

## Systematic Reviews

### [The efficacy and acceptability of exposure therapy for the treatment of post-traumatic stress disorder in children and adolescents: a systematic review and meta-analysis](#)

ET showed superiority in efficacy at post-treatment/follow-up and depressive symptoms improvement in children and adolescents with PTSD. Patients with single type of trauma may benefit more from ET. And ET is more effective in patients 14 years or older. Moreover, PE could be a better choice.

### [Non-invasive brain stimulation combined with psychosocial intervention for depression: a systematic review and meta-analysis](#)

NIBS when combined with psychosocial intervention has a significant positive effect in alleviating moderately to severely depressive symptoms.

### [Association Between Physical Activity and Risk of Depression: A Systematic Review and Meta-analysis](#)

This systematic review and meta-analysis showed an inverse curvilinear association between physical activity and incident depression, with greater differences in risk at lower exposure levels. Adults meeting physical activity recommendations (equivalent to 2.5 h/wk of brisk walking) had lower risk of depression, compared with adults reporting no physical activity.

### [Reinforcement Learning in Patients With Mood and Anxiety Disorders vs Control Individuals: A Systematic Review and Meta-analysis](#)

In this systematic review and meta-analysis, a novel computational simulation method showed differences in reinforcement learning between patients and control individuals.

### [Fear of COVID-19 and its association with mental health-related factors: systematic review and meta-analysis](#)

Fear of COVID-19 has associations with various mental health related factors. Therefore, programmes for reducing fear of COVID-19 and improving mental health are needed.

## Randomised Controlled Trials

### [Stratified care versus stepped care for depression: which is more effective?](#)

Reviews a cluster randomised clinical trial investigating the effectiveness of stratified care compared to stepped care for depression, which has implications for IAPT services.

### [Videoconference delivered CBT for anxiety disorders: working alliance and intolerance of uncertainty](#)

Blog about a randomised controlled trial which explores therapeutic alliance in videoconference delivered CBT for anxiety.

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## Studies

### [Mental health apps for people in crisis: helpful or harmful?](#)

Summarises a review of the 'best apps' for mental health, which finds very little support for people experiencing a mental health crisis.

### [The diagnostic process from primary care to child and adolescent mental healthcare services: the incremental value of information conveyed through referral letters, screening questionnaires and structured multi-informant assessment](#)

Structured acquisition and integrated use of diverse sources of information supports evidence-based diagnosis in clinical practice. The clinical value of structured assessment at the primary–secondary care interface should now be quantified in prospective studies.

### [Factors shaping the mental health and well-being of people experiencing persistent COVID-19 symptoms or 'long COVID': qualitative study](#)

People with long COVID experience a range of factors that negatively affect their mental health and well-being. Providing patient-centred health services that integrate rapidly evolving research in this area is important, as are peer support groups and supported approaches to self-management.

### [Insular activation and functional connectivity in firefighters with post-traumatic stress disorder](#)

Our findings indicate that trauma-related stimuli elicit excessive brain activation in the left insula among firefighters with PTSD. Firefighters with PTSD also appear to have weak left insular functional connectivity with executive control-related brain regions. This aberrant insular activation and functional connectivity could be related to the development and maintenance of PTSD symptoms in firefighters.

### [Tailored individual Yoga practice improves sleep quality, fatigue, anxiety, and depression in chronic insomnia disorder](#)

This study found a positive impact of individualized Yoga practice on subjective parameters related to sleep and daytime symptoms in CI, resulting in fewer arousals on actigraphy.

### [The role of depression and physical activity in the association of between sleep quality, and duration with and health-related quality of life among the elderly: a UK Biobank cross-sectional study](#)

The findings show that poor sleep quality and duration were independently associated with worse HRQoL among the elderly in the United Kingdom. Furthermore, physical activity buffers the mediating effect of depression and adverse effects of sleep disorders on HRQoL.

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### [Characteristics of depression, anxiety, impulsivity, and aggression among various types of drug users and factors for developing severe depression: a cross-sectional study](#)

In this study, we found that the highest prevalence of severe depression was in participants using methamphetamines and that using methamphetamines, hostility, and anxiety were risk factors for developing severe depression.

### [Association between lipid ratio and depression: a cross-sectional study](#)

This study is the first to examine the association between depression and three lipid ratios, namely TC/HDL-C, LDL-C/HDL-C, and TG/HDL-C. The results showed an association between TG/HDL-C and depression in men. However, TC/HDL-C and LDL-C/HDL-C were not associated with depression in both men and women.

### [Effects of dynamic bedroom lighting on measures of sleep and circadian rest-activity rhythm in inpatients with major depressive disorder](#)

Pilot study showed beneficial effects of dynamic bedroom lighting for inpatients with moderate to severe depression, with rapid effects on sleep and circadian activity rhythm parameters. Larger studies are warranted to establish dynamic ambient lighting as an effective treatment option.

### [Food Insecurity and Mental Well-Being Among Low-Income Families During COVID-19 Pandemic](#)

The study's results underscore the importance of reducing food insecurity in both parents and children as a whole family system to promote mental well-being of low-income families.

## Statistics

### [Personal well-being in the UK, quarterly](#)

Quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness, and anxiety in the UK, covering the periods from Quarter 2 (Apr to Jun) 2011 through to Quarter 3 (Jul to Sep) 2021. Sub-population breakdowns of estimates by sex, covering the period from January 2019 to September 2021, are also included. Estimates were created using the Annual Population Survey (APS).

## Consultation

### [Mental health and wellbeing plan: discussion paper and call for evidence](#)

This discussion paper and call for evidence seek views on what we can do to improve everyone's mental health and wellbeing. This consultation closes at 11:45pm on 5 July 2022. [Easy Read version](#)

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## Government Response

[HSCC's expert panel mental health evaluation: government response](#)

This is the government's response to the Health and Social Care Committee's (HSCC) expert panel report published on 9 December 2021: [Evaluation of the government's progress against its policy commitments in the area of mental health services in England](#).

## News

[BPS urges action on mental health workforce and funding as demand for children and young people's mental health services jumps by 45 per cent | BPS](#)

Children and young people's mental health services have seen a 45 percent rise in open referrals over the last two years, new analysis has found.

[NHS staff wellbeing an 'urgent priority' says BPS, as data reveals number of full time days lost to anxiety and stress in NHS staff increases 32 per cent in the last two years](#)

New figures show a 32 per cent increase in the number of full time days lost to anxiety, stress, depression and psychiatric illness in NHS staff in the last two years.

[Royal College of Psychiatrists launches new resource to support the mental health of asylum seekers and refugees](#)

The Royal College of Psychiatrists is launching information aimed at health and social care professionals in the UK supporting asylum seekers and refugees with their mental health.

[One third of UK public says their mental health has deteriorated as a result of the pandemic](#)

A nationwide survey commissioned by the Royal College of Psychiatrists reveals the devastating impact of the pandemic on the nation's mental health, with one in three (29%) adults reporting their mental health deteriorated over the past two years.

[Spending more time at home is linked to more severe symptoms in people with depression](#)

Researchers from the RADAR-CNS project have used data from smartphones and wearables to investigate the association between time spent at home and the severity of symptoms in people with major depressive disorder (MDD).