

## Systematic Reviews

[Peer support in mental health: understanding the evidence base, current challenges, and future opportunities](#)

Summary of a recent review on peer support for adults with mental health challenges, and present early findings from their active ingredients review on peer support for youth anxiety and depression.

[Persistent anxiety disorders: who is most at risk?](#)

Summary of a systematic review, which reports on the specific clinical and psychological factors that predict persistent anxiety disorders.

[Does targeting attention and interpretation patterns reduce symptoms of youth anxiety and depression?](#)

Summary of a Wellcome Trust funded active ingredients review, which looks at how promoting helpful attention and interpretation patterns may reduce anxiety and depression in young people.

[Efficacy of internet-based interventions for common mental disorder symptoms and psychosocial problems in older adults: A systematic review and meta-analysis](#)

In this review 11 Studies met inclusion criteria, with the majority of interventions focusing on depression or anxiety symptoms and being based on CBT principles. Significant large effect of internet-based interventions for older adults were found for overall symptom severity (depression, anxiety, PTSD, stress) as well as for depression symptom severity. No significant effects were found for anxiety symptom severity.

[A Systematic Review on Cognitive Effects of Electroconvulsive Therapy in Asian Patients](#)

This review suggests that Asian patients, presenting with a different psychiatric profile, may respond to high-dose Bitemporal ECT differently from Western samples.

[Mood and anxiety symptoms in persons taking prescription opioids: a systematic review with meta-analyses of longitudinal studies](#)

This review recommends that mental health should be considered when prescribing opioids because some patients may be vulnerable to adverse mental health outcomes.

[Mental health outcomes of adults hospitalized for COVID-19: A systematic review](#)

While many patients experience MH symptoms after hospitalization for COVID-19, most do not go on to develop a new MH disorder. Future studies should report whether participants have preexisting MH disorders and compare patients hospitalized for COVID-19 to patients hospitalized for other causes.

[Investigating the prevalence of anxiety and depression during the first COVID-19 lockdown in the United Kingdom: Systematic review and meta-analyses](#)

The first COVID-19 lockdown in the United Kingdom increased the prevalence of anxiety and depression among the general population, compared to pre-pandemic data.

## Randomised Controlled Trial

[What's the best approach for managing social disability in young people with emerging severe mental illness?](#)

Summary of a new RCT on social recovery therapy, which investigates how to prevent and treat social disability in young people with emerging severe mental illness.

# Depression

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



2 March 2022

## Studies

### [School connectedness, anxiety and depression: recent evidence and young people's perspectives](#)

This post examines research which explores the relationship between school connectedness, anxiety and depression in young people.

### [Therapeutic alliance and goal setting in youth mental health](#)

Summary of a recent study which looks at therapeutic alliance in remote versus in-person settings. They also present initial findings from their two active ingredients reviews which explore working alliance, collaborative goal setting and tracking for young people with depression or anxiety.

### [Birth without intervention in women with severe mental illness: cohort study](#)

This cohort study found that women with SMI were less likely to have a birth without intervention (29.5%) relative to the control population (36.8%).

### [Cross-cultural comparison of depressive symptoms on the Beck Depression Inventory-II, across six population samples](#)

Based on the study fundings and including all currently published population-based samples with BDI-II scores, cultural differences in depressive symptoms should be considered when interpreting BDI-II item scores.

### [Anxiety and depression among children and young people involved in family justice court proceedings: longitudinal national data linkage study](#)

Findings highlight the vulnerability of CYP involved in family court proceedings and increased risk of depression and anxiety. Schools, health professionals, social and family support workers have a role to play in identifying needs and ensuring CYP receive appropriate support before, during and after proceedings.

### [Risks of mental health outcomes in people with covid-19: cohort study](#)

The findings suggest that people who survive the acute phase of covid-19 are at increased risk of an array of incident mental health disorders. Tackling mental health disorders among survivors of covid-19 should be a priority.

## Case Study

### [One size fits all: could transdiagnostic therapy treat mild anxiety and depression in preadolescents?](#)

This post discusses a case study, which looks at unifying treatment for mild anxiety and depression in preadolescence.

## Review

### [Mind responds to NHS Race and Health Observatory review of inequalities across healthcare](#)

The Observatory has commissioned a [major review](#) into health inequalities across different healthcare services. Some of the largest inequalities were found for mental healthcare where treatment for Black communities was particularly poor.

**Depression** medication  
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**NHS**  
Mersey Care  
NHS Foundation Trust  
Community and Mental Health Services

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## Reports

[Effects of the pandemic continue to add pressures on mental health services, worsening access to care and longstanding inequalities](#)

The Care Quality Commission (CQC) is highlighting the ongoing impact of the pandemic on mental health services, their staff and the people using them.

[Five different ways the pandemic has affected finances for people with mental health problems](#)

The report 'The state we're in' revealed that people with mental health problems were more likely to have struggled with debts and payments during the pandemic than those without mental health problems. But, these worrying findings mask a diverse range of experiences – which show that some people with mental health problems have fared significantly worse than others.

[One in four young people say they will never recover from the emotional impact of the pandemic, as confidence falls to an all time low warns Prince's Trust](#)

[The Prince's Trust NatWest Youth Index \(pdf, 8mb\)](#), finds almost a quarter of young people (23%) in the UK agree they will never recover from the emotional impact of the pandemic. The report reveals the happiness and confidence of 16 to 25-year-olds has hit the lowest point in its thirteen-year history.

## News

[Overlooked and underfunded - a new Lancet Commission calls for united action to reduce the global burden of depression](#)

A new Lancet–World Psychiatric Association Commission, with contributions from King's IoPPN's Professor Louise Howard, has called for worldwide efforts to tackle the persisting and increasingly serious crisis of depression.

[Increase in mental distress among young people from disadvantaged backgrounds following the start of the COVID-19 pandemic](#)

New research has examined the impact of Covid-19 and related school closures in the first months of the pandemic on adolescent mental health, particularly among disadvantaged, marginalised, and vulnerable groups.

[Men in rural communities least likely to seek support when struggling to cope](#)

A new Samaritans survey has discovered that men in rural areas (43%) are less likely than men in urban areas (51%) to reach out for support or talk to someone if they are struggling with their mental health. Women living in rural areas are much more likely than men to seek help with 60%, saying they would talk to someone if they were struggling.

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