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8 June 2022

## Systematic Reviews

[Technology-based CBT for youth anxiety: moderate short-term benefits but uncertainty remains](#)

Douglas Badenoch takes a look at a recent systematic review on technology-delivered CBT for anxiety disorders in children below 18 years of age.

[Investigating the impact of terrorist attacks on the mental health of emergency responders: systematic review](#)

This systematic review looked at the mental health outcomes of exposed emergency service personnel over time and aimed to identify risk and resilience factors.

## Randomised Controlled Trials

[Taking a One-Week Break from Social Media Improves Well-Being, Depression, and Anxiety: a Randomized Controlled Trial](#)

The present study shows that asking people to stop using SM for 1 week leads to significant improvements in well-being, depression, and anxiety.

[Effects of Exercise Frequency and Intensity on Reducing Depressive Symptoms in Older Adults With Insomnia: a Pilot Randomized Controlled Trial](#)

The effects of walking training on reducing depressive symptoms appeared to be dependent on exercise frequency. Findings suggest that three sessions of walking per week at either moderate or vigorous intensity effectively alleviate depressive symptoms in older adults with insomnia. Additional research is needed to further verify the effects of exercise frequency on depression.

## Meta-narrative Review

[Spilling the T about the Q+: supporting mental health in queer youth](#)

Will Koehler explores a recent meta-narrative review investigating effective mental health support for the LGBTQ+ youth community.

## Meta-analysis

[Cerebrospinal fluid biomarkers for depression](#)

Éimear Foley reviews a recent meta-analysis that identifies possible differences between people experiencing depression and healthy controls.

## Rapid Review

[The effects of neighbourhood social cohesion on preventing depression and anxiety among adolescents and young adults: rapid review](#)

Neighbourhood social cohesion has the potential to protect mental health. The next step is to conduct intervention studies to evaluate the effects on onset prevention. Clinicians should consider the impact cohesion can have on mental health, and signpost to community initiatives.

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## Research

[Over 7 million have taken up gardening since the pandemic: new research shows spending more time in nature has boosted nation's wellbeing](#)

New research by Mind shows the nation's mental health has benefitted from spending more time in nature since the pandemic.

## Studies

[How important is understanding perfectionism for reducing depression and anxiety?](#)

Alice Potter considers a meta-synthesis of qualitative studies on the link between anxiety, depression, and perfectionism in young people, and the implications for treatment.

[Mental health outcomes in patients with a long-term condition: analysis of an Improving Access to Psychological Therapies service](#)

LTC status has a negative effect on mental health outcomes in IAPT services, independent of associated variables such as severity of baseline mental health symptoms, ethnicity and social deprivation. Effective psychological treatment for patients with an LTC remains an unresolved priority.

[Adventurous play boosts children's mental health, study finds](#)

Children who spend more time engaged in adventurous play involving an element of risk have fewer symptoms of anxiety and depression, according to research that found the effect was more pronounced among children from lower income families.

[Remembering for resilience: brief cognitive-remembrance therapy improves psychological resources and mental well-being in young adults](#)

The results showed the CRT group was significantly higher on psychological resources and mental wellbeing at post intervention and at follow up.

[Clinical efficacy of Vortioxetine and escitalopram in the treatment of depression](#)

Vortioxetine can improve cognitive function and clinical symptoms of patients with severe depression and has high safety.

[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.

[Older adults had poorer mental health during the pandemic than previous reports suggest](#)

Mental health and wellbeing during the COVID-19 pandemic was worse among the over 50s than has been reported to date. New research found older age groups showed increased depression, anxiety and loneliness in the first year of the pandemic. Their quality of life was reduced.

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## Statistics

[Record 420,000 children a month in England treated for mental health problems](#)

The latest [NHS figures](#) show “open referrals” – troubled children and young people in England undergoing treatment or waiting to start care – reached 420,314 in February, the highest number since records began in 2016.

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) of personal well-being and loneliness in Great Britain.

## News

[Samaritans Ireland put callers and volunteers at heart of new five-year plan](#)

Samaritans Ireland has launched a new five-year national plan which aims to ensure fewer lives are lost to suicide across the island of Ireland. The [Strategic Delivery Plan for Ireland 2022-2027 – Tackling Suicide Together: providing a safe place in uncertain times](#) – was launched by Minister for Mental Health and Older People, Mary Butler TD.

[New competence framework seeks to improve the care of mental health patients in hospitals](#)

A new competence framework, endorsed by the British Psychological Society, has been developed by psychologists in a bid to improve the care of mental health patients with complex needs in hospitals.

[Covid-19 surge linked to high levels of mental ill health among intensive care staff](#)

Almost two-thirds (64%) of intensive care staff may have experienced a mental health disorder during the Covid-19 winter surge last year, and a similar proportion said their ability to do their job was impaired because of the state of their mental health.

[Panic 101: what to do during a panic attack – and how to prevent them](#)

This article from the guardian gives suggestions and steps that can help people experiencing panic attacks

[NICE rejects esketamine for treatment-resistant depression](#)

National Institute for Health and Care Excellence (NICE) has rejected the use of esketamine for treatment-resistant depression for the third time.