

# Depression

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



Mersey Care  
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Community and Mental Health Services

3 January 2024

## Studies

### [Individual, group and guided self-help CBT for panic disorder: most delivery formats equally effective, but more evidence needed](#)

Summarises a network meta-analysis comparing four different formats of CBT for panic disorder, which finds “no efficacy differences between CBT delivered as guided self-help, or in the face-to-face individual or group format in the treatment of panic disorder”.

### [Impact of the Japanese Government's 'General Principles of Suicide Prevention Policy' on youth suicide from 2007 to 2022](#)

These findings suggest that GPSP-supported programmes in schools partially contributed to student suicide prevention. To suppress increasing student suicide mortality rates, social/life support specialists should participate in in-school support services to bolster the social standing and lives of students who repeat grades or experience setbacks.

### [What factors facilitate partnerships between higher education and local mental health services for students? A case study collective](#)

Stronger partnerships between universities and NHS are needed to meet increasing student mental health demands. Addressing barriers and implementing strategies to develop partnerships can enhance student services.

### [Adverse drug events associated with nortriptyline compared with paroxetine and alternative medications in an older adult population: a retrospective cohort study in Southern California](#)

Compared with therapeutic alternatives, nortriptyline was found to represent a lower risk for falls, fractures and syncope, versus comparator medications, except for a few instances that had equivalent risk. The risk for these adverse events from paroxetine was comparable to the alternative medications.

### [Anxiety symptoms and associated factors among school students after 2 years of the COVID-19 pandemic: a cross-sectional study in Zhejiang Province, China](#)

Anxiety symptoms prevailed among middle and high school students in China. A variety of factors, containing sociodemographic factors, lifestyle behaviours, mental health, academic performance and physical fitness should be taken in consideration in addressing prevention and intervention of anxiety symptoms.

### [Understanding the uptake of virtual care for first and return outpatient appointments in child and adolescent mental health services: a mixed-methods study](#)

Shared decision-making regarding treatment modality (virtual vs in-person) requires consideration of client, caregiver, clinician, appointment, health system and public health factors across episodes of care to ensure accessible, safe and high-quality mental healthcare.



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## NICE Guidelines

### [Bipolar disorder: assessment and management](#)

This guideline covers recognising, assessing and treating bipolar disorder (formerly known as manic depression) in children, young people and adults. The recommendations apply to bipolar I, bipolar II, mixed affective and rapid cycling disorders. It aims to improve access to treatment and quality of life in people with bipolar disorder. (Updated 21 December 2023).

## News

### [Political parties must prioritise mental health in their manifestos](#)

The Royal College of Psychiatrists has published [Preventing mental illness: Our manifesto for the next UK general election](#). Calling upon political parties to commit to preventing mental illness, the College outlines why mental health must be prioritised ahead of the next General Election.

### [New data shows more than a thousand people benefit from life-saving electroconvulsive therapy, majority of which are women](#)

Over a thousand adults with severe, life-threatening depression, catatonia and other serious mental illness benefited from electroconvulsive therapy (ECT) in 2021, according to new data published by the Royal College of Psychiatrists.

### [People on long-term sick leave in England to be offered therapeutic recreation](#)

Jobcentres, doctors, employers and social workers will be encouraged to suggest therapy and life coaching. Doctors, employers, jobcentres, social workers and charities will be encouraged to suggest therapy and life coaching under plans to create a national occupational health service and reduce the number of people GPs sign off from work. Community activities such as singing, cooking or gardening clubs will also be offered through NHS "social prescribing" initiatives.

### [Two in three UK doctors suffer 'moral distress' due to overstretched NHS, study finds](#)

A new survey found that 65% of doctors overall, including nearly four in five (78%) GPs and more than half (56%) of hospital doctors, have experienced "moral distress" as a direct result of situations they have encountered working in the NHS. The findings are from a survey of 1,671 doctors across the four home nations undertaken by MDDUS, a medical defence organisation.

### [NHS boosts health support for new mums](#)

All new mums in England will receive a more comprehensive mental and physical check-up from their GP in the weeks after they give birth, thanks to new NHS guidance published.

### [BPS partners with Health Service Journal on webinar exploring vital need for staff mental health provision](#)

The British Psychological Society teamed up with Health Service Journal to deliver a webinar 'Providing mental health support to NHS staff', as part of their ongoing campaign to protect the future of mental health provision. The webinar is now available to watch on-demand.



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[Loneliness can take as much toll on mental and physical health as smoking and lack of exercise, say psychologists](#)

The BPS is urging action from the government to tackle what it calls the 'scourge' of loneliness and is calling for the loneliness strategy, published in 2018, to be updated to reflect the impact of the pandemic. It also wants to see the government to measure the impact of its activity on loneliness, using recommended measures and the Public Health Outcomes Framework. The call comes as the World Health Organisation recently launched a new Commission on Social Connection and [a new study](#) revealed that social isolation, such as living alone, often feeling lonely, or infrequent visits from friends or family, was linked to a higher risk of dying. The BPS is also concerned about the disproportionate impact of loneliness on people living in poverty, disabled people and those with a chronic health condition who may still be shielding from Covid-19 with a [recent study](#) revealing persistent, negative differences in health, finances, mental health, trust in politics and life satisfaction among immunocompromised people when compared with the general population.

