

# Depression

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



**NHS**  
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## Studies

### [Psilocybin for 'treatment-resistant depression': an island of hope in an ocean of uncertainty?](#)

In this blog, UCL MSc students consider an RCT published in the New England Journal of Medicine, which suggests that psilocybin-assisted psychotherapy may help reduce depression in people with severe and enduring illness, but side effects are common and more research is needed to look into longer term effects.

### [Conceptual frameworks of barriers and facilitators to perinatal mental healthcare: the MATRIx models](#)

The MATRIx frameworks highlight the complex interplay of individual and system-level factors across different stages of the care pathway that influence women accessing PMH care and effective implementation of PMH services. Recommendations are made for health policy and practice. These include using the conceptual frameworks to inform comprehensive, strategic and evidence-based approaches to PMH care; ensuring care is easy to access and flexible; providing culturally sensitive care; adequate funding of services and quality training for health professionals, with protected time to complete it.

### [Investigating the impact of financial concerns on symptoms of depression in UK healthcare workers: data from the UK-REACH nationwide cohort study](#)

Financial concerns are increasing in prevalence and predict the later development of depressive symptoms in UK HCWs. Those in nursing, midwifery and other allied nursing roles may have been disproportionately affected. Our results are concerning given the potential effects on sickness absence and staff retention. Policy makers should act to alleviate financial concerns to reduce the impact this may have on a discontent workforce plagued by understaffing.

### [The Effect of Perinatal Depression on Child Development](#)

Perinatal depression has damaging effects on child development in all five domains and during all four stages of development. Public health programs that use alternative forms of treatment as opposed to interpersonal therapy should be emphasized. There is a need to conduct more research on children in the later stages of development in order to identify the potentially long-lasting effects of perinatal depression. There are also significant challenges in investigating perinatal depression, as the effects of antenatal depression and postnatal depression on child development are often explored separately.

### [Quality Improvement Project on Improving Patient and Family Experience in Psychiatric Inpatient Unit at Derby \(Tissington House\)](#)

Half of patients reported not receiving an introduction to the ward on admission and being unaware of the roles of different staff members. 70% of the patients and relatives were aware of the facilities of the ward and how to use them. There was a mixed response about satisfaction with running of Multidisciplinary Team Meetings (MDTs), availability of name nurse and medical team and information provision around MDTs, leave arrangement, discharge planning and follow up.



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## [Effectiveness of rTMS on Suicidal Thoughts in Patients With Depression](#)

rTMS is being used for symptoms of depression and anxiety and evidence is encouraging in treating symptoms including pessimistic and suicidal thoughts. rTMS therapy over six weeks showed a gradual reduction in the severity of pessimistic and suicidal thoughts, demonstrated by decreases in average MADRS weekly score.

## [Probiotics as Adjunctive Treatment in Major Depressive Disorder: Estimates of Treatment Effect and Underlying Mechanisms From a Double-Blind Placebo-Controlled Randomised Pilot Trial](#)

Compared to placebo, the probiotic group had greater improvement in depressive and anxiety scores, from as early as 4 weeks. The acceptability, tolerability and estimated effect sizes on key clinical outcomes are promising and encourage further investigation of this probiotic as add-on treatment in MDD. The beneficial effects of probiotics in this patient group may be partially mediated by modification of the composition of the gut microbiota and improvement of affective biases, inherent to depressive disorders.

## [The Role of a Specialist Community Rehabilitation Team \(Mental Health Intensive Support Team\) in Reducing Referrals for Out-of-Area Placements](#)

MhIST uses a multi-disciplinary model which offers an intensive level of support and a high frequency of interventions. The team includes support workers, nurses, doctors, occupational therapists, psychologists and social workers, and in addition links with other community services involved in housing, employment and social projects. A bespoke and flexible approach allows complex needs to be addressed within local services, and here we highlight the role of MhIST in reducing referrals to OOA placements.

## [Sleep Problems and Gambling Disorder: Findings in Non-Treatment Seeking Young Adults](#)

Global disruptions in sleep, as well late- and middle-insomnia, were found to be significantly higher in gambling disorder than controls. Symptoms of anxiety and depression were also significantly higher in the gambling disorder group. Further research could have implications for the identification and treatment of sleep disorders and psychiatric comorbidities in gambling disorder.

## [Targeted Approach to Providing Child and Adolescent Mental Health Education to GPs](#)

These targeted educational sessions suggest it is possible to make reliable improvements in GP knowledge across a variety of topics. With child and adolescent mental health demands at record levels, a more focused approach of the kind considered here may offer a model for training elsewhere. As an indication of the impact of this approach, further sessions on other topics have been requested by the GP teaching leads.

## [The Impact of Prophylactic Medication Use on the Recurrence of Bipolar Episodes in the BDRN Pregnancy Study](#)

A high number of bipolar women are taking medication at delivery and in the majority, antipsychotics are prescribed. The postnatal recurrence rate in both medicated and unmedicated women is high.



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## News

### [Up to 3m UK people behind on bills have had mental health problems, study says](#)

YouGov polling for the [Money and Mental Health Policy](#) Institute charity found that 12% of participants were behind on at least one payment such as energy, rent or credit cards, of whom half had a mental health problem. That equates to 3 million people who are behind on a payment and who have experienced a mental health problem in the previous two years, the authors calculated.

### [Young women seeking mental health help called 'dramatic', UK survey finds](#)

A fifth of young women who have sought help for their mental health say they were told they were being "dramatic", research shows. The survey also found that 27% of those who had spoken up about a mental health crisis over the past five years were told their issues could be hormonal. It found that many women did not feel they were taken seriously when they attempted to seek help.

### [Distress in England's young adults has risen sharply since Covid, study shows](#)

Young adults are bearing the brunt of a "growing mental health crisis" in England, according to researchers who warn that levels of severe distress have risen steadily in adults since the start of the pandemic. Writing in [Jama Network Open](#), the authors describe how beyond young adults, those from low-income backgrounds also reported a sharp rise in severe distress, fuelling concerns that the cost of living crisis has forced people in more deprived areas to cut back on food and other essentials.

### [Sustained investment in public mental health could boost communities' wellbeing nationwide, says Centre for Mental Health](#)

Targeting resources to communities where the need is greatest can have a major impact on people's mental health, according to a new report from charity Centre for Mental Health. The report, [Made in communities](#), is the national evaluation of the UK Government's Better Mental Health Fund.

