

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



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7 October 2021

## Studies

### [School-based mental health interventions: reducing depression, anxiety and aggressive behaviour](#)

Summary of a review from the Early Intervention Foundation on school-based mental health interventions.

### [Art and mental health on Instagram](#)

Summary of a study looking at the impact of artwork posted on Instagram. It considers how art can promote mental health awareness, and the impact that sharing can have on the artist.

### [Mental health stigma and online social support for bipolar disorder: what can we learn from Twitter?](#)

Explores an online ethnography study that explores how Twitter users discuss mental illness, particularly bipolar disorder, and in what context; focusing specifically on the areas of stigma and social support.

### [Why don't teenagers seek help for anxiety and depression?](#)

This study aimed to improve understanding of how teenagers with anxiety or depression identified in local secondary schools feel about seeking and accessing professional help.

### [Carers of people with dementia benefit from online help for anxiety and depression](#)

Participants cared for people with dementia and had scores on a mental health questionnaire that suggested they had mild to moderate anxiety or depression. Carers were randomly allocated to receive either online CBT alone, online CBT plus telephone support, or an online education programme. Over the six months of the study, people in all three treatment groups had improved mental health. People who had education and CBT plus telephone support showed the most improvement.

### [Online behavioural activation during the COVID-19 pandemic decreases depression and negative affective bias](#)

This study highlights the benefits of online BA that can be administered by non-specialists after brief training. These findings can help inform the policy response towards the rising incidence of mental health problems during a crisis situation such as a pandemic.

### [Long-term antidepressant use is effective, but many people can come off them safely – new research](#)

In the study, many people were able to come off their antidepressants safely without a relapse. In the group who stopped their antidepressants, 44% did not relapse after a full year. Even among those who did relapse after stopping, only half chose to return to an antidepressant prescribed by their GP.

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## Systematic Review

[Do changes in microglial status underlie neurogenesis impairments and depressive-like behaviours induced by psychological stress? A systematic review in animal models - PubMed \(nih.gov\)](#)

Recent studies indicate that changes in neuroinflammation, primarily via microglial cells, may play an essential role in this process. However, the relationship between stress, microglial changes, and alterations in neurogenesis and their involvement in the development of depression is poorly characterized. For this reason, this systematic review aims to synthesise and evaluate current studies that have investigated the relationship between these variables.

## Meta-analysis

[Psychotherapy and antidepressant tapering can help people at risk of depression relapse, but more evidence needed before we can provide personalised treatment](#)

Review of an individual patient data meta-analysis exploring the continuation of antidepressants versus sequential psychological interventions to prevent relapse in depression.

## Briefing

[Psychological services within the Acute Adult Mental Health Care Pathway - Guidelines for service providers, policy makers and decision makers](#)

This guidance is for mental health commissioners and service managers. The guidance outlines the context of the acute mental healthcare pathway, the role of psychologists in the pathway, and their contribution to care quality. It concludes with recommendations for service standards and staffing levels to meet the psychological needs of people accessing the acute care pathway.

## Research

[How can we reduce the toll of loneliness in older adults?](#)

Research suggests that almost one in three people over 75 – and almost two in three carers of people with dementia - are lonely. These figures are disturbing in themselves but they also represent a huge future burden of ill health. Studies have shown a strong link between loneliness now, and both depression and dementia in years to come.

## Report

[Racial inequality and mental health services in Scotland: A call for action](#)

A comprehensive new report examining racial inequality across mental health services in Scotland.

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## Campaign

[New Every Mind Matters campaign to improve people's mental health](#)

A new campaign has been launched to help people with their mental wellbeing. The campaign empowers people to look after their mental health by directing them to free, practical tips and advice.

## Statistics

[Coronavirus and depression in adults, Great Britain: July to August 2021](#)

Analysis of the proportion of the adult population of Great Britain experiencing some form of depression in summer 2021, based on the Opinions and Lifestyle Survey. Includes analysis by age, sex and other characteristics and comparisons with early 2021, 2020 and pre-pandemic estimates. [Dataset](#)

## 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

['Psychedelics renaissance': new wave of research puts hallucinogenics forward to treat mental health](#)

In what's been described as a 'paradigm shifter' for psychiatry, Australian clinical trials are exploring the therapeutic benefits of illegal substances.

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