

Depression

Feb 2021

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COVID-19

[What can we do to support the mental health of frontline health and social care workers during the pandemic?](#)

This post discusses a systematic review that looks at interventions to support frontline health and social care staff during and after a disease outbreak, epidemic or pandemic.

[How has the COVID-19 lockdown affected our mental health?](#)

Review of a recent longitudinal study exploring the trajectories of anxiety and depression during the COVID-19 lockdown in England.

[Summary of COVID-19 medicines guidance: Mental health and illness](#)

This page summarises and signposts to medicine related guidance from professional and government bodies relating to coronavirus and mental health and illness.

[1 in 3 Covid patients put on a ventilator experience extensive symptoms of PTSD](#)

1 in 3 (35%) Covid-19 patients put on a ventilator experience extensive symptoms of posttraumatic stress disorder (PTSD), according to new research by Imperial College London and the University of Southampton, published in the [Royal College of Psychiatrists' BJPsych Open](#).

[Children's Mental Health Worse in the New Lockdown](#)

The proportion of secondary school aged girls with emotional problems in January 2021 was at the highest level reported since March 2020. Parent and carer reported behavioural, emotional, and restless/attentional difficulties in their offspring have increased again since the latest national lockdown was introduced.

[Nearly half of us have felt the need to take time off because of our mental health during the pandemic – yet majority haven't done so due to stigma](#)

New figures released on Time to Talk Day (4 February) show that mental health is still taboo when it comes to taking time out. A survey of over 4,700 people revealed that nearly half of us (44%) have felt the need to take time off work, school, or university due to a mental health problem during the pandemic. Worryingly, despite so many recognising a need to take time out, only 17% actually did so. When respondents were asked why they did not take time off, the answers pointed to mental health stigma.

[Teenagers' mental health under severe pressure as pandemic continues - new research](#)

More than a quarter of teenagers (27 per cent) surveyed said they had felt 'nervous, anxious or on edge' on most or nearly all the days of the previous fortnight. 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.

Study

[What problems do primary school children bring to counselling?](#)

Summary of a study which found that primary-aged school children had different reasons for attending counselling to secondary school children.

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Randomised Controlled Trials

[Can psilocybin-assisted psychotherapy relieve existential crises in cancer patients?](#)

Review of a randomised controlled trial examining long-term outcomes of psilocybin-assisted psychotherapy for existential distress in patients with cancer.

[Effectiveness of acupuncture on anxiety disorder: a systematic review and meta-analysis of randomised controlled trials](#)

This review suggests that acupuncture therapy aimed at reducing anxiety in patients with GAD has certain beneficial effects compared to controls. More RCTs with high quality should be conducted to fully understand the role of acupuncture in the treatment of various types of anxiety disorder.

Systematic Reviews

[Trauma-Sensitive Yoga Interventions and Posttraumatic Stress and Depression Outcomes Among Women: A Systematic Review and Analysis of Randomised Control Trials](#)

This systematic review examines the effectiveness of TSY among women with a history of trauma and depression who had participated in RCTs with clear control and experimental groups. Findings in fixed- and mixed-effects meta-analysis models suggest marginally significant to no effects of TSY on PTSD and depression outcomes.

[The Antidepressant Effects of Lavender: A Systematic Review and Meta-Analysis of Randomised Controlled Clinical Trials](#)

This systematic review concluded that lavender has significant antidepressant effects. However, due to some limitations, further large clinical trials are recommended with more homogeneous populations and rigorous designs.

Briefing

[British Psychological Society briefing: Children and Young People's Mental Health and Psychological Wellbeing](#)

This briefing outlines the British Psychological Society's response to recent analysis and reports regarding the decline of children and young people's mental health and to the further development of Mental Health Support Teams (MHSTs) in response to this.

Research

[Antibiotic may improve outcomes for depression in people with low level inflammation](#)

Researchers have found evidence that minocycline, a widely used antibiotic with anti-inflammatory properties, gave greater improvement in depressive symptoms in patients with treatment resistant depression with low-grade peripheral inflammation.

[Revenge porn and social anxiety: how can we help victims?](#)

Summary of a recent qualitative research which finds that victims of 'revenge porn' can experience symptoms of social anxiety.

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Cochrane Review

[Antidepressant treatment for postnatal depression](#)

There is limited evidence regarding the effectiveness and safety of antidepressants in the management of postnatal depression, particularly for those with more severe depression. This review found low-certainty evidence that SSRI antidepressants may be more effective in treating postnatal depression than placebo as measured by response and remission rates.

Cochrane Clinical Answer

[For adults with preoperative and postoperative anxiety, what are the effects of melatonin?](#)

For people undergoing elective surgery, melatonin may reduce preoperative and postoperative anxiety compared with placebo and may be as effective as midazolam.

Statistics

[Personal well-being in the UK, quarterly: April 2011 to September 2020](#)

Quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety at the UK level, created using the Annual Population Survey (APS).

Reports

[Pregnancy loss leads to post-traumatic stress in one in three women](#)

This is the first report from the larger [Psychological Impact of Early Pregnancy Events study](#). It included 492 women seen at three central London hospitals. They completed a survey one month after early pregnancy loss. Another 87 women with healthy pregnancies acted as a comparison group. Almost one in three women develop post-traumatic stress disorder (PTSD) after early pregnancy loss. For some, signs of PTSD, anxiety and depression are still evident nine months later.

[Mental health problems in complex trauma: the most promising therapies are identified in a new review](#)

The report found that psychological therapies were effective and acceptable for reducing PTSD, depression, and anxiety. However, the quality of the evidence was low or unclear. Antipsychotic medicines were effective for treating the symptoms of PTSD. But researchers found little evidence for the effectiveness of any other medication.

News

[Mental health support for young people and working-age adults](#)

The Bridge PCN in Milton Keynes has worked with different partners within a locality and used their community assets to support the mental health of children, young people and working-age adults.

Support

[Coping with feelings as a carer](#)