

# 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

29 January 2024

## Studies

### [Unjust: how inequality and mental health intertwine](#)

Reflects on a recent peer research study and shares the steps that any mental health service can take to help people reclaim their rights, their personhood, and their equal citizenship.

### [Finding balance: managing diabetes and depression with physical activity](#)

Explores a systematic review and meta-analysis on the effectiveness of physical activity interventions for the management of depression symptoms and glycaemic control in people with depression and type 2 diabetes.

### [Doing our part as citizens: citizen science in mental health research](#)

Summarises a systematic review that synthesises and develops best practice guidelines for citizen science in mental health research.

### [Care pathways, prescribing practices and treatment outcomes in major depressive disorder and treatment-resistant depression: retrospective, population-based cohort study](#)

There appears to be a considerable difference between treatment guidelines for depression and TRD and the reality of clinical practice. Long-term treatment with single antidepressants, poor remission, and high relapse rates among patients in primary care highlight the need to optimise treatment pathways and access to newer therapies.

### [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.

## Report

### [Reaching out - Improving the physical health of people with severe mental illness](#)

This report with Equally Well UK, commissioned by NHS England, explores how new investment has been used around the country to improve outreach services and increase uptake of the annual physical health (PHSMI) check. Reaching out illustrates the barriers that can prevent people from accessing their physical health check, such as finding morning appointments challenging due to drowsiness from medication, or distrust of NHS services due to previous experiences (including compulsory treatment). It highlights the importance of coproduction in designing outreach initiatives to remove these barriers. It also contains a handy information sheet with key tips on widening access to physical health checks for people with severe mental illness, such as using point-of-care testing kits to take PHSMI checks to where people are, or supporting people with travel to the GP surgery.



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## Statistics

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

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

## News

[Mental health crisis forces prisoners into inhumane isolation](#)

Due to a lack of alternative provision, the prison service is too often using segregation as a way of managing and caring for prisoners with severe mental health needs.

[DECP welcomes calls for MPs to prioritise outdoor play for children](#)

The inquiry 'Children, young people and the built environment' is looking at how 'better planning and building and urban design in England could enhance the health and well-being of children and young people'. It is examining how children can use outside public spaces in their neighbourhoods, and the government's role improving the built environment.

[New data shows prevalence of Premenstrual Dysphoric Disorder \(PMDD\)](#)

Researchers led by Dr Thomas Reilly at the University of Oxford looked at studies from across the world to work out how many women and girls met the strict diagnostic criteria for the condition. The data suggested around 1.6% did – equivalent to around 31 million women and girls globally. A higher proportion - 3.2% - had provisional diagnoses, where the condition is suspected but symptoms had not been measured for a sustained period of time to meet criteria for confirmed diagnosis. The findings have been published in the [Journal of Affective Disorders](#). Symptoms of PMDD include mood changes (such as depression and anxiety), physical symptoms (such as breast tenderness, and joint pain), and cognitive problems (difficulty concentrating or memory complaints).

[Teenagers with more siblings have worse mental health, study suggests](#)

Study of children in US and China found larger impact when brothers and sisters were closely spaced in age.

[Work 'wellness' programmes don't make employees happier - but I know what does](#)

Sinking time and money into mindfulness apps and resilience training ignores the real problem: workplace stress.

[Ofsted to urge schools to pause inspections harming mental health of staff](#)

Ofsted is to urge schools to "pause" inspections that appear to be damaging the mental health of their staff, as part of its formal response to the death of headteacher Ruth Perry.

['The left hand doesn't know what the right is doing': the barriers to UK maternal mental healthcare](#)

Mental health problems affect up to 20% of new mothers, but provision of mother-and-baby support is patchy.



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### [UK risks being 'burnt-out nation' due to poor mental health, charity says](#)

A “worrying” number of people taking time off work due to poor mental health leaves the UK at risk of becoming a “burnt-out nation”, a charity has said. The head of Mental Health UK has suggested global issues such as climate change and artificial intelligence fuelling “feelings of hopelessness” could be contributing to burnout. It comes after a survey revealed more than a third of adults faced extreme pressure in the workplace in the past year. The YouGov poll of 2,060 adults – 1,132 of whom were workers – found 35% had experienced high or extreme levels of pressure at work, with 20% requiring time off due to poor mental health caused by stress in the past year.

### [Therapy project yields 'dramatic' rise in Sats results at London school](#)

A therapeutic programme for primary schoolchildren that was designed by the Kids Company founder, Camila Batmanghelidjh, is to be rolled out to more schools after a pilot scheme showed a dramatic improvement in test results.

The Nurture programme, which supports children who face multiple adversities in their lives, has been running in a single primary school in central London. Not only do Sats results appear to have gone up, attendance and attention have improved and there has been less disruption in class, the school says.

### [UK homeowners with mental health problems 'spend less on essentials to pay mortgage'](#)

Homeowners with mental health problems are more likely to have cut back on food and energy to keep on top of their mortgage payments, a charity established by the consumer finance champion Martin Lewis has warned. The Money and Mental Health Policy Institute said its research indicated that as many as 1.3 million people in the UK with mental health problems were spending less on essentials – which also included medicine – in order to afford their mortgage costs, which have in many cases increased sharply after a string of interest rate rises.

### [It's time to tackle the trap of inequality and mental illness](#)

[Data on Mental Health Act detentions in 2022/2023 in England](#)<sup>1</sup> shows that Black people, and people living in areas of socio-economic deprivation, are more likely to be detained than any other group.

