

## Randomised Controlled Trial

[Cost-effectiveness of twice-weekly versus once-weekly sessions of cognitive-behavioural therapy and interpersonal psychotherapy for depression at 12 months after start of treatment](#)

Based on the current results, twice-weekly sessions of psychotherapy for depression are not cost-effective over the long term compared with once-weekly sessions.

## Systematic Review

[Protective factors for psychosocial outcomes following cumulative childhood adversity](#)

These findings support strategies that improve connection and access to education following childhood adversity exposure. Further research is needed for the roles of personality and dispositional factors, romantic relationship factors and the combined influences of multiple protective factors.

## Studies

[Using the highs to combat the lows: ketamine-assisted therapy for anxiety and depression](#)

Reviews a US study on the safety and effectiveness of ketamine-assisted therapy (a digital intervention combining psychotherapy, journaling and ketamine) for moderate to severe anxiety and depression.

[To seek or not to seek? COVID information-seeking linked to poorer mental health](#)

Summarises a paper from the UK COVID-19-MH study, which explores the links between COVID-19 information-seeking behaviours during the pandemic, and depression, anxiety and loneliness.

[Cost of living linked to depression in healthcare workers](#)

Summarises a UK-based cohort study investigating the associations between financial concerns and the development of depression in healthcare workers.

[The pill and 'baby blues': does experiencing depression with hormonal contraception predict postpartum depression?](#)

Explores a recent cohort study of Danish registry data that investigate whether women with a history of depression associated with using hormonal contraception were also at a higher risk of developing postpartum depression.

[Clinical severity and instability as predictors for psychiatric hospitalisation: can one size fit all?](#)

Summarises a retrospective cohort study published in The Lancet Psychiatry that investigates whether early trajectories of clinical global impression severity can transdiagnostically predict later psychiatric hospitalisation.

[Is it possible to form a digital therapeutic alliance with a mental health app?](#)

Summarises a qualitative study exploring the conceptualisation of the digital therapeutic alliance in the context of mental health apps that require no human support.

[Pre-pandemic trajectories of depressive symptomatology and their relation to depression during the COVID-19 pandemic: longitudinal study of English older people](#)

Trajectories of depressive symptomatology are an important risk factor for older adults' mental health, particularly in the context of crisis. Older people with enduring or increasing elevated depressive symptoms should receive particular attention from policy makers when provisioning post-pandemic well-being support.

[Emerging burdens of adolescent psychosocial health problems: a population-based study of 202 040 adolescents from 68 countries](#)

The prevalence of psychosocial health problems is high among adolescents, although there are country-level variations. Health promotion strategies should consider the identified factors to promote adolescents' health and well-being.

[Multidisciplinary development of guidelines for ketamine treatment for treatment-resistant major depression disorder for use by adult specialist mental health services in New Zealand](#)

Ketamine treatment guidance is reported. This offers two treatment pathways, including a test of ketamine responsiveness with intramuscular ketamine and the dominant use of oral ketamine for a 3-month course to maximise the opportunity for the short-term benefits of ketamine to accumulate.

[The true effect of lithium is hard to determine](#)

In conclusion, lithium treatment is the gold standard for preventing recurrence in patients with bipolar disorder, backed by robust evidence and recommended as a primary therapy. Its potential also extends to treating unipolar major depressive disorder, even in cases of treatment-resistant depression.

[The impact of antidepressants and human development measures on the prevalence of sadness, worry and unhappiness: cross-national comparison](#)

In this study, we examine the relationship among individual symptoms (sadness, worry and unhappiness), human development factors and antidepressant use in 29 OECD countries. We report that increased antidepressant prescribing is not associated with decreased prevalence of sadness, worry or unhappiness. However, income, education and life expectancy (measured using the Human Development Index) are associated with lower prevalence of all these symptoms. This suggests that increasing spending on depression treatment may not be as effective as general public health interventions at reducing depression in communities.

[ChatGPT may be better than a GP at following depression guidelines](#)

The artificial intelligence tool may be better than a doctor at following recognised treatment standards for depression, and without the gender or social class biases sometimes seen in the physician-patient relationship, a study suggests. The findings were [published in Family Medicine and Community Health](#).

# Depression

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



23 October 2023

## [Racism on mental health wards creates toxic and unhealthy atmosphere](#)

Researchers at the University of Oxford, Queen Mary University of London and the University of Birmingham say the racism they found is perpetuated by a culture of silence. [The study](#) in the British Medical Journal Mental Health, and funded by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration – North Thames, found experiences of racial discrimination exist on in-patient facilities and go both ways between staff and patients, creating a lack of cultural and psychological safety and an unhealthy atmosphere.

## [Parent and child experiences of racism affect whole family's mental health, according to new study](#)

Parents' experiences of racism affect their children's mental health and vice versa, according to a new briefing by Centre for Mental Health and King's College London. [A constant battle](#) finds that racism has far-reaching impacts on parents, their children, and the relationships between them. Based on research with both parents and teenagers from UK racialised communities, the briefing finds that both past and present experiences of racism can affect mental health across generations of a family.

## Reports

### [Play in hospital could improve children's mental health](#)

A new report from children's charity Starlight claims that a budget for play resources in hospitals could prevent children from developing 'serious, long-term mental health problems'. The report, '[Reducing Trauma for Children in Healthcare](#)', suggests that giving children the opportunity to play while in hospital could reduce the risk of trauma during their hospital treatment. It also highlights 'huge gaps in play resources', with 71 per cent of NHS Trusts having no play budget at all, and calls for investment in play professionals.

### [BPS welcomes new report highlighting evidence-based mental health and wellbeing interventions for NHS staff](#)

A new report from NHS Providers highlights practical steps and innovations introduced by trusts to support staff wellbeing, with positive consequences for staff and patient care. [Providers Deliver: Enabling wellbeing within trusts](#) presents a series of case studies where trusts from across hospital, mental health, community and ambulance sectors have responded to national data, local environments and direct staff feedback by investing in targeted interventions to support their physical, mental and emotional wellbeing.

### [Mind responds to CQC's State of Care report, showing serious decline in quality and safety of mental health services](#)

The Care Quality Commission (CQC) has published its annual [State of Care report](#), assessing the quality of health and social care services in England. The report shows mental health services across the country faced one of their most challenging years, as providers struggled to keep pace with surging demand alongside staffing shortages and a lack of capacity in both community and inpatient care.



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**NHS**  
**Mersey Care**  
NHS Foundation Trust  
Community and Mental Health Services

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## [Groundbreaking new report recommends genetic testing for certain mental illnesses](#)

A groundbreaking new report has recommended genetic testing for certain mental illnesses. It also recommends further research into other mental illnesses which might be appropriate for genetic testing - but so far - there is not a sufficient evidence base for. The [study](#) published by the Royal College of Psychiatrists reviewed all the evidence currently available to determine how DNA can influence a person's susceptibility to mental ill-health.

## [RCPsych urges Government to act as children under five face lifelong mental health conditions](#)

The Royal College of Psychiatrists [has published a landmark report, Infant and Early Childhood Mental Health: the case for action](#), which calls on the Government to prioritise the mental health of babies and young children.

## [New research calls for action over lack of mental health care for Gypsy, Roma, and Traveller Communities](#)

A new report calls for action over a lack of mental health care for Gypsy, Roma, and Traveller communities. The report was commissioned by the NHS Race and Health Observatory (RHO). It says suicide rates for this group are up to 7 times higher than all other communities and there is widespread fear and mistrust of services.

## News

### [Calls for strategy on 'social prescribing' in England amid youth mental health crisis](#)

Every pound spent on helping young people access activities and support in the community could save nearly twice as much in dealing with longer-term mental health problems, according to new [analysis](#). The children's charity Barnardo's is urging the government to introduce a national strategy for "social prescribing" for young people in England amid a youth mental health crisis that is placing unprecedented demand on child and adolescent mental health services (Camhs).

### [Sleeping less than five hours a night can raise depression risk, study suggests](#)

Sleeping less than five hours a night could raise the risk of developing symptoms of depression, [research](#) suggests. The researchers looked at genetic and health data from 7,146 people recruited by the English Longitudinal Study of Ageing (ELSA). Both sleep duration and depression are partly inherited. Earlier research shows that depression is about 35% heritable, and that genetic differences account for 40% of the variance in sleep duration.

