

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



NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

25 August 2022

Systematic Reviews

[Digital youth mental health interventions: will the evidence ever catch up?](#)

Summarises an overview of systematic reviews, which finds that computerised CBT for anxiety and depression remains the best evidenced digital mental health intervention for young people.

[As waiting lists grow for anxiety disorders, should we be turning to digital interventions?](#)

Explores a recent systematic review that brings together two decades of research, which suggests that digital health interventions for anxiety disorders may be a more effective alternative to inactive controls, such as waiting-list groups.

Meta-analysis

[Treating PTSD in adults: EMDR and trauma-focused CBT still lead the way](#)

Summarises a network meta-analysis which finds that EMDR and trauma-focused CBT remain the most effective ways to treat adult PTSD.

Cochrane Clinical Answers

[How does cognitive-behavioral therapy compare with attention control for children and adolescents with anxiety disorders?](#)

For children and adolescents with anxiety disorders, cognitive-behavioral therapy (CBT) might increase chances of remission for those with a primary anxiety diagnosis and all anxiety diagnoses while reducing anxiety symptoms compared with attention control placebo.

[How does cognitive-behavioral therapy compare with waitlist/no treatment for children and adolescents with anxiety disorders?](#)

For children and adolescents with anxiety, cognitive-behavioral therapy (CBT) is more likely to result in remission from the primary anxiety diagnosis and from all anxiety diagnoses while leading to similar levels of treatment acceptability with waitlist and no treatment (WL/NT).

Statistics

[Quarterly personal well-being estimates – seasonally adjusted](#)

Seasonally adjusted quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety in the UK. [Non-seasonally adjusted](#)

[Record number of children and young people referrals to emergency mental health services](#)

NHS Digital released its [Mental Health Services Monthly Statistics](#) for May 2022, which highlights a record number of children and young people being referred to emergency mental health services.

Report

[Health and Social Care Select Committee publishes new report on body image](#)

The Health and Social Care Select Committee has published its [report on the impact of body image on mental and physical health](#).

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