

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



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22 November 2023

Systematic Reviews

[App-Based Interventions for Moderate to Severe Depression: A Systematic Review and Meta-Analysis](#)

Question: What patient characteristics are associated with benefiting from use of mobile application (app) interventions for depression, and under what circumstances?

[Prevalence of Perinatal Anxiety and Related Disorders in Low- and Middle-Income Countries: A Systematic Review and Meta-Analysis](#)

Question: What is the prevalence of anxiety and related disorders during pregnancy and in the year following birth among women living in low- and middle-income countries?

Studies

[Associations of generalized anxiety and social anxiety with perceived difficulties in school in the adolescent general population](#)

Generalized anxiety disorder (GAD), marked by excessive worry, and social anxiety disorder (SAD) are among the clinically most important anxiety disorders in the adolescent population. This study aimed to explore the associations between perceived difficulties in school and heightened levels of self-reported noncomorbid and comorbid GAD and SAD symptoms.

[Intergenerational relations in childhood anxiety: A network approach](#)

Family factors are assumed to play a central role in the development of childhood anxiety disorders. How child and parental anxiety symptoms are intertwined on a symptom and family level has not yet been examined. Such knowledge may lead to a more detailed understanding of the intergenerational relation in anxiety problems. The current study investigated the relation between anxiety in children and their parents at a symptom level using a network approach.

[CBT for post-traumatic stress disorder and depression in the context of pregnancy loss: a case study reflection](#)

Women who experience pregnancy loss are at increased risk of psychological distress, including post-traumatic stress disorder (PTSD) and depression. Despite the substantial evidence base for trauma-focused cognitive behavioural therapy (CBT) for PTSD, there is limited research on this specific type of trauma, as well as a dearth of research exploring treatment for co-morbid PTSD and depression. This study used a single case experimental design to assess the efficacy of sequential CBT for treating PTSD and depression in a primary care setting in the United Kingdom.



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[Effect of severity of depression on augmentation of antidepressant medication in young adults with depression](#)

Antipsychotics (AP) have been used to augment antidepressant (AD) medication in treatment-resistant depression. In this study we examined factors (including severity of depression and initial antidepressant) affecting AP augmentation, as well as which APs were initiated as augmentation in young adults.

Guidelines

[Flow transcranial direct current stimulation for treating depression \[MIB324\]](#)

NICE has developed a medtech innovation briefing (MIB) on Flow transcranial direct current stimulation for treating depression. The information provided includes a description of the technology, how it's used and its potential role in the treatment pathway. A MIB also includes a review of relevant published evidence and the likely costs of using the technologies, but they are not NICE guidance and do not make any recommendations on the value of using the technologies.

Blogs

[Are transdiagnostic mental health interventions the future of treatment?](#)

Anxiety and depression are highly prevalent in both children (see previous Mental Elf blog) and adults (World Health Organization, 2022). They are also associated with significant economic burden and loss to quality of life, not only for patients, but also their families.

[Equity within IAPT: socio-demographic inequalities in accessing treatment](#)

With one in six people in the UK affected by Common Mental Disorders (CMDs) like anxiety and depression every week (McManus et al., 2016), improving access to psychological therapies is seen as a cornerstone to a healthy healthcare system and economy (Clark, 2011).

[Preventing the onset of depressive disorders #DepressionSolvingTheToll part 1](#)

Is it possible to prevent the onset of depressive disorders in people who do not currently have a disorder?

[Capturing the lived experience of depression](#)

Depression is one of the most common mental health disorders worldwide and is also one of the leading causes of disability. For decades, researchers have focused on developing our understanding of what depression is in order to identify how it can be best treated. This has subsequently informed the diagnostic criteria through which people's experiences are assessed and categorised.



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News

[One in five children and young people had a probable mental disorder in 2023](#)

The [Mental Health of Children and Young People in England 2023 report](#), published today by NHS England, found that 20.3% of eight to 16-year-olds had a probable mental disorder in 2023. Among 17 to 19-year-olds, the proportion was 23.3%, while in 20 to 25-year-olds it was 21.7%.

[People who stuck by UK Covid rules have worst mental health, says survey](#)

Trauma of pandemic having lasting impact on people's mental health three years on, research reveals.

[Cost-of-living is still causing widespread mental distress, new data shows](#)

New figures reveal:

- almost one third (31%) of UK adults have felt anxious in the past month due to their personal financial situation
- more than one quarter (27%) felt stressed in the past month due to their personal financial situation
- almost one in ten (9%) felt hopeless in the past month due to their personal financial situation
- adults in the lowest socioeconomic groups (DE) were much more likely than those in the highest (AB) to report feeling anxious (37% v 24%), stressed (33% v 21%) or hopeless (14% v 6%) about their financial situation

[Proposals to reduce benefits for people with mental illness could increase harm if implemented](#)

The Royal College of Psychiatrists has serious concerns about proposals to reduce the number of people with a mental illness who can access benefits, as reported in the media.

