

Depression

medication
therapy
resources
stress
anxiety
mood disorder counselling bipolar worry self-help panic
CBT research



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

27 August 2021

Covid-19

[Living with mental health problems during COVID-19: how does it feel?](#)

Review of a co-produced, participatory qualitative study on the experiences of living with mental health problems during the COVID-19 pandemic in the UK.

[PTSD, anxiety and depression in UK frontline health care workers during COVID-19](#)

This post summarises a paper that explores the impact of COVID-19 on the mental health of healthcare workers in the UK during the early part of the 2020 pandemic.

Review

[The benefits and harms of antidepressants for youth depression and anxiety](#)

This post considers a new review which looks at the knowns and unknowns of antidepressant treatment in young people with depression and anxiety: efficacy, predictors, and mechanisms of action.

Randomised Controlled Trial

[Can ketamine metabolites and gamma power help predict clinical response for 'treatment resistant depression'?](#)

This post summarises a recent randomised placebo-controlled trial that evaluated ketamine metabolites, clinical response, and gamma power for major depression.

Studies

[Depressive symptoms and negative online disclosures: is the clue in the post?](#)

This post offers critical appraisal of a mixed-methods study which suggests that online disclosure of negative emotions and experiences (posted to Facebook) are linked with depression symptoms in US college students.

[Association of severe mental illness with stroke outcomes and process-of-care quality indicators: nationwide cohort study](#)

A longitudinal study of people who experienced a stroke in Scotland from 1991-2014 found that compared with adults without a record of mental illness, 30-day mortality was higher for schizophrenia, bipolar disorder, and major depression.

Cochrane Clinical Answer

[How does cognitive-behavioral therapy compare with attention control for children and adolescents with anxiety disorders?](#)

For children and adolescents with anxiety disorders, cognitive-behavioral therapy (CBT) might increase chances of remission for those with a primary anxiety diagnosis and all anxiety diagnoses while reducing anxiety symptoms compared with attention control placebo.

Article

[The knowns and unknowns of SSRI treatment in young people with depression and anxiety: efficacy, predictors, and mechanisms of action](#)

This document discusses the available research concerning the use and role of SSRIs in treating adolescent depression and anxiety.

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