

Depression

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



13 March 2024

Studies

[Layperson-Supported, Web-Delivered Cognitive Behavioral Therapy for Depression in Older Adults: Randomized Controlled Trial](#)

Depression is the most prevalent mental health condition in older adults. However, not all evidence-based treatments are easily accessible. Web-delivered cognitive behavioral therapy (wCBT) facilitated by laypersons is a viable treatment alternative.

[Medicinal cannabis for treating post-traumatic stress disorder and comorbid depression: real-world evidence](#)

Cannabis-based medicinal products (CBMPs) are increasingly being used to treat post-traumatic stress disorder (PTSD), despite limited evidence of their efficacy. PTSD is often comorbid with major depression, and little is known about whether comorbid depression alters the effectiveness of CBMPs.

[Major depressive disorder and the risk of irritable bowel syndrome: A Mendelian randomization study](#)

The association between major depressive disorder (MDD) and irritable bowel syndrome (IBS) has been found in observational research; however, the causative relationship between MDD and IBS remains uncertain. Using the two-sample Mendelian randomization (MR) approach, we attempted to examine the causal effect of MDD on IBS.

[Changes in suicidal ideation during treatment among patients with major depressive disorder: A 6-month naturalistic follow-up study](#)

There is limited evidence regarding predictors of changes in suicidal ideation (SI) in patients with major depressive disorder (MDD). The objective of this study was to describe changes in SI over a 6-month period and identify their predictors from naturalistic observations of MDD patients.

[Physical activity as a tool for preventing and treating depression: Lessons learned from the COVID-19 pandemic](#)

Physical activity (PA) is understood to be important for the prevention and treatment of depression, however, less is known about the effects of withdrawal from PA on mood. Here we consider evidence published since the outbreak of the SARS-CoV-2 virus to assess the impact of the COVID-19 pandemic on PA patterns and to evaluate whether engagement in PA in the context of the pandemic had an impact on depression vulnerability.

[The mediating role of psychological flexibility in the relationship between psychotic symptom severity and depression in individuals diagnosed with schizophrenia](#)

Psychological flexibility may help people diagnosed with schizophrenia (PWS) cope with their psychotic symptoms and reduce their depressive symptoms, but the mechanism of this effect is unclear.

[Association between postpartum depression and postpartum hemorrhage: A systematic review and meta-analysis](#)

Postpartum depression (PPD) is a growing mental health concern worldwide and has detrimental effects on the social and cognitive health of both mothers and infants. This review was performed to assess the risk of PPD in women with postpartum hemorrhage (PPH) and to identify potential moderators.



Depression

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



13 March 2024

[Drinking behavior patterns may be associated with persistent depressive symptoms after alcohol abstinence in alcohol use disorder](#)

This study examined the association between drinking behavior patterns and depressive symptoms after alcohol abstinence in patients with alcohol use disorder (AUD).

[Exploring the interplay of frailty, physical function, physical activity, nutritional status, and their association with quality of life and depressive symptoms in older adults with the frailty phenotype](#)

This study aimed to explore the interplay between frailty, physical function, physical activity, nutritional status, and their impact on the quality of life and depressive status in older adults with frailty.

[Investigating the psychometric properties of PaRCADS—Parenting to Reduce Child Anxiety and Depression Scale in a Norwegian sample](#)

Parents play a pivotal role in child development and several parental factors have been identified as risk or protective factors for childhood anxiety and depression. To assess and target these parental factors in interventions, there is a need for a comprehensive, easy-to-use instrument.

[Social anxiety moderates the association between adolescent irritability and bully perpetration](#)

Preliminary work suggests anxiety moderates the relationship between irritability and bullying. As anxiety increases, the link between irritability and perpetration decreases. We hypothesize that any moderation effect of anxiety is driven by social anxiety symptoms. We sought to explicate the moderating effect of anxiety, while clarifying relations to other aggressive behaviors.

[A pilot evaluation of a training and supervision pathway for Augmented Depression Therapy \(ADepT\) in a Devon NHS Talking Therapies Service](#)

Augmented Depression Therapy (ADepT) is a novel wellbeing and recovery-oriented psychological treatment for depression. A recent pilot trial run in a university clinic setting suggests ADepT has potential to be superior to cognitive behavioural therapy (CBT) at treating anhedonic depression in a NHS Talking Therapies for anxiety and depression (NHS-TTad) context. Before proceeding to definitive trial in pragmatic settings, it is important to establish if therapists in routine NHS-TTad settings can be trained to deliver ADepT effectively and to assess therapist views on the feasibility and acceptability of ADepT in this context.

Study Summaries

[From parent to child: understanding the risk of anxiety in families affected by mood disorders](#)

Anxiety disorders are a really common mental health disorder, with a typical onset either before or during early adulthood (Penninx et al., 2021). Anxiety disorders are more common in girls compared to boys (Rutter et al., 2003), associated with lower socio-economic status (Lemstra et al., 2008), and linked to parental internalising problems, such as anxiety and depression (Telman et al., 2018). The likelihood of developing anxiety disorders is shaped by a combination of genetic factors, environmental influences, and their interactions (Penninx et al., 2021).

[Risk factors for depression relapse while on long-term maintenance antidepressant treatment](#)

Within primary care, people with a history of depression often choose to take maintenance antidepressant medication; the National Institute for Health and Care Excellence (NICE) guidance recommends antidepressant medication for those at risk of depression relapse for up to 2 years (NICE, 2022).



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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

13 March 2024

News

['It feels like we've been lobotomised': the possible sexual consequences of SSRIs](#)

Long-term sexual dysfunction is a recognised side-effect for some patients who take these widely prescribed antidepressants, and can leave sufferers devastated. So why is there so little help available?

[Half of UK adults believe there is still a great deal of shame associated with mental health conditions](#)

Over half of people in the UK (51%) say they still feel shamed for living with a mental illness, regardless of the progress over the years to break down the stigma around mental health.

