

Depression

Jun 2021

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Cochrane Reviews

[Internet-based cognitive and behavioural therapies for post-traumatic stress disorder \(PTSD\) in adults](#) While the review found some beneficial effects of I-C/ BT for PTSD, the certainty of the evidence was very low due to the small number of included trials. This review update found many planned and ongoing studies, which is encouraging since further work is required to establish non-inferiority to current first-line interventions, explore mechanisms of change, establish optimal levels of guidance, explore cost-effectiveness, measure adverse events, and determine predictors of efficacy and dropout.

[Antidepressants for youth depression: Cochrane review confirms they should not be the first port of call](#) This piece summarises a new [Cochrane review](#) and network meta-analysis, which provides the best evidence to date about new generation antidepressants for depression in children and adolescents.

Cochrane Clinical Answer

[For adults with depression, can prognostic models predict relapse/recurrence of major depressive disorder?](#) Reviewers identified 10 unique prognostic models (11 studies published between 1999 and 2020) that differed in terms of included predictors, intended settings, participant populations, and predictive performance. Reviewers classified only one study as being at low overall risk of bias; this study concluded that a model using numbers of previous episodes and presence of residual symptoms as predictors did not make accurate predictions about relapse or recurrence.

Systematic Review

[Group physical activity for people with severe mental illness: from inactivity to engagement](#) Summary of a systematic review on the experience of initiating community-based group physical activity by people with serious mental illness.

Guidance

[Using antidepressants for depression in people with epilepsy](#) This discusses the use of antidepressants (AD) for the treatment of depression in people with epilepsy. Topics covered include choosing between AD, initiating the AD, monitoring epilepsy and antiepileptics, and switching between AD, with links to relevant guidance provided. Treating stable depression is covered.

Study

[Can therapy dogs lead more people into research?](#) A qualitative study finds that therapy dogs may help to improve research engagement in “hard to reach” populations.

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Randomised Controlled Trial

[Music therapy for depression: I want more...reliable research](#) Summarises a recent meta-analysis of randomised controlled trials examining the effects of music therapy and music medicine on depressive symptoms.

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