

Depression medication
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Community and Mental Health Services

23 September 2021

Studies

[Supporting frontline health and social care workers during COVID-19: experiences of mental health professionals](#)

Review of a recent qualitative study on the experiences of mental health professionals supporting frontline health and social care workers during the COVID-19 pandemic.

[Complex trauma and complex problems: evidence from a cohort study](#)

Review of a cohort study which finds that participants exposed to complex trauma had more severe mental health problems and poorer cognitive function at 18 years of age.

[Does the IAPT self-referral process work for people living in poverty?](#)

Review of a qualitative study exploring different perspectives on the accessibility of current IAPT self-referral processes for people with mental health problems living in poverty.

[Mapping the PHQ-8 to EQ-5D, HUI3 and SF6D in patients with depression \(biomedcentral.com\)](#)

This study provides evidence to clinicians and researchers about the mapping algorithms that can be used in economic evaluation among patients with depression.

Cochrane Reviews

[Lamotrigine in the maintenance treatment of bipolar disorder](#)

Low- to moderate-certainty evidence collectively suggests that lamotrigine may be superior to placebo as a treatment modality for bipolar disorder. In comparison to lithium, people with bipolar disorder seem to tolerate lamotrigine better in the long run; however, the demonstrated efficacy in the maintenance of bipolar disorder was similar between the two groups.

[Ketamine and other glutamate receptor modulators for depression in adults with unipolar major depressive disorder](#)

Findings show that ketamine and esketamine may be more efficacious than placebo at 24 hours. How these findings translate into clinical practice, however, is not entirely clear. The evidence for use of the remaining glutamate receptor modulators is limited as very few trials were included in the meta-analyses for each comparison and the majority of comparisons included only one study. More long term RCTs are needed.

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Report

[RCPsych advocates for further progress in perinatal mental health services](#)

A new College Report has been published that summarises the latest evidence base for the extent, and impact of, perinatal mental disorder and opportunities for intervention.

Briefing

[Children's Mental Health and the COVID-19 Pandemic](#)

This parliamentary briefing summarises the latest research about the effects on children throughout the pandemic, and factors that increase vulnerability to poor mental health.

Online event

[Free online event on October 8: The truth about mental health inequality](#)

This year's theme for World Mental Health Day is 'mental health in an unequal world'. Join the Centre for Mental Health as they mark World Mental Health Day by putting the spotlight on mental health inequalities. A year on from the report Mental Health For All?, the Centre looks at the hard facts surrounding inequality in mental health: why some people are so much more likely to face mental health difficulties, or struggle to get the help they deserve.

News

[Record number of children and young people referred to mental health services as pandemic takes its toll](#)

Record numbers of children and young people are being referred to mental health services for crisis and non-crisis care, as the toll of the pandemic on the country's mental health is revealed in a new analysis by the Royal College of Psychiatrists.