

# Depression

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## **Systematic Review**

### [Care farms: can they help with depression, anxiety and quality of life?](#)

Appraisal of a recent Campbell systematic review exploring the impact of care farms on quality of life, depression and anxiety among different population groups.

## **Meta-analysis**

### [New evidence on treatments for symptoms of depression in dementia](#)

Appraisal of a recent review on the efficacy of interventions for depression in people with dementia, which identified several non-drug treatments that can have a meaningful effect on depressive symptoms in dementia.

## **Randomised Controlled**

### [Trials Turn on, or tune out? Is psilocybin assisted therapy close to becoming a firstline treatment for depression?](#)

Summary of a recent RCT on the effectiveness of psilocybin assisted therapy versus escitalopram assisted therapy for major depressive disorder.

### [Could a decision support tool help to guide mental health treatment in primary care?](#)

Review of a recent randomised controlled trial on the clinical efficacy of a Decision Support Tool (Link-me) to “guide the intensity of mental health care in primary practice”.

### [Effect of Zuranolone vs Placebo in Postpartum Depression: A Randomized Clinical Trial](#)

In this phase 3 RCT of women with PPD, zuranolone achieved its primary end point of a statistically significant change from baseline in HAMD-17 total score compared with placebo at day 15. Zuranolone showed rapid (by day 3), sustained (all measured time points through day 45), and clinically meaningful improvements in depressive symptoms, anxiety, and global and maternal functioning and was generally well tolerated.

## **Cochrane Clinical Answer**

### [How do Internet-based cognitive and behavioural therapies \(I-C/BT\) compare with no I-C/BT for adults with post-traumatic stress disorder \(PTSD\)?](#)

Reviewers rated as very uncertain evidence for the immediate post-treatment impact of I-C/BT on severity of PTSD, depressive and anxiety symptoms, post-treatment diagnosis of PTSD, quality of life, and incidence of adverse events.

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## **Studies**

### [Alcohol and bipolar: how does heavy alcohol use predict the course of bipolar disorder?](#)

Review of a recent study on the patterns and clinical correlates of lifetime alcohol consumption in women and men with bipolar disorder.

### [Acute day hospitals: an option for mental health crisis care?](#)

A look at a recent qualitative study of acute day units for mental health crises, which explores the experiences of service users and staff.

### [Self-stigma and depression amongst sexual minorities: can mindfulness help?](#)

Summary of a recent Chinese cross-sectional study, which looks at how mindfulness may be useful in reducing self-stigma and depressive symptoms in lesbian, gay and bisexual people.

### [Loneliness is strongly linked to depression among older adults, a long-term study suggests](#)

Researchers found that:

- each one-point increase on the loneliness scale was linked with a 16% increase in average depressive symptom severity score
- loneliness was linked to nearly one in five (18%) cases of depression one year later
- the effect of loneliness decreased with time but was still associated with one in ten (11%) cases after 12 years
- depressive symptoms increased over time among people with greater loneliness scores, indicating that loneliness was causing future depression.

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