

Depression

COVID-19

[Scotland's children need post-Covid-19 mental health care](#) Every child in Scotland will need additional mental health support as a consequence of measures taken to tackle the coronavirus crisis, according to the country's children and young people's commissioner.

[You-COPE](#) Mental health consequences experienced by young people aged 16-24 during first months of the COVID-19 lockdown.

[Create your own self-care plan](#) Learn how to build your own daily self-care plan by downloading our template below. It will guide you through the 4 steps of self-care planning:

Step 1 | Evaluate your coping skills

Step 2 | Identify your daily self-care needs

Step 3 | Reflect. Examine. Replace.

Step 4 | Create your self-care plan

[Existing inequalities have made mental health of BAME groups worse during pandemic, says Mind](#) A survey of over 14,000 adults by the mental health charity Mind has revealed that existing inequalities in housing, employment, finances and other issues have had a greater impact on the mental health of people from different Black, Asian and Ethnic Minority (BAME) groups than white people during the coronavirus pandemic.

Randomised Controlled Trials

[Effectiveness of an 8-Week Web-Based Mindfulness Virtual Community Intervention for University Students on Symptoms of Stress, Anxiety, and Depression: Randomized Controlled Trial](#) With the MVC intervention, there were significantly reduced depression and anxiety symptoms but no significant effect on perceived stress. Online mindfulness interventions can be effective in addressing common mental health conditions among postsecondary populations on a large scale, simultaneously reducing the current burden on traditional counselling services.

[The Effect of Shame on Patients with Social Anxiety Disorder in Internet-Based Cognitive Behavioral Therapy: Randomized Controlled Trial](#) The findings of this study suggest that participants' engagement in the exposure module in ICBT alleviates social anxiety symptoms by reducing the levels of shame proneness. Our study provides a new perspective for understanding the role of shame in the treatment of social anxiety.

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Studies

[What College Students Post About Depression on Facebook and the Support They Perceive: Content Analysis](#) This study found that college students who post about depression often do so without directly referencing depression and that friends were generally supportive. However, no participants reported their social network suggested they seek help, which may suggest increasing mental health literacy, for both support seekers and responders, would be an opportunity to improve online mental health-related support.

[Efficacy of a Guided Web-Based Self-Management Intervention for Depression or Dysthymia: Randomized Controlled Trial With a 12-Month Follow-Up Using an Active Control Condition](#) That antidepressant effects have been found for a guided self-management tool in comparison with an active control strengthens the evidence base for the efficacy of web-based interventions. The antidepressant effect became most prominent at the 3-month follow-up. After 6 weeks of intervention, significant positive effects were observed on life quality but not on depressive symptoms.

[Community navigators may help alleviate loneliness in people with anxiety or depression](#) Martin Webber summarises promising results from a feasibility trial of community navigators for people with depression or anxiety using secondary mental health services.

Clinical Answers

[What are the effects of antidepressants for preventing depression after stroke?](#) Only very low-certainty evidence is available to suggest that fewer people could develop depression with the use of antidepressants after stroke. The impact of antidepressants on cognition scores, activities of daily living, mortality rates, and adverse events is also very unclear, with most analyses having insufficient power to provide reliable results.

[What are the effects of psychological interventions for preventing depression after stroke?](#) For adults who have had a stroke, evidence seems to suggest positive effects on the incidence of depression and on psychological distress scores when psychological interventions for preventing depression are implemented. Other reported outcomes included general health scores, social activities, activities of daily living, mortality, and adverse events.

Systematic Review

[Can yoga help treat depression in people with other mental health problems?](#) Briana Applewhite summarises a recent systematic review about the effects of yoga on depression symptoms in people with mental disorders.

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Cochrane Reviews

[Psychological interventions to foster resilience in healthcare students](#) There is very uncertain evidence that resilience interventions are effective in improving resilience or self-reported symptoms of anxiety, and stress or stress perception at post-test.

Pharmacological treatment of depression in people with a primary brain tumour

This updated Cochrane review identified no high-quality studies that investigated the value of pharmacological treatment of depression in people with a primary brain tumour. RCTs and detailed prospective studies are required to inform the effective pharmacological treatment of this common and important complication of brain tumours.

Position Statement

[Use of monoamine oxidase inhibitors in psychiatric practice](#) This Position Statement from the RCPsych's Psychopharmacology Committee provides clinicians with practical advice relating to the use of monoamine oxidase inhibitors (MAOIs) in treating adult patients with moderate-to-severe depression or anxiety disorders.

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