



COVID-19

Summary of COVID-19 medicines guidance: Mental health and illness

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

<u>Six-month Neurological and Psychiatric Outcomes in 236,379 Survivors of COVID-19</u>

The study provides evidence concerning neurological and psychiatric morbidity following COVID-19 infection. Risks were greatest in, but not limited to, those who had severe COVID-19.

Parental Mental Health Worse Since New National Restrictions

Parental stress, depression, and anxiety have again increased since new national restrictions have been introduced according to the latest report from a study based on data from over 6000 UK parents.

Studies

Acute hospital wards: caring for people with mental health problems

Summary of a recent qualitative study and service evaluation that aimed to provide greater understanding of the experience of delivering care to people with mental health problems in an acute hospital.

A matter of trust: helping adolescents open up about their trauma

This post summarises a 'netnographic' study which examined the barriers experienced by young people receiving trauma-focussed treatment.

<u>Psilocybin for treatment-resistant depression: what are the effects on brain activity?</u>

This post summarises the therapeutic mechanisms of psilocybin in treatment-resistant depression and changes noticed in the amygdala and prefrontal cortex during emotional processing.

What do people with bipolar really pay attention to when they are monitoring their mood?

Reviews a recent qualitative study on monitoring mood in bipolar disorder, which suggests that people with lived experience should customise monitoring questions to create a more responsive, personalised approach.

<u>Effectiveness of Smartphone-Based Mindfulness Training on Maternal Perinatal Depression: Randomized Controlled Trial</u>

This study suggested that smartphone-based mindfulness training is an effective intervention in improving maternal perinatal depression for those who are potentially at risk of perinatal depression in early pregnancy.

Association Between Care Utilization and Anxiety Outcomes in an On-Demand Mental Health System: Retrospective Observational Study

This study of the use of an on demand mental health system found increased odds of anxiety improvement for all care modalities compared to those who did not engage in care, with larger effect sizes for higher utilization within all care modalities.

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Report

New report: The state of children's mental health services 2020/21

The new annual report on the state of children's mental health services looks at the impact of Covid, which has turned the lives of children upside down and placed the NHS under unimaginable strain.

New study on the mental health of Generation Z from The Prince's Trust and Education Policy Institute

The Education Policy Institute (EPI) and The Prince's Trust have published a major study on the mental health and wellbeing of young people in Generation Z. The report offers insights into the determinants of young people's wellbeing, including how it is affected by their relationships, background and use of social media.

Statistics

New report reveals more than 2.8m people were in contact with secondary mental health services in 2019/20

More than 2.8m people were in contact with secondary mental health services in England in 2019-20, according to new figures published by NHS Digital.

Handbook

Samaritans publishes new handbook on men's wellbeing services

Samaritans has published a new handbook with practical advice on how wellbeing initiatives can appeal to men who may be going through tough times before they reach the point of crisis.

Survey

Are clinicians' attitudes to technology stopping children and adolescents from accessing mental health care?

This post critically explores a mixed-methods survey, which found that clinicians' attitudes to technology may stop young people from accessing mental health care.

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