

## Systematic Reviews

### [Trauma-focused CBT for PTSD in patients experiencing an ongoing threat of trauma](#)

Summarises a systematic review that suggests trauma-focused CBT may be helpful for people with PTSD symptoms who are also experiencing an ongoing threat of trauma.

### [Effectiveness of family psychoeducation for major depressive disorder: systematic review and meta-analysis](#)

FPE had a small but statistically significant effect on depressive symptoms in people with MDD, in both the short and long term. However, according to the GRADE framework, all outcomes are graded very low on certainty; therefore, more high-quality research is needed.

### [Little evidence that chemical imbalance causes depression, UCL scientists find](#)

Scientists have called into question the widespread use of antidepressants after a major review found "no clear evidence" that low serotonin levels are responsible for depression. The new [review](#) of existing studies found that depression is not likely to be caused by a chemical imbalance and said people should be made aware of other options for treating it. However, other experts, including from the Royal College of Psychiatrists, questioned the findings and urged people not to stop taking their medication in light of the study, arguing that antidepressants remained effective.

## Meta-analysis

### [Do psychotherapies help children or adolescents with subclinical depression?](#)

Summarises a meta-analysis of psychotherapies for subthreshold depression, which suggests they may have positive acute effects in adolescents, but are not effective in children less than 12 years of age.

### [New Meta-Analysis Highlights No Antidepressant Effect of Statins Administered in Monotherapy](#)

In this new study, [The effects of statin monotherapy on depressive symptoms: A systematic review and meta-analysis](#), researchers pooled data from fourteen randomised controlled trials, which compared a statin given alone against placebo (a "dummy tablet"). A total of 2,712 people who were affected by depressive symptoms were involved in these trials. In this analysis, however, statins did not seem to make any difference in terms of improving or indeed worsening depressive symptoms.

## Studies

### [Just one shot at it: single session interventions for adolescent depression](#)

Considers a randomised trial of online single-session interventions for adolescent depression during COVID-19.

### [iCBT for depression: reflections from university students](#)

Summarises a qualitative study conducted with university students in South Africa who identify the pros and cons of iCBT for depression.

### [RCPsych responds to study into mental health in students](#)

[Research](#) lead by the University of Warwick found that financial worries and sleep difficulties are consistently associated with poor mental health in students.

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## Studies

### [New Oxford Study Evaluates Pharmacological Treatment for Insomnia](#)

This new [study](#), published in The Lancet, and funded by the National Institute for Health and Care Research (NIHR), is the largest of its kind to date, involving 154 double-blind trials including 44,000 people randomised to one of 30 licensed or not licensed drugs, or placebo. Overall, eszopiclone and lemborexant had a favorable profile, but eszopiclone might cause substantial adverse events and safety data on lemborexant were inconclusive. Doxepin, seltorexant, and zaleplon were well tolerated, but data on efficacy and other important outcomes were scarce and do not allow firm conclusions. Many licensed drugs (including benzodiazepines, daridorexant, suvorexant, and trazodone) can be effective in the acute treatment of insomnia but are associated with poor tolerability, or information about long-term effects is not available. Melatonin, ramelteon, and non-licensed drugs did not show overall material benefits. These results should serve evidence-based clinical practice.

### [Psychosocial markers of age at onset in bipolar disorder: a machine learning approach](#)

The identified predictor variables have the potential to help stratify high-risk individuals into likely AAO groups, to inform treatment provision and early intervention.

### [Exploring patients' experience of peer-supported open dialogue and standard care following a mental health crisis: qualitative 3-month follow-up study](#)

Understanding crisis care experiences across different care models can inform service development in crisis and continuing mental healthcare services.

### [Practitioners' experience of the working alliance in a blended cognitive-behavioural therapy intervention for depression: qualitative study of barriers and facilitators](#)

Our study is the first specifically to investigate practitioners' perceived facilitators and barriers to forming a working alliance in b-CBT for depression. Findings suggest that PWP's experiences of the working alliance can be improved by: accounting for the time required to deliver b-CBT in service workflows to reduce time pressures; increasing opportunities to tailor the digital programme through offering transdiagnostic tools and adaptable features; and providing appropriate b-CBT training and technical support.

### [Pandemic and student mental health: mental health symptoms among university students and young adults after the first cycle of lockdown in the UK](#)

Mental health symptoms were prevalent in a large proportion of young people after the first UK lockdown. Risk factors identified may help characterise high-risk groups for enhanced support and inform interventions.

### [A long-term physical health condition changes everything: therapeutic responses to psychological distress must change too](#)

Review of a paper on an evidence-based theory of psychological adjustment to long-term physical health conditions and applications in clinical practice.

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## Reports

[Commission on Young Lives report warns post-Covid children's mental health services are buckling under pressure and putting vulnerable young people at greater risk of exploitation, serious violence, and abuse](#)

The Commission on Young Lives has today published its fourth thematic report, '[Heads Up: Rethinking mental health services for vulnerable young people](#)'. The report looks at the growing crisis of mental health problems among children and young people in England and puts forward ambitious and innovative proposals to redesign young people's mental health services, particularly for those young people at risk of harm.

[No One Left Behind: Making levelling up deliver for people with mental health problems](#)

This report reveals the considerable economic gap between people with and without a mental health problem, and the extent to which this varies across the UK. It shows that the inequalities people with mental health problems face are largely driven by difficulties accessing jobs and services, and the cost of living in many parts of the UK.

[Improving children and young people's mental health services](#)

Local data insights from England, Scotland and Wales.

## News

[More support needed for people with mental health difficulties at work](#)

Being in a productive and supportive work environment is linked to better mental health. However, those experiencing mental health problems are often either excluded from the workplace or not supported appropriately when in work, according to new guidance from the Royal College of Psychiatrists.

[NHS England » NHS boosts children's mental health workforce by 40%](#)

Thousands more NHS staff are now working in children's mental health services, as demand for support continues to rise. Around 4,500 more people have joined the NHS children's mental health services in England – 40% more than before the pandemic.

[UK prisoners 'traumatised' by Covid solitary confinement, study says](#)

Biggest survey of its kind finds mass solitary confinement inflamed UK prisons mental health crisis.