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## Systematic Reviews

### ['Did not attend': what are the barriers to attending initial psychotherapy appointments?](#)

This explores a systematic review that brings together research from across the world looking at why people fail to attend their first psychotherapy appointment.

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

Although most studies in this small but rapidly growing literature report at least one measure of engagement, there is substantial heterogeneity. Intentional, theory-driven, and consistent measurement of engagement with mHealth interventions for depression may advance the field's understanding of effective engagement.

### [Are online mental health interventions for youth effective? A systematic review](#)

Online mental health interventions were found to be effective in managing diverse mental health conditions among youth. Online self-help platforms were the most frequently used modality and artificial intelligence-based chatbots are emerging as potential solutions.

### [Optimal dose of aripiprazole for augmentation therapy of antidepressant-refractory depression: preliminary findings based on a systematic review and dose-effect meta-analysis](#)

Low-dose aripiprazole as augmentation treatment might achieve the optimal balance between efficacy, tolerability and acceptability in the acute treatment of antidepressant-refractory depression. However, the small number of included studies and the overall moderate to high risk of bias seriously compromise the reliability of the results.

### [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. Results from controlled and uncontrolled studies largely reflected findings from RCTs. There was less evidence that NBIs improved physical health. NBIs, 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.

### [Prevalence of psychiatric disorders among refugees and migrants in immigration detention: systematic review with meta-analysis](#)

This review shows a huge burden of mental health problems in detained refugees and migrants of all ages, also relative to non-detained samples. This suggests that immigration detention independently and adversely affects the mental health of refugees and migrants. This insight should encourage countries to minimise the use of immigration detention and implement alternative measures instead.

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## Studies

[Maintenance or discontinuation of antidepressants for depression? Findings from the ANTLER trial](#)

Summary of the recently published ANTLER trial which explores whether antidepressant maintenance can reduce the risk of relapse in depression.

[Loneliness "from the outside": how are lonely young people perceived by others?](#)

explores a mixed methods study of young people, which finds concordance between self-reported loneliness and others' perceptions of loneliness.

[Incidence of suicidality in people with depression over a 10-year period treated by a large UK mental health service provider](#)

This study describes the incidence of suicidality (2007–2017) in people with depression treated by secondary mental healthcare services at South London and Maudsley NHS Trust (n = 26 412). Yearly incidence of 'suicidal ideation' and 'high risk of suicide' were estimated from structured and free-text fields of the Clinical Record Interactive Search system. Electronic health records provide the opportunity to examine suicidality on a large scale, but the impact of service-related changes in the use of structured risk assessment should be considered.

[Network analysis of anxiety and depressive symptoms among quarantined individuals: cross-sectional study](#)

COVID-19 was the most influential factor, with the highest number and strength of connections to psychopathology in a network of anxiety and depressive symptoms in a quarantine setting. Follow-up with mental health services after COVID-19 infection is needed to restore psychological well-being.

[Sociodemographic factors associated with treatment-seeking and treatment receipt: cross-sectional analysis of UK Biobank participants with lifetime generalised anxiety or major depressive disorder](#)

This work on retrospective reports of treatment-seeking and treatment receipt at any time of life replicates known associations with treatment-seeking and treatment receipt during time of treatment need.

[Personal, social and relational predictors of UK postgraduate researcher mental health problems](#)

Institutions training postgraduate researchers should focus interventions intended to improve depression, anxiety, suicidality, on self-beliefs and social connectedness. Moreover, supervisors should be provided with training that improves the degree of agency, and especially communion, in the relationships they form with postgraduate researchers.

[Mediating role of avoidance of trauma disclosure and social disapproval in ICD-11 post-traumatic stress disorder and complex post-traumatic stress disorder: cross-sectional study in a Lithuanian clinical sample](#)

The findings suggest that disclosure of traumatic experiences and support from closest friends and family members might mitigate the effects of traumatic experiences, potentially reducing the risk of developing CPTSD.

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## Randomised Controlled Trials

[Out-patient triple chronotherapy for the rapid treatment and maintenance of response in depression: feasibility and pilot randomised controlled trial](#)

Triple chronotherapy produced a significant and rapid benefit after 1 week in out-patients with depression that was sustained at 26 weeks. Cost-effectiveness trials with a larger clinical sample are required. [Editorial](#)

[Metacognitive therapy for depressive symptoms in cardiac patients: new findings from the PATHWAY trial](#)

Review of a recent RCT evaluating group metacognitive therapy for depression and anxiety in cardiac patients.

## Guidance

[Becoming Dad - A guide for new fathers](#)

Postnatal depression is a type of depression that parents can have after childbirth. One in ten Dads have postnatal depression and almost two in ten Dads experience postnatal anxiety. Dads are most likely to experience depressive symptoms three to six months after the birth, but they may last longer than they do for Mums.

[NICE creates new menu of treatment options for those suffering from depression](#)

An independent NICE guideline committee has developed the first guideline for 12 years to identify, treat and manage depression in adults. Patients with less severe depression could choose from the menu as a first-line treatment option from, for example, cognitive behavioural therapy (CBT), exercise, counselling or psychotherapy.