

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



NHS
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Community and Mental Health Services

13 February 2024

Studies

[Clinical effectiveness of an online supervised group physical and mental health rehabilitation programme for adults with post-covid-19 condition \(REGAIN study\): multicentre randomised controlled trial](#)

An online programme of physical and mental health rehabilitation can improve quality of life for adults with long covid, finds this trial. The eight week programme led to sustained improvements in fatigue, pain, and depression compared with usual care.

[Depression, anxiety and brain volume after hearing loss and tinnitus: cohort study in the UK Biobank](#)

Individuals with tinnitus are at increased risk of depression and anxiety. Hearing loss, on the other hand, is associated with both mood disorders and altered brain morphology.

[The Psychological Emptiness Scale: a psychometric evaluation](#)

This study demonstrated strong psychometric properties of the PES. The PES has potential to support research into the role of emptiness in psychological distress and treatment in clinical practice.

[Evaluation of the psychometrics of the Social Impact Scale and its association with depression among asymptomatic COVID-19 carriers](#)

The Chinese version of the SIS showed good psychometric properties and can be used to assess the level of perceived stigma experienced by asymptomatic COVID-19 carriers.

[Variation in symptoms of common mental disorders in the general population during the COVID-19 pandemic: longitudinal cohort study](#)

Nearly 40% of participants followed trajectories indicating risk of clinically significant symptoms of depression or anxiety. The identified risk factors could inform public health interventions to target individuals at risk in future health emergencies.

[SMS CBT TLC CYP? 😊 Does delivering cognitive behavioural therapy via text messages help improve depression in young people?](#)

Summarises a randomised controlled trial investigating the effectiveness and acceptability of text-based Cognitive Behavioural Therapy for improving depression in young adults.

NICE Guidance

[Digitally enabled therapies for adults with depression: early value assessment](#)

Updated - February 2024: The technology Beating the Blues has been removed from recommendation 1.1 because it is no longer available to the NHS. This is because the company for the technology, 365 Health Solutions, is no longer trading.



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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.

[Quarterly personal well-being estimates – seasonally adjusted](#)

[Quarterly personal well-being estimates – non-seasonally adjusted](#)

[Mental Health Services Monthly Statistics , Performance December 2023](#)

This publication provides the timeliest picture available of people using NHS funded secondary mental health, learning disabilities and autism services in England, excluding those who are solely in contact with Talking Therapies.

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance December 2023 and Quarter 3 2023/24 data](#)

This statistical release makes available the most recent NHS Talking Therapies for anxiety and depression monthly data, including activity, waiting times, and outcomes such as recovery.

Report

[Health Management and Policy Alert: Pursuing racial justice in mental health: how the voluntary sector can help meet the needs of racialised communities](#)

This report shares insights from people living and working in Bradford District and Craven about how racism causes poor mental health, stops people from accessing services, affects people's experiences of treatment, and hinders their recovery. The report explores how health and care services across the country can build stronger partnerships with community organisations to design and deliver mental health support that overcomes the harms and barriers caused by racism.

News

[Mental health patients are being failed as they leave care, warns Ombudsman | Parliamentary and Health Service Ombudsman \(PHSO\)](#)

The safety of mental health patients is being put at risk when they leave inpatient services, leading to a continuous revolving door of care and discharge, England's Health Ombudsman has warned. In a [new report](#) that examines issues in transferring people with poor mental health out of inpatient and emergency care, the Ombudsman has called on the Government to take urgent action, including strengthening and bringing forward reforms to the Mental Health Act.

[Women take more antidepressants after divorce than men but that doesn't mean they're more depressed](#)

Research out today from Finland suggests women may find it harder to adjust to later-life divorce and break-ups than men. The [study](#) used population data from 229,000 Finns aged 50 to 70 who had undergone divorce, relationship break-up or bereavement and tracked their use of antidepressants before and after their relationship ended.



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[How gaming could have a positive influence on young people's mental health](#)

Professor Minhua Eunice Ma talks about how the development of games technology could help young people who have had adverse childhood experiences (ACEs).

[New online tool for child anxiety could expand access to child mental health services](#)

New research from the University of Oxford has revealed that an online programme that empowers parents to apply Cognitive Behavioural Therapy (CBT) principles in their child's day to day lives is just as effective as traditional talking therapies for child anxiety problems.

[UK hiding behind a 'brave face' to avoid speaking about mental health](#)

New data reveals the nation is putting a 'brave face' on to avoid talking about mental health during difficult times. The hesitance to speak about how we really feel is resulting in many feeling isolated, withdrawn and with worsening mental health.

[Trans people in England more likely to have long-term poor mental health – study](#)

Transgender people in England are much more likely to have a long-term mental health condition, the first study of its kind shows, with some facing a risk five times higher than cisgender people. The research, led by the University of Manchester in collaboration with the Proud Trust and LGBT Foundation, was [published in the Lancet Public Health journal](#).

[Nearly a third of UK secondary pupils avoid school due to anxiety, survey finds](#)

Almost three in 10 secondary pupils are avoiding going to school because doing so would make them anxious, a new survey has found. The findings, in [a survey undertaken for the youth mental health charity stem4](#), suggest that poor mental wellbeing is a big reason for the post-Covid surge in school absenteeism.

['They thought they were doing good but it made people worse': why mental health apps are under scrutiny](#)

As experts worry over privacy issues, ineffectiveness and even harm, the UK is looking at whether the plethora of digital mental health tools need regulating.

[Viruses living in human gut could help regulate stress, study suggests](#)

Research into bacteriophages adds to evidence that gut and brain interactions influence our behaviour. The research, published in [Nature Microbiology](#), suggested these transplants reduced levels of stress hormones and curbed depression- and anxiety-like behaviour in the mice.

["We cannot allow childhood mental illness to become the new norm"](#)

Analysis from the Royal College of Psychiatrists reveals a significant rise in the number of children and young people under 18 needing emergency care from mental health services (CAMHS).

