

Depression

Jul 2019a

Library &
Information
Service



Randomised Controlled Trials

[Intranasal esketamine for treatment-resistant depression: the first clinical study](#) This post discusses the first randomised controlled trial on the efficacy and safety of intranasal esketamine as an adjunctive treatment to antidepressants for treatment-resistant depression not yet approved for use in the UK.

Meta—Analyses

[Adolescent cannabis use and risk of depression and suicide](#) This article critically discusses a metaanalysis of historical research, which suggested cannabis use within a high-risk period of adolescence represented a public health concern and also suggested links adolescent cannabis use with increased risk of depression and suicide.

[Medication for generalised anxiety disorder: new network meta-analysis](#) This post from the Mental Elf summarises a network meta-analysis of drug treatment for generalised anxiety disorder, which found that Venlafaxine, Pregabalin, Escitalopram and Duloxetine are all viable alternatives to Benzodiazepines.

Studies

[Co-production to enhance mental health medication adherence in BAME users](#) A new study examined the main barriers to medication adherence in Black, Asian and Minority Ethnic (BAME) groups and how mental health professionals can be educated to improve it.

[Mental health carers: peer-led training, education and support](#) This post from the Mental Elf summarises a service evaluation of a peer-led psychoeducation programme which aimed to improve mental health carers well-being through a peer-led training, education and support programme.

[Life after leaving hospital: when does a duty of care end?](#) This post on the Mental Elf blog reviews a national cohort study of multiple adverse outcomes following first discharge from psychiatric care, which found that mental health inpatients are more likely to experience all types of adversity after leaving hospital.

Narrative Review

[What role should psychoanalysis play in modern mental health practice?](#) This post from the Mental Elf discusses a recent narrative review on psychoanalytic thinking in modern mental health practice. The authors suggest that psychodynamic psychotherapies should be made more widely available within UK mental health services.

News

[Talking therapies: New statistics show an increase in referrals, numbers starting treatment and recovery rates during 2018-19](#) NHS Digital's latest statistics have shown that 1.60m referrals were made to talking therapies for anxiety and depression in England during 2018-19 – up 11.4% from the previous year (1.44m in 2017-18). Additionally referrals starting treatment increased from the previous year