

# Depression

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



Mersey Care  
NHS Foundation Trust

Community and Mental Health Services

16 August 2023

## Studies

### [Barriers to PTSD care for US veterans: new evidence highlights importance of an intersectional approach](#)

Explores the barriers to mental health care reported by over 17,000 US veterans with PTSD, and how these barriers differ between demographic groups (e.g., by race and by sex).

### [Sitting in the waiting room: what happens when anxiety disorders are left untreated?](#)

Summarises a systematic review and meta-analysis of 173 studies examining the untreated course of anxiety disorders, which finds that for some people, anxiety disorders can improve without treatment.

### [The burden of perinatal mental illness in migrant women: new evidence on prevalence and risk factors](#)

Explores the global prevalence of perinatal mental disorders among migrant women; summarising a recent review which finds that "one in four experience perinatal depression, one in five perinatal anxiety, and one in eleven perinatal PTSD".

### [A cognitive-behavioural therapy programme for managing depression and anxiety in long-term physical health conditions: mixed-methods real-world evaluation of the COMPASS programme](#)

Results suggest that COMPASS is effective in NHS settings, and is acceptable to patients. Content tailored to long-term conditions, therapist support and clear delivery strategies should be prioritised to aid intervention implementation.

### [Trajectories of distress and recovery, secondary stressors and social cure processes in people who used the resilience hub after the Manchester Arena bombing](#)

The Arena attack has had an enduring impact on mental health, even in survivors who had a mild response to the event. The quality of close relationships is pivotal to long-term outcome. Constructive support from family and friends, and people with shared experiences, are key to social cure processes that facilitate coping and recovery.

### [The role of parenting practices in parent and child mental health over time](#)

Shared parenting is beneficial for parent and child mental health, even under chaotic or inflexible life conditions. Structured parenting is beneficial for younger children.

### [Clinical practice guidelines on the use of deep brain stimulation for the treatment of obsessive-compulsive disorder: systematic review](#)

Despite a very limited evidence base, eight of the nine identified guidelines supported the use of DBS for OCD as a last line of therapy; however, multiple aspects of DBS provision were not addressed.

### [Compassion apps for better mental health: qualitative review](#)

Of the 24 included apps, eight were identified that met the criteria of being consistent with existing and studied compassion-based interventions, and acceptable to good overall quality. The other 16 apps failed to meet one or both of these criteria.



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



Mersey Care  
NHS Foundation Trust

Community and Mental Health Services

16 August 2023

## News

### [High premature mortality in those given community sentences who had psychiatric or substance use disorders](#)

People who had mental health or substance use disorders when they were given community orders were three times more likely to die prematurely, and particularly from suicide, accidents, drug overdose, or homicide, compared to those without any psychiatric diagnoses.

### [Women with poor mental health 'have 50% higher risk of preterm birth'](#)

Women who struggle with their mental health have an almost 50% higher risk of preterm births, according to the biggest study of its kind. The research, [published on Tuesday in the Lancet Psychiatry](#), examined data from more than 2m pregnancies in England and found about one in 10 women who had used mental health services had a preterm birth, compared with one in 15 who did not.

### [Number of children in mental health crisis at record high in England](#)

The number of children in mental health crisis has reached record levels in England, analysis of [NHS data](#) by the mental health charity YoungMinds shows. For the first time, urgent referrals of under-18s to mental health crisis teams reached more than 3,500 in May, three times higher than in May 2019. And in the year to March 2023 there were 21,555 urgent referrals to mental health crisis teams, up 46% on 2022, the charity found.

### [Half of anxiety and depression cases in new mothers in UK missed, says report](#)

Half of cases of anxiety and depression among new and expectant mothers in the UK are going undiagnosed, top midwives have warned, as they called for a boost in staff numbers to help spot more cases of mental ill health. The Royal College of Midwives (RCM) said that 10% to 20% of women develop a mental illness during pregnancy or within the first year after having a baby, which can include anxiety and depression and severe mental health issues. But too many cases of perinatal cases of anxiety or depression are being missed, despite contact with professionals, it said in its [report](#).

