

# Depression

Dec 2020

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## COVID-19

[Is there a causal link between mental health problems and risk of COVID-19 infection?](#) Summary of two recent papers using electronic health record datasets, which suggest that having a psychiatric diagnosis may put people at greater risk of COVID-19 infection.

[Trajectories of anxiety and depressive symptoms during enforced isolation due to COVID-19 in England: a longitudinal observational study](#) This observational study found that anxiety and depression levels both declined across the first 20 weeks following the introduction of lockdown in England . The fastest decreases were seen across the strict lockdown period , with symptoms plateauing as further lockdown easing measures were introduced (between weeks 16 and 20). Being a woman or younger, having lower educational attainment, lower income, or pre-existing mental health conditions, and living alone or with children were all risk factors for higher levels of anxiety and depression at the start of lockdown. Many of these inequalities in experiences were reduced as lockdown continued.

[The mental health impact of the COVID-19 pandemic on people with and without depressive, anxiety, or obsessive-compulsive disorders: a longitudinal study of three Dutch case-control cohorts](#) People with depressive, anxiety, or obsessive-compulsive disorders are experiencing a detrimental impact on their mental health from the COVID-19 pandemic, which requires close monitoring in clinical practice. Yet, the COVID-19 pandemic does not seem to have further increased symptom severity compared with their prepandemic levels.

[Coronavirus and depression or anxiety in Great Britain](#) Data released from the ONS Opinions and Lifestyle Survey (OPN) between 11 and 29 November 2020, measuring rates of some form of depression and/or anxiety in adults in Great Britain, are now available to access. The data includes breakdowns by personal characteristics, impacts on life and well-being, loneliness and perceptions of when life will return to normal.

[Social Media Use and Monitoring for Adolescents With Depression and Implications for the COVID-19 Pandemic: Qualitative Study of Parent and Child Perspectives](#) This US-based qualitative study recommended that paediatric clinicians should support adolescents with depression and their parents in finding common ground for an effective and acceptable monitoring approach.

[Measuring COVID-19 Related Anxiety in Parents: Psychometric Comparison of Four Different Inventories](#) Factor analysis suggests that existing COVID-19–related anxiety scales measure different latent constructs of anxiety. Furthermore, all scales showed only small to moderate correlations with trait health anxiety, suggesting that COVID-19–related anxiety is distinct from general health anxiety. The adapted “disease anxiety” subscale of the Pandemic Anxiety Scale is an economical measure for assessing COVID-19–related anxiety in parents.

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## **Systematic Reviews**

[Probiotics and prebiotics for youth anxiety](#) Appraisal of a recent systematic review relating to Wellcome Trust funded research on better gut microbiome and how increasing levels of probiotics and prebiotics may help prevent and treat anxiety in young people.

## **Randomised Controlled Trials**

[Can reducing loneliness help to alleviate or prevent anxiety or depression in young people?](#) This post summarises a recent RCT of mindfulness training to reduce loneliness and increase social contact.

[Mindfulness based childbirth and parenting: positive impact on stress and depression](#) Summary of an RCT which finds that Mindfulness based childbirth and parenting can help to reduce stress and depression in expectant mothers.

## **Study**

[A Mobile Phone–Based App for Use During Cognitive Behavioral Therapy for Adolescents With Anxiety \(MindClimb\): User-Centered Design and Usability Study](#) This paper reports on a user-centered approach to developing and testing MindClimb, a mobile health app designed to be used by adolescents during CBT for anxiety. Evaluation of the use of this app in a clinical practice setting demonstrated that adolescents and therapists generally felt it was helpful for CBT practice outside of therapy sessions, although further implementation studies are needed.

## **Review**

[Social media use and depression in adolescence: what we \(don't\) know so far](#) Summary of a recent scoping review which brings together research papers examining social media use and depression in adolescence.

## **News**

[One in five people realise they have their own mental health problems after watching soaps and dramas featuring mental health](#) This article from Mind found that soaps and dramas featuring characters with depression, anxiety and panic attacks are helping people to realise for the first time that they may be experiencing mental health problems.