

Depression

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COVID-19

[Real People, Real Stories launches with new research on men's mental health during lockdown](#) Samaritans shares new research on how lockdown measures have affected men, as they launch their Real People, Real Stories campaign, supported by the rail industry.

Studies

[Primary Care Peer-Supported Internet-Mediated Psychological Treatment for Adults with Anxiety Disorders: Mixed Methods Study](#) The preliminary results in this study suggest the effectiveness of peer support on patient empowerment, anxiety, depression, psychological distress, and adherence to treatment. The results indicate the need for future studies to evaluate the effect of adding peer support to iCBT in larger randomized controlled trials.

[Barriers and Facilitators for Referrals of Primary Care Patients to Blended Internet-Based Psychotherapy for Depression: Mixed Methods Study of General Practitioners' Views](#) This study provides insights into factors influencing GPs' referrals to bPT as gatekeepers to depression care. Barriers and facilitators should be considered when designing implementation strategies to enhance referral rates. The findings should be interpreted with care because of the small and self-selected sample and low response rates.

[The Relationship Between Smartphone-Recorded Environmental Audio and Symptomatology of Anxiety and Depression: Exploratory Study](#) This study found that environmental audio was shown to contain signals that were associated with the severity of depression and functional impairment. Associations with the severity of social anxiety disorder and generalized anxiety disorder were much weaker in comparison and not statistically significant.

[Effects of a Brief Electronic Mindfulness-Based Intervention on Relieving Prenatal Depression and Anxiety in Hospitalized High-Risk Pregnant Women: Exploratory Pilot Study](#) Peripartum anxiety and depression represent a relevant health issue in hospitalized pregnant patients. This article found that short-term eMBIs could have the potential to reduce anxiety levels and pregnancy-related anxiety. However compliance to eMBI seems to be related to lower symptoms of pregnancy-related stress among high-risk patients. The authors concluded that eMBIs represent accessible mental health resources at reduced costs and can be adapted for hospitalized patients during pregnancy.

Systematic Reviews

[Is air pollution associated with poor mental health?](#) Summarises a systematic review and meta-analysis exploring the association between air pollution exposure and the risk of mental health difficulties such as depression, anxiety and suicide.

Depression

[Problem-solving therapy for major depressive disorders in older adults: an updated systematic review and meta-analysis of randomized controlled trials](#) This review included ten studies with a total of 892 participants and found that after problem-solving therapy, the depression scores in the intervention group were significantly lower than those in the control group.

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