

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

15 January 2024

Studies

[Antidepressant withdrawal: recommendations for support from people with lived experience](#)

Summarises a study exploring the need for antidepressant withdrawal support, from 708 survey respondents with lived experience.

[Digital privilege? Negative effects of screen time linked to lower socioeconomic status in adolescence](#)

Evaluates an Irish longitudinal cohort study examining the impact of digital use and socioeconomic status on adolescent wellbeing.

[Severe depression and all-cause and cause-specific mortality in Scotland: 20 year national cohort study](#)

People with severe depression have markedly higher all-cause mortality than the general population in Scotland, with relative mortality varying by cause of death. Effective interventions are needed to reduce premature mortality for people with severe depression.

[Functional neuroimaging biomarkers of anhedonia response to escitalopram plus adjunct aripiprazole treatment for major depressive disorder](#)

Eight weeks of aripiprazole, adjunct to escitalopram, was associated with improved anhedonia symptoms. Changes in functional connectivity between key reward regions were associated with anhedonia improvement, suggesting aripiprazole may be an effective treatment for individuals experiencing reward-related deficits. Future studies are required to replicate our findings and explore their generalisability, using other agents with partial dopamine (D2) agonism and/or serotonin (5-HT2A) antagonism.

[Prevalence and short-term change in symptoms of anxiety and depression following bariatric surgery: a prospective cohort study](#)

Almost half of people undergoing bariatric surgery had underlying anxiety or depressive symptoms. In the short term, these symptoms appear to substantially improve. Future work must identify whether these effects are sustained beyond the first post-randomisation year.

[Qualitative interview study of strategies to support healthcare personnel mental health through an occupational health lens](#)

Occupational health can enact strategies to support personnel mental health: to structurally sustain attention, use social cognition tools (eg, suicidality protocols or expanded job descriptions); to leverage distributed attention, enhance interdisciplinary collaboration (eg, chaplains for bereavement support or EAP) and to equip systems with resources and allow for flexibility during crises, including increased staffing.

[Cohort profile: The Scottish SHARE Mental Health \(SHARE-MH\) cohort – linkable survey, genetic and routinely collected data for mental health research](#)

From 5 February 2021 to 27 November 2021, 9829 individuals completed a survey of various mental health topics, capturing information on symptoms, diagnoses, impact and treatment. Survey responses have been made linkable to electronic health records and genetic data using a single patient identifier. Linked data have been used to describe the cohort in terms of their demographics, self-reported mental health, inpatient and outpatient hospitalisations and dispensed prescriptions.



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[Interventions to promote the health and well-being of children under 5s experiencing homelessness in high-income countries: a scoping review](#)

This review highlights effective interventions for promoting the health and well-being of children under 5 experiencing homelessness, including educational sessions and home visits. Research has supported the importance of home visiting to be instrumental in breaking down language, cultural and health literacy barriers.

Cochrane Review

[Mindfulness-enhanced parenting programmes for improving the psychosocial outcomes of children \(0 to 18 years\) and their parents](#)

Mindfulness-enhanced parenting training may improve some parent and child outcomes, with no studies reporting adverse effects. Evidence for the added value of mindfulness training to skills-based parenting training programmes is suggestive at present, with moderate reductions in parenting stress. Given the very low to low certainty evidence reviewed here, these estimates will likely change as more high-quality studies are produced.

Guidance

[Improving the mental health of babies, children and young people](#)

A framework of modifiable factors to guide promotion of good mental health in babies, children and young people.

News

[Brew Monday 2024 -There's always time for a cuppa and a catch-up](#)

On Brew Monday, 15 January, Samaritans is reminding everyone to reach out for a cuppa and a catch-up with the people you care about. The third Monday in January is sometimes referred to as 'the most difficult day of the year' but this is a myth. At Samaritans we know there's no such thing as 'Blue Monday' – we all have our good days and our bad days, and those aren't for the calendar to decide.

[Thousands of mental health patients readmitted within a month in England](#)

Thousands of patients are being readmitted to NHS mental health units in England every year soon after being discharged, raising concerns about poor care, bed shortages and increased risk of suicide. Experts say being discharged prematurely can be upsetting, set back the patient's chances of making a full recovery and be "disastrous" for their health. Figures from NHS mental health trusts in England show that last year almost 5,000 people – children and adults – were readmitted to a mental health facility within a month of leaving. Last year, Mersey Care trust had the highest number of 30-day readmissions, with 321.

[Post Office scandal victims experienced 'clinically significant' rates of PTSD and depressive symptoms](#)

This study, published in the BPS journal, Legal and Criminological Psychology, is the first to measure the mental health of individuals who were wrongly accused in the Post Office Scandal in the United Kingdom.



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[Smart technology could help tackle digital isolation and boost wellbeing of older adults](#)

This study aims to provide evidence-based recommendations for using smart speakers to boost the wellbeing of over-65s who do not currently have access to digital technology, helping them to feel less lonely and isolated.

[NHS expands mental health support for veterans with more than half saying it's hard to speak up](#)

The NHS is rolling out an expanded mental health support service for Armed Forces veterans, as a survey found that more than half find it difficult to speak up about mental health issues. The health service launched a new campaign to highlight its [Op COURAGE service](#), which now includes enhanced specialist support for addictions. Latest available data shows that from April-November 2023, more than 4,500 referrals were made to the NHS service which provides specialist care, support and treatment to former Armed Forces personnel, reservists, and service leavers with mental health and wellbeing issues. More than 30,000 referrals have been made to the veterans' mental health and wellbeing 'lifeline' service since it was first launched by the NHS in 2017.

[NHS helps tens of thousands of people with mental health problems into work](#)

More than 40,000 people with mental health problems are being supported back into employment thanks to an NHS programme, new data shows.

The figures come alongside a new campaign urging more people to sign up for help they might need through the NHS Talking Therapies service. As part of a pilot programme across the country, currently 40,000 people are being linked up with employment advisors to support them back into work. Once individuals are signed up to the service, the NHS ensures that employment advisors are on hand to offer help with writing CVs, setting career goals, and giving them the confidence to apply for vacancies.

[Nearly 500,000 more people known to be in contact with mental health services compared to four years ago](#)

The number of people in contact with mental health, learning disability and autism services has risen by nearly 500,000 in four years, [according to new NHS data](#).

[Three-quarters of gym-goers report boost in mental health, report says](#)

More than half of people who join a gym do so to tackle an illness and three-quarters find that keeping fit boosts their mental health, new research shows. Survey findings commissioned by [ukactive](#), which represents fitness operators, found that 55% of gym-goers felt their membership was important in helping them manage a short- or long-term health condition. And more than three in four (78%) said that going to the gym has a positive impact on their mental health and wellbeing, while two-thirds (66%) said they found that exercising helps them to sleep better.

