

Depression

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COVID-19

[Lonely young people have an increased risk of mental health problems years later: research suggests lockdown could have a long term effect](#)

Loneliness and social isolation increase the long-term risk of depression and anxiety in children and teenagers, a recent review of research suggests. It included studies carried out before the current pandemic and found that negative impacts on mental health were evident up to nine years later. Researchers wanted to find out more about the possible impact of COVID-19 containment measures on the mental health of this vulnerable group.

Systematic Review

[Systematic review and meta-analysis of the prevalence of depressive symptoms, dysthymia and major depressive disorders among homeless people](#)

This review showed that nearly half, one-fourth and one-tenth of homeless people are suffering from depressive symptoms, dysthymia and MDDs, respectively, which are notably higher than the reported prevalence rates in the general population. The findings suggest the need for appropriate mental health prevention and treatment strategies for this population group.

Cochrane Reviews

[Second-generation antidepressants for treatment of seasonal affective disorder](#)

Evidence for the effectiveness of SGAs is limited to one small trial of fluoxetine compared with placebo showing a non-significant effect in favour of fluoxetine, and two small trials comparing fluoxetine against light therapy suggesting equivalence between the two interventions. The lack of available evidence precluded us from drawing any overall conclusions on the use of SGAs for SAD.

[Prevention of depression in adults with long-term physical conditions](#)

Based on evidence of very low certainty, this Cochrane review found that results may indicate the benefit of pharmacological interventions, during or directly after preventive treatment. Few trials examined short-term outcomes up to six months, nor the follow-up effects at six to 12 months, with studies suffering from great numbers of dropouts and inconclusive results.

Guidance

[Alpha-Stim AID for anxiety disorders](#)

This Medical Technology evidence report from NICE found that Alpha-Stim AID shows promise for managing anxiety disorders. However, there is not enough good-quality evidence to support the case for routine adoption.

[Preconception advice for women with serious mental illness](#)

Resources for health care professionals and women with a mental health condition who are planning a pregnancy or may become pregnant in the future.

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Briefing

[Tackling loneliness](#)

The Government's Loneliness Strategy was published in October 2018. It set out a wide variety of cross-departmental measures that the Government would take to provide 'national leadership' to tackle loneliness in England. As well as explaining the Strategy and the steps taken so far by the Government, this briefing also looks at research into the causes and impact of loneliness and possible interventions. The impact of the Covid-19 pandemic on loneliness is also considered, alongside the measures introduced by the Government in response.

Review

[Bored on the ward: service user experiences of activities on acute mental health inpatient wards](#)

A look at a recent qualitative review which asks what service users think of activities available on acute mental health inpatient wards.

[Reducing loneliness and social isolation in migrants and ethnic minorities: new insights on interventions](#)

Summary of a recent review which explores loneliness and social isolation in migrants and ethnic minorities.

News

[£79 million to boost mental health support for children and young people](#)

The government have announced funding to enable nearly 3 million children in England to be supported by mental health support teams in schools. Around 22,500 more children and young people to access community mental health services and 2,000 more children and young people to access eating disorder services.

[Time is now for transformational approach to mental health to prevent upsurge in mental distress in Scotland](#)

Launching its manifesto '[A Wellbeing Society: Delivering Good Mental Health for All](#)', the Mental Health Foundation offers a 14-point manifesto sets out the actions the next Scottish Government can take to deliver a Wellbeing Society that addresses both the risk factors for poor mental health (such as poverty) and supports those people who experience distress.

Study

[Not all wealth is health: how does parental wealth affect children's cognitive ability, mental and physical health?](#)

Review of a cohort study which finds that greater parental housing wealth was associated with fewer emotional and behavioural problems in children.

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