Money worries are the most common cause of anxiety, and stigma is stopping us from opening up, with more than one-third of UK adults with anxiety saying they feel ashamed to talk about it. One in three people (32%) said worries about 'being able to afford to pay my bills' made them anxious in the last two weeks. 20% said 'debt' and 15% cited job insecurity or unemployment.

[Past obesity can have lasting effects on mental health, study finds](#)

Previously obese people who slim down to a healthy weight still have a heightened risk of dying early as they are more likely to struggle with their mental health, research suggests. The analysis, funded by the UK Economic and Social Research Council, called for people who have lived with obesity to receive continued mental and psychological support, even after experiencing weight loss.

