

Cochrane Review

[Brexpiprazole versus placebo or other antidepressive agents for treating depression](#)

Our review supports the superior efficacy of add-on brexpiprazole in comparison to placebo in adults with treatment-resistant depression for the short-term and acute treatment of depression. Our findings were limited by the small number of studies and the moderate-certainty evidence for the most common adverse effects (akathisia and weight gain). There was insufficient evidence for the effects of brexpiprazole for depression in older people or children. In addition, we found no studies that compared brexpiprazole to other antidepressants or where brexpiprazole was added after lack of response to only one antidepressant. We also lacked sufficient data to establish the long-term efficacy of brexpiprazole as adjunctive treatment. Active comparators, long-term studies in different age groups and cost-effect analyses are needed to more precisely establish the clinical role of brexpiprazole in the treatment of MDD.

Studies

[When we help people with PTSD who are suicidal, do we give them the care they need?](#)

A group of MSc students at UCL summarise a study exploring the secondary mental health care treatment patients with comorbid PTSD and suicidality receive in London.

[Mapping the trajectory of psychiatric diagnoses: Danish study finds that mental health diagnoses may change over time](#)

Summarises a recent publication in The Lancet Psychiatry, which mapped the psychiatric diagnostic trajectories of 184,949 Danish patients over a 10-year period.

[Smoking and bipolar disorder: the physical and mental health impact of tobacco cessation](#)

Explores the clinical and research implications of this French cohort study on bipolar disorder and smoking status, and how risks differ for current, former and never smokers.

[Be kind to your mind and exercise: can exercise buffer the effects of stressful life events?](#)

Reviews a longitudinal study which finds that exercising can buffer against depression after stressful life events.

[Step-by-Step: promising digital app for Syrian refugees with depression](#)

Critiques a recent randomised controlled trial evaluating the effectiveness of Step-by-Step, a WHO-guided digital intervention for Syrian refugees with depression in Lebanon.

[Is persistent anxiety and depression in childhood a one-way road to adverse outcomes in adulthood?](#)

Summarises a longitudinal study using ALSPAC data that explored associations between anxiety, depression, and comorbid anxiety/depression in childhood and adverse outcomes in young adulthood.

News

[The Royal College of Psychiatrists responds to the Public Accounts Committee's report on improving NHS mental health services](#)

The House of Commons' Public Accounts Committee has today [published a report](#) making several recommendations for improving the current state of NHS mental health services. Warning of increasing pressures on NHS mental health staff at a time of spiking demand, the report makes a number of recommendations, as well as drawing attention to the absence of a definition on how to treat mental health services with equal priority as physical services – 12 years after the Government goal was announced.

[Mental health and wellbeing plan \(easy read\) – consultation outcome](#)

Last year, the Department of Health and Social Care (DHSC) asked people about what should be done to improve mental health and wellbeing. Wellbeing means feeling happy and healthy in your body and mind. We asked people to take part in a survey. A survey is a set of questions for you to answer. There was also an easy read survey. This outcome tells us what people said in the survey and will help us write a new plan to deal with illnesses that cause bad health and early death in England. The plan is called the major conditions strategy.

['Ketamine may offer hope for treatment-resistant depression'](#)

Oxford University and Oxford Health NHS Foundation Trust consultant psychiatrist Professor Rupert McShane is calling for ketamine to be used as an option for those patients with severe or very treatment resistant depression being considered for Electroconvulsive Therapy (ECT).

[BPS response to announcement that police are to attend fewer mental health calls](#)

The government has announced a new national agreement between health and policing partners which means police officers in England will no longer respond to urgent concerns about mental health if there is no risk to life or crime being committed. Under the ['Right Care Right Person' agreement](#), police forces in England and Wales who are currently attending up to 80 per cent of health and social care incidents are expected to reduce their responses to between 20-30 per cent within the next two years. The BPS welcomes the 'Right Care Right Person' agreement, but is extremely concerned that the ambitious scaling up of the plan across England within the short implementation period could have catastrophic consequences, while mental health services continue to be under-equipped to meet demand.



2 August 2023

[Maternal mental health: A briefing for integrated care systems](#)

This briefing, commissioned by the Maternal Mental Health Alliance, sets out what integrated care systems can do to support maternal mental health, and provide equitable access to mental health care for all mothers and birthing people during the perinatal period.

[Made in communities - the national evaluation of the better mental health fund](#)

Made in communities showcases the value of investing in local councils and communities to boost people's mental health and wellbeing and illustrates how working alongside community organisations to deliver evidence-based interventions can make a tangible difference to people's lives. The Better Mental Health Fund has shown what is possible with wise investment in the public's mental health and lays the groundwork for a longer-term, sustainable approach to supporting mental health in all local areas.

Elearning

[New bite-sized sessions support colleagues' emotional wellbeing](#)

A new programme to support the emotional wellbeing of mental health crisis colleagues has been developed by NHS England elearning for healthcare. The series of six bite-sized sessions, created in partnership with national charity Samaritans and NHS England, provides helpful advice and guidance on how colleagues can support their own and others' emotional wellbeing.

