

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



NHS
Mersey Care
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Community and Mental Health Services

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Systematic Reviews

[Psychological treatments for depression and anxiety in dementia and mild cognitive impairment](#)

Experiencing anxiety and depression is very common in people living with dementia and mild cognitive impairment (MCI). There is uncertainty about the best treatment approach. Drug treatments may be ineffective and associated with adverse effects. Guidelines recommend psychological treatments. This updated systematic review investigated the effectiveness of different psychological treatment approaches.

[Should schools use peer mentoring for mental health? New review highlights how little we know](#)

Summarises a review which finds little evidence to support the use of peer mentoring in schools to improve mental wellbeing.

Randomised Controlled Trial

[Let's group them together! Transdiagnostic group therapy for anxiety and depression](#)

Melissa Black blogs an RCT which finds that transdiagnostic group therapy is not inferior to diagnosis specific CBT for anxiety and depression.

Publication

[Employment advisers in improving access to psychological therapies](#)

Updated 3 May: Added accessible version of: 'Employment advisers in improving access to psychological therapies: client research' report 1013.

Consultation

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

Updated to extend closing date to 7 July.

News

[16,389 new and expectant mothers miss out on vital mental health support](#)

Thousands of new and expectant mothers with serious mental illness are missing out on vital specialist support, according to new research by the Royal College of Psychiatrists.

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Studies

[Social support moderates the association of functional difficulty with major depression among community-dwelling older adults: evidence from LASI, 2017–18](#)

The findings highlight the importance of integrating social participation in the daily life of older adults and developing initiatives that promote a healthy surrounding such as social connectedness, co-residential living and special care for those who are physically disabled to protect against late-life depression.

[The diagnostic and predictive potential of personality traits and coping styles in major depressive disorder](#)

Findings demonstrate the diagnostic and predictive potential of personality and coping styles for MDD in the clinical setting. They also demonstrate the remarkable ability of personality and coping styles to differentiate between depressed patients and healthy controls.

[Interventions to improve social circumstances of people with mental health conditions: a rapid evidence synthesis](#)

Although there is a large body of literature examining how to support some aspects of life for people with mental health conditions, more high-quality evidence is required in other social domains.

[Cognitive-behavioral group therapy in major depressive disorder with focus on self-esteem and optimism: an interventional study](#)

Based upon the results, it was concluded that the level of optimism and self-esteem increased significantly in the CBGT group after the intervention, although the levels of the above variables dropped again in the long run after the intervention due to the discontinuity of CBGT sessions. Therefore, it is necessary to take particular measures to regularly hold the sessions of CBGT for patients with major depressive disorder.

[Feasibility, acceptability and costs of nurse-led Alpha-Stim cranial electrostimulation to treat anxiety and depression in university students](#)

Nurse delivered Alpha-Stim CES may be a feasible, acceptable and cheaper way of providing greater choice and home-based care for some university students seeking help from primary care with new presentations of anxiety and depression.

[Positive mental health in psychotherapy: a qualitative study from psychotherapist's perspectives](#)

PMH in psychotherapy is a multidimensional concept that means more than symptom management and distress reduction in clients. There is potential value for its application in psychotherapy practice, though some concerns need to be addressed before it can be well integrated.