

Depression

[Covid-19](#)

[The COVID-19 pandemic is harming our mental health, and it's affecting some more than others](#)

Review of a recent longitudinal (online survey) study, which looks at mental health outcomes during the COVID-19 pandemic. The research finds that women, young adults, those from socially disadvantaged backgrounds, and people with preexisting mental health problems were affected worse than others.

[Will the COVID-19 pandemic lead to a mental health pandemic?](#)

This post explores a recent longitudinal study looking at mental health outcomes before and during the COVID-19 pandemic in the UK.

[Coping with the continuing pandemic in 2021](#)

Tips to learn to manage this ongoing stress of the pandemic.

[New Survey reveals the need for long-term focus on mental health support in Wales](#)

Nearly two in three people (63 per cent) with existing mental health problems say their mental health and wellbeing has got worse during the pandemic, a survey by Mind Cymru has found.

[More than half fear lockdown ending as pandemic's impact on mental health laid bare](#)

The majority of people are worried about seeing and being near others once lockdown restrictions are fully relaxed, research carried out by the mental health charity Mind has found. The study, which nearly 10,000 people in England took part in, revealed 55 per cent of adults and young people had this concern, with 46 per cent of those who have already been vaccinated saying they are still worried they will catch coronavirus.

[Post-pandemic mental health support for people living with long term conditions launching in Scotland](#)

People with long term conditions were among those more likely to have experienced increased levels of stress, anxiety and depression. This has been exacerbated by reduced access to support networks, health and social care during lockdowns.

[Prevalence and risk factors of depression symptoms among Chinese seafarers during the COVID-19 pandemic: a cross-sectional study](#)

There is a high burden of depression associated with COVID-19 among seafarers. Special interventions that protect the mental health of seafarers are more critical than ever in the context of the pandemic.

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Meta-analyses

[Recruitment and retention rates in randomised controlled trials of exercise therapy in people with multimorbidity: a systematic review and meta-analysis](#)

To quantify recruitment, retention and differential retention rates and associated trial, participant and intervention characteristics in RCTs evaluating the effect of exercise therapy in people with multimorbidity. RCTs including people with multimorbidity comparing exercise therapy with a non-exposed comparator group reporting at least one of the following outcomes: physical function, health-related quality of life, depression symptoms, or anxiety symptoms.

[NHS-recommended e-therapies for depression, anxiety and stress: promising but limited](#)

Summary of a meta-analysis which finds a limited body of research exists to support the use of NHS e-therapies for depression, anxiety and stress.

[How common is mental illness in children aged 1-7 years old?](#)

A recent meta-analysis finds that worldwide 1 in 5 children aged 1-7 years old will experience a mental health condition.

Briefing

[Tackling loneliness](#)

This briefing covers research into the prevalence, causes and impact of loneliness and interventions to address the issue. The focus is England with an overview of approaches in Scotland, Wales and Northern Ireland.

Handbook

[Samaritans Ireland publishes new handbook on men's wellbeing services](#)

Samaritans Ireland 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 crisis point. The handbook — [Engaging men in Ireland earlier: a guide to service design](#) — is based on insights from a series of workshops with men.

Cochrane Review

[Magnetic seizure therapy for treatment-resistant depression](#)

Evidence regarding effects of MST on patients with TRD is currently insufficient. Analyses of available data did not reveal clearly different effects between MST and ECT. Large, long, well-designed, and well-reported trials are needed to further examine the effects of MST.

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Report

[Workforce burnout and resilience in the NHS and social care](#)

Against a context of workforce shortages, funding pressures and reconfiguration of services, concerns about the morale of the NHS and social care workforce are not new. Even before the pandemic, one third of the doctors who responded to a survey published by the BMJ in January 2020 were described as burned out, with those in emergency medicine and general practice most impacted.

Campaign

[National Voices launches Ask How I Am campaign](#)

National Voices has launched a campaign calling for compassionate conversations at all points of contact between healthcare professionals and people living with long-term conditions. The campaign launch coincided with the release of a joint report with the Centre for Mental Health – [Ask How I Am: Supporting emotional health among people living with long-term conditions.](#)

Study

[Multimorbidity: does depression predict the onset of physical illness?](#)

Review of a recent Canadian study examining depression as a risk factor for physical illness and multimorbidity in a cohort with no prior comorbidity.

News

[Funding boost for young people's mental health services](#)

Children and young people will benefit from a cash injection to mental health services which includes addressing the increasing demand for the treatment of eating disorders. An extra £40 million has been allocated to address the COVID impact on children and young people's mental health and enhance services across the country.

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