

Depression

Aug 2020

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COVID-19

[Meeting the psychological needs of children in shielding families](#) Adults and children who are classed as extremely vulnerable or most at risk are strongly recommended to take additional precautions to avoid Covid-19 infection. This guidance from the British Psychological Society considers the psychological needs of children who have been shielding themselves, or who are in families where someone else has been shielding.

[Managing uncertainty in children and young people. Advice for parents during the Covid-19 pandemic](#) This document from the BPS offers guidance to enable parents help children and young people to manage anxiety and the uncertainty of the Covid-19 pandemic by talking to them about the situation and managing the information that they are getting.

[Physical activity in a pandemic: A new treatment target for psychological therapy](#) A new guidance paper sets out how psychological theory and techniques can be applied to increase physical activity levels in a pandemic.

Randomised Controlled Trials

[CBT for health anxiety: should it be delivered in person or online?](#) This post provides a summary of a recent RCT concluding that delivering internet-based (email) CBT for health anxiety is non-inferior to face to face CBT in the short-term. The study also concludes that iCBT is more cost-effective.

[A coached mobile app platform for depression and anxiety in primary care](#) A group of people with lived experience of mental health problems, researchers and clinicians participated in a half-day online blogging workshop. This blog post summarises a recent US trial of a coached mobile app platform for the treatment of depression and anxiety in primary care.

Briefings

[Summary Briefing: Findings from the Mental Health Fellowships](#) The Winston Churchill Memorial Trust has enabled Fellows to search the world for innovative and community-based solutions to some of the UK's pressing mental health problems. This summative briefing condenses the findings from four themed briefing papers which in turn presented the key findings from the Fellows' rich body of learning on the overarching themes of: trauma and adversity, creativity and innovation, growing up and growing old, and equality and diversity.

[Creativity and innovation: Findings from the Mental Health Fellowships](#)

[Equality and diversity: Findings from the Mental Health Fellowships](#)

[Trauma and adversity: Findings from the Mental Health Fellowships](#)

[Growing up and growing old: Findings from the Mental Health Fellowships](#)

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Cochrane Review

[For healthcare professionals, do psychological interventions help foster resilience?](#) This Cochrane review found that for healthcare professionals, psychological interventions aimed at fostering resilience, hardiness, or post-traumatic growth may improve resilience, anxiety, depression, stress, or stress perception slightly to moderately up to six months but no longer, and seem to have no effect on well-being or quality of life. However, evidence for these outcomes is uncertain, and information on adverse events is limited.

Studies

[Self-disgust, loneliness and depression: what's the link?](#) This blog post appraises a recent study that investigated the links between self-disgust, loneliness and depression, and the mediating role of emotion regulation.

[Association between family functions and antenatal depression symptoms: a cross-sectional study among pregnant women in urban communities of Hengyang city, China](#) This study reported 9.2% positive rates of antenatal depression symptoms among women in the third trimester of pregnancy in Hengyang city, China. This study found a mediating effect of self-efficacy on the association between family functions and antenatal depression symptoms among women in the third trimester of pregnancy.

Statistics

[Psychological Therapies, Annual report on the use of IAPT services 2019-20](#) This statistical release is the annual report on the Improving Access to Psychological Therapies (IAPT) programme from 1st April 2019 to 31st March 2020. The publication contains analyses on activity, waiting times and outcomes such as recovery in 2019-20. In addition, the report covers a range of demographic analyses including outcomes for patients of different ages, ethnic group and separately for ex-British Armed Forces personnel.

Paper

[Passive sedentary behaviours increase the risk of depression in adults](#) This post highlights and discusses a recent paper in the British Journal of Psychiatry which suggests that people with depression should be encouraged to replace passive sedentary behaviours with mentally active ones for the best possible chance of symptom improvement.