

Depression

May 2021^a

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COVID-19

[Covid-19 Process evaluation of Virtual Pregnancy in Mind during the COVID-19 pandemic](#)

Pregnancy in Mind (PiM) is a preventative programme for parents who are experiencing or at risk of mild to moderate anxiety and depression during the perinatal period. To comply with coronavirus (COVID-19) restrictions, an adapted version of the NSPCC's face-to-face service was developed using virtual and digital methods.

[Mind responds to latest data on depression rates](#)

This combines the recent ONS data on self-reported depression with rates of depression as [diagnosed by a GP](#) in England. The figures show that self-reported experience of depression has increased compared with pre-pandemic levels, with one in five adults experiencing depressive symptoms in last quarter, compared to one in ten before the pandemic outbreak. Conversely, the number of GP-diagnosed cases of adult depression has fallen during the pandemic.

[Children and Adolescents' Mental Health: One Year On](#)

Summary of co-space study findings:

- Co-SPACE children and young people experienced highest levels of mental health issues in June 2020 and February 2021, when restrictions were most stringent
- Overall, primary school children have had greater changes in levels of mental health difficulties throughout the pandemic compared to secondary school aged children
- Average mental health difficulties among primary and secondary school aged children have decreased again since schools reopened and restrictions started easing

Cochrane Review

[Prognostic models for predicting relapse or recurrence of major depressive disorder in adults](#)

The reviewers identified 10 prediction tools for relapse or recurrence. These were either not proven to be good at predicting relapse/recurrence, or the studies had problems with how they were carried out, meaning that none of the prediction tools were at a stage where they could be used in the real world.

Cochrane Clinical Answer

[For adults with depression and anxiety disorders, what are the effects of tapered discontinuation of long-term antidepressants?](#)

Reviewers identified only very low-certainty evidence suggesting benefits of continuing antidepressant therapy for adults with depression and anxiety disorders. Consequently, this question remains unanswered.

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Report

[New Wellcome report on #WorkplaceMentalHealth](#)

A new report from the Wellcome Trust explores the efficacy of workplace mental health initiatives.

Study

[Loneliness linked to mid-life depression: can tackling loneliness help prevent depression in older people?](#)

Summarises a recent study on the association between loneliness and depression among older adults.

News

[Time in the garden is one of nature's best mental health fixes, say UK adults](#)

Being in the garden is one of UK adults' favourite ways to use nature to support their mental health, according to new research by the Mental Health Foundation.

[A new project has been announced today to improve people's mental health through connecting to 'watery' nature](#)

New YouGov research, released today by the Mental Health Foundation, has found 65% of people find being near water improves their mental wellbeing and is their favourite part of nature.

[Make Our Neighbourhood Nature Safer & Cleaner, say British Teenagers in Mental Health Awareness Week](#)

Cleaner, safer and more local natural spaces, along with greener streets, are the changes most favoured by teenagers aged 13 to 19 to help them benefit more from nature, according to new research by the Mental Health Foundation.

[More than a million children given access to NHS mental health support at school](#)

More than a million children and young people will have access to mental health support at school, as the NHS rapidly expands services to help deal with the huge disruption caused by coronavirus and lockdown.

Future-Proofing Mental Health

The treatment of mental illness currently brings substantial costs to individuals, the NHS, and also to wider society. The need for innovation to promote good mental health has never been greater. In an effort to catalyse this innovation, researchers have set out four ambitious targets:

- Halve the number of children and young people experiencing persistent mental health problems
- Improve our understanding of the links between physical and mental health, and eliminate the mortality gap
- Increase the number of new and improved treatments, interventions and supports for mental health problems
- Improve the availability of choices and access to mental health care, treatment and support in hospital and community settings

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