

Depression

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



Mersey Care
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Community and Mental Health Services

9 February 2022

Systematic Reviews

[Diagnostic labels: helpful or harmful?](#)

Explores a systematic review which looks at how diagnostic labels affect social responses to people with mental illness.

[Psychoeducation for perinatal depression and anxiety in young people](#)

This post explores a review which looked at psychoeducation as an active ingredient that might help young people who are affected by perinatal anxiety or depression.

[Screening programs for common maternal mental health disorders among perinatal women: report of the systematic review of evidence](#)

A series of meta-analyses reveal a reduction in perinatal depression and anxiety among perinatal women undergoing screening programmes.

Studies

[Psychological interventions for youth depression and anxiety can improve emotion regulation skills](#)

This post summarises a recent active ingredients review, which finds that psychological interventions for youth anxiety & depression can improve emotion regulation skills.

[What impact do secondary schools have on the mental health of young people?](#)

Reviews a study which uses baseline data from the MYRIAD study, and concludes that the "direct influence of schools on mental health seems to be small".

[The experiences of young LGBTQ+ people self-managing their mental health](#)

Critiques a recent qualitative study which looks at LGBTQ+ young people's experiences and perceptions of self-managing their mental health.

[The rise in prescribing for anxiety in UK primary care between 2003 and 2018: a population-based cohort study using CPRD](#)

Recent increases in incident prescribing, especially in young adults, may reflect better detection of anxiety, increasing acceptability of medication, or an earlier unmet need. However, some prescribing is not based on robust evidence of effectiveness, may contradict guidelines, and there is limited evidence on the effect of taking antidepressants long-term. As such, there may be unintended harm.

[Exploring barriers and facilitators for mental health professionals delivering behavioural activation to young people with depression: qualitative study using the Theoretical Domains Framework](#)

A qualitative study involving mental health professionals used behavioural science approaches (TDF, TTT) to conceptualise key barriers and facilitators for MHPs delivering manualised behavioural activation with young people.

[Impact of bariatric surgery on depression, anxiety and stress symptoms among patients with morbid obesity: international multicentre study in Poland and Germany](#)

The use of bariatric surgery in both Poland and Germany compared with non-surgical treatment for obesity resulted in more measurable benefits in the form of a decrease in psychiatric symptoms (depression, anxiety and stress) and reduction in body weight.

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Surveys

[A million UK adults who had problems with their mental health for the first time during the pandemic have not spoken to anyone about it](#)

One in four UK adults surveyed (25 per cent) who have experienced a worsening of their mental health for the first time during the pandemic have yet to have a first conversation about it – equivalent to around one million people.

[Do experiences of loneliness differ across the lifespan?](#)

Reviews a nationally representative US survey which finds that loneliness affects people of all ages; particularly young adults, people in middle age, and also very old age.

Project

[Remote measurement technologies for depression in young people: scalable solution or overplayed potential?](#)

In her debut blog, Annabel Walsh summarises her #ActiveIngredientsMH project which explored the use of remote measurement technologies for depression in children and young people.

Case Study

[Rolling out a psychological resilience hub for children and young people](#)

Virtual support service to help children and young people (CYP) experiencing mental health issues related to the pandemic.

Report

[Briefing on Children's Mental Health Services – 2020/2021](#)

Report by the children's commissioner for [England](#) said that in 2020-21 a total of 497,502 referrals were made to child and adolescent mental health services (CAMHS) compared with 539,000 the previous year, as children became less visible to professionals such as GPs and teachers who usually make referrals.

Statistics

[Personal well-being by age group, non-seasonally adjusted quarterly estimates](#)

Quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety, by age group in the UK. Estimates are non-seasonally adjusted and cover the period Quarter 1 (Jan to Mar) 2019 to Quarter 2 (Apr to June) 2021.