

Depression

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

4 December 2023

Studies

[Exploring the clinical characteristics and etiological factors of comorbid major depressive disorder and social anxiety disorder](#)

These findings shed light on the intricate relationship between SAD and MDD, emphasizing the early, perhaps subthreshold onset of SAD symptoms in patients primarily diagnosed with MDD. Despite the early onset of SAD symptoms, many patients initially seek help for depressive symptoms, underscoring the pivotal role of early SAD diagnosis and treatment in effectively managing such comorbidities and potentially averting more severe depressive episodes. The manifestation of more severe and atypical depressive symptoms, a pronounced history of trauma, and a higher ratio of females in the MDD–SAD group corroborate the complexity of these intertwined conditions. Furthermore, the study suggests a potential involvement of elevated inflammatory biomarkers in the pathophysiology of these comorbid disorders, encouraging a deeper exploration of the underlying mechanisms in future research. As we move forward, it becomes imperative to decipher the temporal dynamics between SAD and MDD with a keen focus on gender-specific presentations and the role of trauma, all while adhering to the DSM-5 diagnostic criteria to foster nuanced understandings and enhanced therapeutic approaches.

[How is the COVID-19 pandemic impacting our life, mental health, and well-being? Design and preliminary findings of the pan-Canadian longitudinal COHESION study](#)

The COHESION Study will allow identifying trajectories of mental health and well-being while investigating their determinants and how these may vary by subgroup, over time, and across different provinces in Canada, in varying context including the pandemic recovery period. Our findings will contribute valuable insights to the urban health field and inform future public health interventions.

[Returning-to-work after mental health-associated sick leave: a qualitative interview study exploring the experiences of general practitioners in Germany](#)

We conclude that GPs believe that they can have a major impact on the rehabilitation of patients with mental health disorders. As such, special focus should be placed on supporting them in this context.

[Baby blues, premenstrual syndrome and postpartum affective disorders: intersection of risk factors and reciprocal influences](#)

Baby blues are linked to a number of risk factors and a history of PMS, with both conditions adding to the risk of PPD. The neuroendocrine effects on mood need be understood in the context of individual risk factors. The assessment of both baby blues and PMS symptoms within the first postpartum days may contribute to an early identification of PPD.

[Child refugees face poorer mental health outcomes under insecure visa conditions](#)

Examines an Australian cross-sectional study on the impact of prolonged visa insecurity on asylum-seeking children, which indicates links to poorer mental health.



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Cochrane Review

[Pharmacological treatments in panic disorder in adults: a network meta-analysis](#)

In terms of efficacy, SSRIs, SNRIs (venlafaxine), TCAs, MAOIs and BDZs may be effective, with little difference between classes. However, it is important to note that the reliability of these findings may be limited due to the overall low quality of the studies, with all having unclear or high risk of bias across multiple domains. Within classes, some differences emerged. For example, amongst the SSRIs paroxetine and fluoxetine seem to have stronger evidence of efficacy than sertraline. Benzodiazepines appear to have a small but significant advantage in terms of tolerability (incidence of dropouts) over other classes.

Strategy

[Good mental health for all](#)

The Centre for Mental Health's have reviewed their current five-year strategy which was published in 2021. As a result, they have produced this update to their strategy that will guide their work over the next two years.

E-Learning

[Stress and mental health: Foundation update](#)

The December 2023 update from the Foundation elearning programme focuses on stress and mental health this month. These sessions contain information that can support you, as well as highlighting implications on patient safety.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) of worries, personal well-being, and loneliness in Great Britain.

Blog

[Towards better psychological treatment of depression #DepressionSolvingTheToll part 3](#)

Part 3 in a four-part series on solving the toll of depression on populations, focuses on the psychological treatment of depression and gives an overview of a meta-analytic research domain. [Part 1](#) [Part 2](#)

News

[Nearly a third of professional UK musicians report poor mental wellbeing](#)

A [census](#) of nearly 6,000 professional musicians in the UK has found that 30% report having poor mental wellbeing, with another 11% feeling neither positive nor negative about it.

