

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



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## Systematic Reviews

### [CBT for youth anxiety and depression: satisfaction guaranteed?](#)

Explores a systematic review which finds that children and young people are often satisfied with the CBT (cognitive behavioural therapy) they receive for anxiety or depression.

### [Engagement with mobile health interventions for depression: A systematic review](#)

Intentional, theory-driven, and consistent measurement of engagement with mHealth interventions for depression may advance the field's understanding of effective engagement to facilitate clinical improvement, identify dose-response relationships, and maximize generalisability for underserved populations.

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

The data seems to suggest that microglial changes induced by psychological stress regulate neurogenesis and in turn may be responsible for the development of depressive-like behaviours, but other factors that influence these stressful experiences should not be dismissed.

### [Nature-based outdoor activities for mental and physical health: Systematic review and meta-analysis](#)

Random effects meta-analysis of RCTs showed that NBIs were effective for improving depressive mood, reducing anxiety, improving positive affect, and reducing negative affect. Specifically gardening, green exercise and nature-based therapy, are effective for improving mental health outcomes in adults, including those with pre-existing mental health problems.

## Cochrane Clinical Answers

### [For adults in low- and middle-income countries living with mental disorders, perinatal depression, or post-traumatic stress disorder, what are the effects of lay health worker \(LHW\)-led interventions?](#)

Moderate-certainty evidence shows that LHW-led interventions probably improve short-term recovery rates and functional impairment scores, as well as intermediate-term symptom scores, for women with perinatal depression.

### [For adults in low- and middle-income countries living with common mental disorders, perinatal depression, or post-traumatic stress disorder, what are the effects of primary health care worker \(PHCW\)-led interventions?](#)

Moderate-certainty evidence shows that PHCW-led interventions probably improve short-term anxiety symptoms for people with PTSD, long-term symptoms for women with perinatal depression, and intermediate functional impairment scores for people with common mental disorders.

### [How do selective serotonin reuptake inhibitors \(SSRIs\) compare with placebo for women with postnatal depression?](#)

For women with mild to moderate postnatal depression, low-certainty evidence suggests that, compared with placebo, SSRIs may slightly increase depression response and depression remission, and may slightly reduce the severity of depression, but these estimations are imprecise.

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## Studies

### [What impact does racism have on the mental health of multiracial people?](#)

An appraisal of a cross-sectional study looking at the impact that racial discrimination experienced by multiracial people can have on their mental wellbeing.

### [Racism, vicarious racism and mental health: how can we support those affected?](#)

Review of a recent cross-sectional study exploring vicarious racism, vigilance and mental health during the COVID-19 pandemic.

### [Deep brain stimulation for severe depression: could 'brain pacemakers' be the answer for some?](#)

Critical appraisal of a recent n-of-1 study on 'brain pacemakers for depression', which received extensive press coverage earlier this month. The case study looks at deep brain stimulation (closed-loop neuromodulation) in an individual with treatment-resistant depression.

### [Antidepressant medication prescribing patterns in Irish general practice from 2016 to 2020 to assess for long-term use](#)

This study illustrates a steady rise in AD medication within the general practice setting, with an observed rise in prescription dispensing rates. The high proportion of refill prescriptions demonstrates the long-term use of AD medications. This may be indicative of chronic depression or may highlight a lack of appropriate medication cessation strategies.

### [Risk of long-term benzodiazepine and Z-drug use following the first prescription among community-dwelling adults with anxiety/mood and sleep disorders: a retrospective cohort study](#)

Less than 1 in 20 patients use BZRAs  $\geq 180$  days in their first treatment episode. Several factors were associated with long-term use following the first prescription and further investigation into whether these factors need to be considered at the point of prescribing is warranted.

## Reports

### [Algorithmic tracking is 'damaging mental health' of UK workers](#)

Report by MPs and peers says monitoring worker performance using AI should be regulated by law.

### [What is the Role of Science in Mental Health?](#)

A new summary report from Wellcome has been published. It includes new research which investigates the knowns and unknowns of SSRI treatment (antidepressant drugs) in young people with depression and anxiety.

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## Briefing

[The implications of climate change on mental health](#)

This Briefing prepared by Black Dog Institute for COP26 looks at strategies to mitigate the negative mental health impacts of climate change.

## Statistics

[Third of new students in England show signs of depression, survey suggests](#)

More than a third of first-year students in England who started university this autumn have shown symptoms of depression and anxiety, a [survey by the Office for National Statistics \(ONS\)](#) suggests.

## News

[Samaritans launches app to support UK military veterans' mental health](#)

Samaritans Veterans App will support veterans to learn ways to manage their emotional responses to situations, deal with the new day-to-day reality and help to identify challenges and develop ways to overcome them.

[The climate crisis will take a far greater toll on our mental health if COP26 fails to deliver, says RCPsych](#)

- Three in five people say concerns about climate and ecological emergencies are affecting their mental health
- 55% of people agree that climate change poses a threat to the mental health of future generations
- 59% of 18-34-year-olds agree that failure to act on climate change will become a growing mental health problem