



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

16 December 2021

Systematic Reviews

[Omega-3 supplements for depression and anxiety](#)

Summarises a systematic review and meta-analysis on omega-3 supplements for depression and anxiety in adults, and briefly introduces their Active Ingredients project on omega-3 for youth depression and anxiety.

[Internet-based psychotherapy may be cost-effective for anxiety and depression](#)

Blog describing a systematic review which finds evidence of internet-based psychological interventions being cost-effective for depression and anxiety.

Cochrane Reviews

[Mindfulness-based psychological interventions for improving mental well-being in medical students and junior doctors](#)

This review concluded that to date there is not much evidence on which to draw conclusions on effects of mindfulness interventions in this population. There was no evidence to determine the effects of mindfulness in the long term.

[Pharmacological treatment for psychotic depression](#)

Psychotic depression is heavily under-studied, limiting confidence in the conclusions drawn. Some evidence indicates that combination therapy with an antidepressant plus an antipsychotic is more effective than either treatment alone or placebo. Evidence is limited for treatment with an antidepressant alone or with an antipsychotic alone. Evidence for efficacy of mifepristone is lacking.

Review

[Virtual reality for mental health: are there any freely available apps that show promise?](#)

Summarises a recent review of virtual reality experiences as tools to support mental health therapy, which finds some freely available applications that may show promise for mental health.

Randomised Controlled Trial

[Repeated, low-dose oral esketamine in patients with treatment-resistant depression: pilot study](#)

These results strengthen the idea that oral esketamine is a safe and well-tolerated treatment for patients with chronic and severe TRD, but therapeutic effects were modest. Results were used to design a randomised controlled trial that is currently in progress.

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research



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Studies

[COVID-19 lockdowns and school closures: what's the impact on youth mental health?](#)

This post from the Mental Elf appraises a recent cross-sectional survey study, which looks at COVID-19 partial school closures and mental health problems.

[How do older Black Caribbean adults view seeking help for depression in the UK?](#)

Reviews a recent qualitative study exploring the help-seeking views relating to depression among older Black Caribbean adults living in the UK.

Report

[Economic disruption report pandemic impact on young adults](#)

More than a quarter (29%) of 18–24-year-olds have experienced suicidal thoughts in the last 12 months, based on findings from a YouGov survey. This figure rises to more than a third (36%) for those who had experienced some form of economic disruption (including having lost their jobs, are working fewer hours, working fewer regular hours, have needed to start claiming benefits or have seen their income fall).

News

[230,000 new PTSD referrals forecast as a result of the pandemic](#)

The pandemic has increased exposure to events with the potential to cause PTSD, with frontline health and care workers and survivors of severe Covid-19 at particularly high risk.

[Feelings of loneliness and isolation on the rise at Christmas, according to Samaritans Ireland](#)

Concerns over loneliness and isolation increased with 38% of emotional support contacts mentioning this concern over the festive season, compared with 33% in December 2019, followed by mental health/illness, family issues and Covid 19.

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