

# Depression

## COVID-19

### [COVID-19 mental health and wellbeing recovery action plan](#)

The UK Government's plan to prevent, mitigate and respond to the mental health impacts of the pandemic during 2021 to 2022.

### [Pandemic one year on: landmark mental health study reveals mixed picture](#)

Pandemic one year on: Landmark mental health study reveals mixed picture, as anxiety falls but loneliness rises.

### [Mental Health & Covid-19 in Wales](#)

The coronavirus pandemic is driving a worrying rise in poor mental health. Whilst the impact has been widespread, some of the worst impacts are being felt by people who are in precarious situations or facing economic instability.

### [Impact of the COVID-19 pandemic on anxiety and depression symptoms of young people in the global south: evidence from a four-country cohort study](#)

Pandemic-related health, economic and social stress present significant risks to the mental health of young people in low/middle-income countries where mental health support is limited, but urgently needed to prevent longterm consequences.

### [6-month neurological and psychiatric outcomes in 236379 survivors of COVID-19: a retrospective cohort study using electronic health records](#)

The study provides evidence for substantial neurological and psychiatric morbidity in the 6 months after COVID-19 infection. Risks were greatest in, but not limited to, patients who had severe COVID-19.

### [Country in the grip of a mental health crisis with children worst affected, new analysis finds](#)

Children and young people are bearing the brunt of the mental health crisis caused by the pandemic, new analysis by the Royal College of Psychiatrists has found.

## Cochrane Clinical Answers

### [What are the benefits and harms of psychological therapies for women who experience intimate partner violence \(IPV\)?](#)

In comparison with usual care, no treatment, or minimal treatment, psychological therapies may improve depression, anxiety, and post-traumatic stress disorder symptoms in the short term for women who have experienced IPV.

### [What are the effects of smoking cessation on anxiety and depression?](#)

Smoking cessation compared with smoking continuation may slightly reduce anxiety at six weeks to two years (low-certainty evidence) and could reduce the new incidence of anxiety, but this result is imprecise. The effects of smoking cessation on depression score and incidence of depression are very uncertain.

## Review

### [Mental health apps: using implementation science to understand sustained use](#)

Summarises a recent narrative review of mental health apps for depression and anxiety, which explores what's needed to make sure apps are successfully implemented and used sustainably.

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## **Systematic Reviews**

### [Mental ill-health in mothers of people with intellectual disabilities compared with mothers of typically developing people: a systematic review and meta-analysis](#)

There is evidence of poorer mental ill-health in mothers of people with IDs compared with mothers of typically developing people, but lack of focus on different stages of the caregiving trajectory, methodological inconsistencies between studies and lack of robust studies pose limitations.

### [Digital Behaviour Change Interventions for Younger Children With Chronic Health Conditions: Systematic Review](#)

Of the 17 eligible interventions, digital interventions for anxiety and overweight or obesity had the greatest promise. The following characteristics could be considered when developing digital interventions for younger children: involvement of parents, gaming features, additional therapist support, behavioural (rather than cognitive) approaches, and particular BCTs (feedback and monitoring, shaping knowledge, repetition and substitution, and reward).

### [Hormone Therapy, Mental Health, and Quality of Life Among Transgender People: A Systematic Review](#)

This systematic review found evidence that gender-affirming hormone therapy may be associated with improvements in QOL scores and decreases in depression and anxiety symptoms among transgender people.

## **Randomised Controlled Trial**

### [Are apps for depression and anxiety worth the money?](#)

Summary of a recent RCT which finds that apps for depression and anxiety in an IAPT service can be effective.

### [Transcranial direct current stimulation \(tDCS\) for unipolar and bipolar depression](#)

Reviews a recent randomised controlled trial on the neurocognitive effects of transcranial direct current stimulation in depression. The trial was particularly interested in DNA profiling for treatment planning.

## **Meta-analysis**

### [Psychological interventions effective for improving mental health and sleep following complex trauma](#)

Explores a network meta-analysis which finds that psychological treatments are effective in reducing PTSD symptoms experienced by people with complex trauma.

## **Consultation**

### [Reforming the Mental Health Act – open consultation](#)

People are invited to share their views on changes to the Mental Health Act to help put patients at the centre of decisions about their own care. Consultation closes on 21 April.

## **Blog**

### [Race, ethnicity, and disparities in mental health experiences and outcomes](#)

Kam Bhui considers research ethics and how we must disrupt and transform mental health research if we are serious about tackling inequalities and racism.

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## **Studies**

["I can't trust anyone": the role of cognitive processes in PTSD symptoms in young people in care](#)

Summary of a longitudinal study of cognitive predictors of post-traumatic stress in young people in out-of-home care.

[Playing on uneven playing fields: low income, parental stress and maternal depression](#)

This blog reviews a cross-sectional Canadian study that explores the links between low socioeconomic status, parental stress, maternal depression, and the mediating role of social capital in mothers.

[Inflammation and depression in young people](#)

This piece considers the links between inflammatory dysregulation and depression in young people.

['Chin up, love.' Why are frail older adults not seeking help for anxiety or depression?](#)

This piece summarises a qualitative study on supporting frail older adults with anxiety or depression.

[Victimisation and loneliness: who is more likely to become lonely?](#)

A group of UCL Mental Health MSc students summarise a recent longitudinal twin study of the association between victimisation and loneliness from childhood to young adulthood.

[Place of safety in psychiatry: mental health staff perspectives](#)

This post summarises a recent mixed-methods study on mental health staff experiences of occupational wellbeing in a psychiatric place of safety service.

[Trans pathways: mental health care for transgender and gender diverse young people in Australia](#)

This review of a recent paper on the Trans Pathways study looks at mental health care for transgender and gender diverse young people in Australia.

## **News**

[New dedicated mental health services for new expectant and bereaved mums](#)

Thousands of new, expectant or bereaved mothers will receive help and support for mental health problems through new dedicated hubs which are being set up across the country. The 26 new hubs will bring together maternity services, reproductive health and psychological therapy under one roof as part of the [NHS Long Term Plan](#).

## **Survey**

[Mind survey reveals toll of pandemic on ambulance workers' mental health](#)

The online survey found that mental health has worsened across 999 services, but that ambulance staff were worst affected. Only one in four (26%) ambulance staff reported their current mental health as very good or good compared to just over one in three police (35%) and almost two in five (39%) survey respondents working within the fire service.

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