Studies

[Do therapist factors have an impact on PTSD outcomes in children and adolescents?](#)
Explores a paper that looks into the associations between therapist factors and treatment efficacy in randomised controlled trials of trauma-focused CBT for children and youth with PTSD.

[When it comes to youth mental health, let's focus on screen-use not screen-time](#)
Summarises a paper that presents a youth mental health research priority setting exercise, which finds that research should be focussing on screen use not screen time.

[Youth mental health interventions: umbrella review presents efficacy and acceptability data](#)
Review of youth mental health interventions, which presents the efficacy and acceptability of 72 different approaches to help children and young people.

[Aerobic exercise for major depression: the role of reward processing and cognitive control](#)
Summarises a trial which looks at how aerobic exercise can help students with major depression by examining reward and cognitive control as predictors and treatment targets.

[A map of England's community mental health interventions: are we meeting people's needs?](#)
Considers a study that aimed to map community mental health interventions related to policy and practice for improving adult mental health in England.

[What are the barriers and facilitators affecting engagement with digital mental health interventions?](#)
Blog about a systematic review that explores the barriers and facilitators to engagement with digital mental health interventions, which has some interesting findings for app developers and researchers.

[Deep brain stimulation may improve long-term quality of life for people with 'treatment-resistant depression'](#)
Appraisal and summary of a recently study in the Brain Stimulation journal, which looks at the long-term efficacy and quality of life of deep brain stimulation for severe depression.

[Longitudinal comparisons of mental health, burnout and well-being in patient-facing, non-patient-facing healthcare professionals and non-healthcare professionals during the COVID-19 pandemic: findings from the CoPE-HCP study](#)
The COVID-19 pandemic had a huge impact on the mental health and well-being of both HCPs and non-HCPs, but there is disproportionately higher burnout among HCPs, particularly patient-facing HCPs.

[Creating a hierarchy of mental health stigma: testing the effect of psychiatric diagnosis on stigma](#)
We recruited 665 participants. After controlling for social desirability bias and key demographic variables, we found that mental health stigma varied in relation to psychiatric diagnosis. Schizophrenia and antisocial personality disorder were the most stigmatised diagnoses, and depression, generalised anxiety disorder and obsessive–compulsive disorder were the least stigmatised diagnoses. No single attribution predicted stigma across diagnoses, but fear was the most consistent predictor.

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[Destigmatising mental health treatment and increasing openness to seeking treatment: randomised controlled trial of brief video interventions](#)
Brief video-based interventions improved immediate stigma and openness. Greater effects among female and Black individuals viewing demographically matched protagonists emphasise the value of tailored interventions, especially for socially oppressed groups. This easily disseminated intervention may proactively increase care-seeking, encouraging treatment among workers in need. Future studies should examine intervention mechanisms and whether linking referrals to psychiatric services generates treatment-seeking.

[Antidepressant use and risk of adverse outcomes: population-based cohort study](#)
Our findings indicate an association between long-term antidepressant usage and elevated risks of CHD, CVD mortality and all-cause mortality. Further research is needed to assess whether the observed associations are causal, and elucidate the underlying mechanisms.

[Effects of psilocybin versus escitalopram on rumination and thought suppression in depression](#)
These data provide further evidence on the therapeutic mechanisms of psilocybin and escitalopram in the treatment of depression.

[A co-produced online cultural experience compared to a typical museum website for mental health in people aged 16–24: A proof-of-principle randomised controlled trial](#)
Online engagement with arts and culture has the potential to impact on mental health in a measurable way in YP with high unmet mental health needs.

Legislation

[Draft Mental Health Bill 2022: easy read](#)
Easy read version which explains plans to change the law that tells people what to do when you need to stay in hospital after a mental health crisis.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)
Indicators from the Opinions and Lifestyle Survey (OPN) of worries, personal well-being and loneliness in Great Britain.

[Latest NHS Digital figures show 21.5% rise in number of people accessing talking therapies: statistical press release](#)
The number of people accessing talking therapies for conditions such as anxiety and depression through the NHS increased by 21.5% from 2020-21 to 2021-22, a new report shows.

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Reports

[Depression in Europe – report and infographic](#)
The burden of depression is growing, exacerbated by the stress of covid-19. In many European countries, the prevalence of depression during the pandemic doubled or even tripled from the year before. Reflected in these numbers is an alarming rise in the number of young people who are experiencing symptoms of depression. Europe's health systems are struggling. With health budgets stretched in many countries, policymakers face the challenge of having to cope with increasing demands from both mental ill health and chronic physical conditions. There is a concern that mental health budgets may be seen as easier to cut than those for physical health.

[Mental health services should reach out to youth clubs to support marginalised young people, finds Centre for Mental Health report](#)
Reaching out to youth clubs can enable mental health services to support young people who they might otherwise not reach, according to research published today by Centre for Mental Health. [Always there for us](#) is an evaluation of Project Future's work at Bruce Grove Youth Club in Haringey, North London. For two years, psychologists from Project Future worked at the youth club for two days a week. They supported young men who went to the club with their mental health and wellbeing and provided training, advice and support to the youth workers there.

[Patients in mental health crisis twice as likely to spend 12-hours or more in Emergency Departments than other patients](#)
A new report from The Royal College of Emergency Medicine finds that patients presenting with mental health problems are twice as likely to spend 12-hours or more in Emergency Departments than other patients. National data show that nearly one in eight (12%) mental health patients presenting to an Emergency Department in crisis face a 12-hour stay from time of arrival, compared with nearly one in 16 (6%) of all attendances.

[Getting started: Lessons from the first year of implementing the Community Mental Health Framework](#)
Rethink Mental Illness has published a report exploring key learnings from the first full year of implementation of NHS England's Community Mental Health Framework. The report is based on the findings of a survey and 37 in-depth interviews with national stakeholders and those working locally across 11 Integrated Care System (ICS) areas.

[Children and young people with mental health emergencies twice as likely to spend 12 to 14 hours in A&E](#)
A [report on mental health emergency care](#) by the Royal College of Emergency Medicine found that nearly one in eight mental health patients presenting to an Emergency Department in crisis face a 12-hour stay from time of arrival, compared to one in 16 of all attendants. Children and young people experience the longest waiting times, with around half of hospitals reporting waits of up to 12 to 14 hours to see a specialist mental health professional and 48 hours for a bed.

[New report on Scotland's crisis in mental ill health, alcohol and drug use – ending the exclusion](#)
Scotland's health services are failing to tackle a mental health crisis affecting thousands of people with drug or alcohol problems because the right policies are not being followed, an expert body has found. The Mental Welfare Commission for Scotland, a statutory body founded to protect the human rights of people with mental illness, said only a minority of health professionals were using the correct strategies and plans for at-risk patients.

Review

[Complex post-traumatic stress disorder: a much needed diagnosis](#)

This commentary conveys appreciation for a recent review of the rates of complex post-traumatic stress disorder (CPTSD) among refugees, describes the relevance of CPTSD to the refugee experience and discusses implications for assessment and treatment, the effective development of which requires collaboration among researchers, clinicians and individuals with lived experience.

Briefing

[Integrated care systems should invest in Individual Placement and Support employment services, says Centre for Mental Health](#)

England's 42 recently established integrated care systems can help more people living with mental health difficulties into employment by investing in Individual Placement and Support (IPS) services, according to a briefing published today by Centre for Mental Health. [Individual Placement and Support – a guide for integrated care systems](#) reviews evidence about how and why IPS works. It shows that IPS consistently helps more people with mental health difficulties to get paid work than any other method of supporting people into employment.

Training Module

[Updated and refreshed Five Ways to Wellbeing module](#)

Health Education England elearning for healthcare (HEE elfh) in partnership with the HEE Long Term Conditions and Prevention programme team are delighted to relaunch the [Five Ways to Wellbeing module](#) on the Making Every Contact Count (MECC) programme page. Five Ways to Wellbeing is a standardised framework, containing a set of evidence-based actions to help improve people's wellbeing. Originally developed in 2008 by the New Economics Foundation (NEF), Five Ways to Wellbeing is part of the wider MECC approach and encourages individuals to improve their physical and mental health and wellbeing through five acts:

- connect
- be active
- keep learning
- give
- take notice

Research

[How gender impacts our money and mental health](#)

The toxic cycle of money and mental health problems can impact any of us, with millions of people across the UK experiencing its effects right now. But it's also true that certain factors like our gender, age and ethnicity affect how we experience this cycle, as well as the support we receive to break out of it. That's why today we've published new research which explores how our gender can shape our experiences of money and mental health problems.