

Depression

Aug 2021

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Covid-19

[Mental health emergencies and COVID-19: the impact of 'lockdown' in the East Midlands of the UK](#)

People of younger age, male gender and South Asian and Black ethnicity are particularly vulnerable to acute mental health conditions during lockdown. Patients with acute cases of anxiety have increased during lockdown whereas suicide and intentional drug overdose have decreased.

[Perceived anxiety and physical activity behaviour changes during the early stages of COVID-19 restrictions in community-dwelling adults in Canada: a cross-sectional study](#)

Changes in physical activity, sedentary behaviour and social behaviour occurred soon after the COVID-19 pandemic was declared, and some of these changes differed among those with low and high anxiety.

[Impact of COVID-19 Partial School Closures and Mental Health](#)

New research found that secondary school students with access to on-site school provision were more likely to report symptoms of depression and anxiety, as well as perceiving their mental wellbeing to have deteriorated during lockdown, compared to students receiving remote school provision. Importantly, the poorer mental health for the group accessing school could be accounted for by their different backgrounds and the situational risk factors tested in the study, including past mental health needs and upcoming examinations.

Systematic Reviews

[Mental health interventions for healthcare staff in infectious disease outbreaks](#)

Summary of a systematic review exploring interventions to address mental health issues in healthcare workers during infectious disease outbreaks.

[The association between physical activity and mental health in children with special educational needs: A systematic review](#)

Findings from our present review suggested that PA was positively associated with overall psychological well-being, enjoyment, self-worth, self-competence, mental wellness, and quality of life; and was negatively associated with anxiety and fatigue in children with SEN.

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Report

[Keeping up Appearances: How Pleasanteeism is Eroding Resilience](#)

This report was commissioned to examine the mental health of UK workers and the impact that it is having on resilience in the workplace. The research draws attention to the fact that countless are suffering from deteriorating mental health, with the COVID-19 pandemic leaving many feeling less resilient than ever before. It revealed that a quarter (26%) of people are struggling to cope at work, while just over a third (34%) feel the same way about everyday life, yet a large number feel they have to hide their true selves or conceal their anxieties by putting on a brave face at work.

Article

[Expertise from outside the Academy: tapering off antidepressants](#)

This post considers a recent article written by Adele Framer, Founder of [SurvivingAntidepressants.org](#), which describes how best to help people who are tapering off antidepressants.

Survey

[Social media peer support groups for OCD and related disorders: helpful or harmful?](#)

Exploration of a mixed methods survey, which finds that social media support groups may be harmful for some people with OCD or related disorders.

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