

Studies

[Internet-delivered transdiagnostic psychological treatments for individuals with depression, anxiety or both: a systematic review with meta-analysis of randomised controlled trials](#)

Internet-delivered transdiagnostic treatments for depression and anxiety show small-to-moderate added effects, varying by control condition. Research is needed regarding routine care, the video format, children and adolescents and older adults.

[Mental health inequalities, challenges and support needs during COVID-19: a qualitative study of 14-to-25-year-olds in London](#)

Thematic analyses revealed eight themes on adolescents' COVID-19 experiences and five associated suggestions on 'support needs': health challenges and support; relationships and support; routines and support; educational challenges and learning support; inequality and support; distrust; loss of opportunities and grief.

[Mixed-methods feasibility outcomes for a novel ACT-based video game 'ACTing Minds' to support mental health](#)

Implementation of the 'ACTing Minds' intervention is warranted, based on both qualitative and quantitative outcomes.

[From mother to child: the role of racism and trauma in the intergenerational transmission of depression](#)

Summarise a study investigating the role of racism and trauma on the intergenerational transmission of depression between Black mothers and their children.

[Anti-inflammatory treatments for youth depression: promising but not yet implementable](#)

Reports on a recent systematic review of pharmacological anti-inflammatory treatment in children and adolescents with depressive symptoms, which has some promising results.

Cochrane Review

[Psychological interventions for depression and anxiety in patients with coronary heart disease, heart failure or atrial fibrillation](#)

Current evidence suggests that psychological interventions for depression and anxiety probably result in a moderate reduction in depression and anxiety and may result in a moderate improvement in HRQoL MCS, compared to no intervention. However, they may have little to no effect on HRQoL PCS and MACE, and probably do not reduce mortality (all-cause) in adults who have a diagnosis of CHD or HF, compared with no psychological intervention.

Report

[The economic and social costs of mental ill health](#)

Mental ill health has a devastating impact on people's lives. This report seeks to calculate the costs of mental ill health on individuals, society and the economy.

Depression

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



9 April 2024

Mission Notice

[Mental Health Mission](#)

The Mission aims to address the significant unmet need for new treatment options for people with mental health conditions and establish the UK as the place to undertake innovative mental health research. By partnering with patients, industry and stakeholders across the healthcare system, the infrastructure developed through the Mission will enable testing of new medicines, technologies, and therapies, and their acceleration to market, the NHS, and patients.

Briefing

[Mental health in later life](#)

A new briefing says ageist attitudes and assumptions about mental health in later life underpin a system that discriminates against older people. The briefing by Age UK and the Centre for Mental Health says fatalistic assumptions about what people can expect for their mental health in later life undermine the provision of effective support.

News

[10-year waits for bipolar diagnoses are unacceptable – the Government must urgently reduce treatment queues](#)

On average, it takes 9.5 years to get a bipolar diagnosis. During this lost decade, people with undiagnosed bipolar are at risk of losing their jobs, relationships, homes, and lives.

[Teachers' mental health 'crisis' prompts call for suicide prevention strategy](#)

All school leaders should receive suicide prevention training to help tackle a "mental health emergency" among teachers, under a plan unanimously backed by a vote by union members. A workforce survey of members of the NASUWT teaching union found that some teachers had been driven to the point of suicide by the stress of the job. Among 12,000 responses, 23% reported drinking more alcohol, 12% the use of or increased use of antidepressants, and 3% said they had self-harmed as a result of their work.

[More than half of England's army veterans have health problems – report](#)

More than half of England's army veterans have experienced mental or physical health issues since returning to civilian life, and some are reluctant to share their experiences, a survey has revealed. The survey of 4,910 veterans, commissioned jointly by the Royal College of GPs (RCGP) and the Office for Veterans' Affairs (OVA), found that 55% have experienced a health issue potentially related to their service since leaving the armed forces. Over 80% of respondents said their condition had got worse since returning to civilian life.



Depression

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



NHS
Mersey Care
NHS Foundation Trust

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[MPs' staff suffer rising levels of psychological distress, survey finds](#)

MPs' staff are suffering from growing levels of serious psychological distress amid heightened tensions over the war in the Middle East, a survey has found. Nearly half of the 3,700 workers employed by MPs experienced clinical stress similar to emergency service workers last year, the findings suggest. One in five said they feared for their own and colleagues' safety, prompting calls for a new whistleblower-style hotline for workers to raise concerns.

[Police in England must keep answering mental health calls, charity urges](#)

Ministers should order police forces in England to keep attending mental health calls until more funding is in place for the NHS to plug the gap or risk further deaths, a charity is urging. Rethink Mental Illness has written to the home and health secretaries asking them to immediately pause the right-care-right-person scheme, which allows police forces to step back from responding to mental health callouts, after "a series of tragic deaths" associated with the change.

[How Covid lockdowns hit mental health of teenage boys hardest](#)

Teenage boys were hit hardest by the Covid lockdowns, with their mental health failing to recover despite the return to normality, according to the most comprehensive academic study of its kind. Early research into how lockdown affected children indicated that [girls had suffered more significant mental health problems](#) than boys. However, a new study carried out by academics from three UK universities, published in the journal *European Child + Adolescent Psychiatry*, found that over the long term, teenage boys' mental health was more adversely affected.

[Trial including Oxford will test if drug can reduce depression following brain injury](#)

A group of researchers including the University of Oxford's [Dr Vanessa Raymont](#), have launched a study to investigate whether a mild anti-depressant called sertraline could reduce the incidence of post traumatic brain injury depression (PTD). Up to 50 per cent of people who suffer a traumatic brain injury (TBI) go on to develop some form of depression in the 10 years following the injury, impairing their physical and mental recovery and quality of life. People with depression following a traumatic brain injury tend to die earlier than the rest of the population and are more likely to commit suicide.

[People in prison have higher rates of mental illness, infectious diseases and poor physical health – new study](#)

People in prison are in poor physical and mental health, with mental disorders twice as prevalent as in the general population, according to a study led by the University of Oxford.

[Restore investment in mental health support for NHS and social care staff, say leading organisations](#)

British Psychological Society has joined with leading health and care organisations to urge the government to restore vital investment in mental health and wellbeing services for frontline NHS and social care staff, as part of our Fund NHS Hubs campaign. The warning comes as recent [NHS Staff Survey](#) results continue to reflect a burnt out and demoralised workforce. 42 per cent of staff said they have felt unwell because of work-related stress in the last 12 months; nearly one third (30 per cent) of staff said they often or always feel burnt out because of their work.

