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Studies

[Mediating role of homebound status between depressive symptoms and cognitive impairment among community-dwelling older adults in the USA: a cross-sectional analysis of a cohort study](#)

Depressive symptoms are known modifiable factors of cognitive impairment in older adults. However, the pathway through which depressive symptoms lead to cognitive impairment is not well understood. This study aimed to investigate whether homebound status (defined as usually unable to leave home unassisted) mediates the association between depressive symptoms and cognitive impairment in community-dwelling older adults in the USA.

[What should nurses do on post-stroke depression? A global systematic assessment of clinical practice guidelines](#)

Post-stroke depression (PSD) is the most common mental disorder in post-stroke patients. Yet, the recommendations related to nursing in clinical practice guidelines (CPGs) have not been systematically sorted out. This study aimed to assess the methodological quality of current CPGs related to PSD and develop an algorithm using nursing process as a framework for nurses.

[Interventions to support the mental health and well-being of front-line healthcare workers in hospitals during pandemics: an evidence review and synthesis](#)

Pandemics negatively impact healthcare workers' (HCW's) mental health and well-being causing additional feelings of anxiety, depression, moral distress and post-traumatic stress. A comprehensive review and evidence synthesis of HCW's mental health and well-being interventions through pandemics reporting mental health outcomes was conducted addressing two questions: (1) What mental health support interventions have been reported in recent pandemics, and have they been effective in improving the mental health and well-being of HCWs? (2) Have any mobile apps been designed and implemented to support HCWs' mental health and well-being during pandemics?

[Revisiting the multidimensional interaction model of stress, anxiety and coping during the COVID-19 pandemic: a longitudinal study](#)

Although the Multidimensional Interaction Model of Stress, Anxiety and Coping (MIMSAC) has been known for years, there is a lack of research examining this theory longitudinally in stressful events. This study aims to revisit the MIMSAC among university students during the COVID-19 pandemic.

[Psychological distress, depression, anxiety, and life satisfaction following COVID-19 infection: evidence from 11 UK longitudinal population studies](#)

Evidence on associations between COVID-19 illness and mental health is mixed. We aimed to examine whether COVID-19 is associated with deterioration in mental health while considering pre-pandemic mental health, time since infection, subgroup differences, and confirmation of infection via self-reported test and serology data.

[Depressive symptoms during the perinatal period by disability status: Findings from the United States Pregnancy Risk Assessment Monitoring System](#)

The aim of the current study was to compare the prevalence of depressive symptoms during the perinatal period among respondents with a disability as compared to those without a disability.

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[Youth Mental Health Help-Seeking Information Needs and Experiences: A Thematic Analysis of Reddit Posts](#)

Youth are vulnerable to mental health challenges. Social media presents an opportunity to evaluate disinhibited mental health discourse and self-disclosure. The objective of this study was to explore reported experiences and information needs related to youth seeking support for mental health on the social media platform, Reddit.com. We searched two subreddits: r/mental health and r/teenagers on Reddit.com for posts made by youth (13–24 years) relating to mental health help-seeking behaviors and information needs. Posts were screened and relevant data were extracted, coded, and analyzed using thematic analysis. Thematic analysis of relevant posts yielded four themes: (1) navigating mental health issues, (2) disclosing to others, (3) barriers to seeking care, and (4) experiences seeking care. Youth may have a diverse range of mental health help-seeking-related information needs and may face several barriers throughout the process of seeking care.

Reports

[Unhealthy State of Homelessness 2022: Findings from the Homeless Health Needs Audit](#)

It is well known that people experiencing homelessness face significant health inequalities, and poorer health outcomes than the rest of the population. Diagnoses of physical and mental health conditions are much higher than the general population and many of those experiencing homelessness face early onset frailty.

The Unhealthy State of Homelessness 2022 presents findings from 31 Homeless Health Needs Audits (HHNAs), representing 2,776 individuals.

Health Indicators

[Mental health care outside local area](#)

We explore whether out of area placements in mental health services in England have changed over time.

Systematic Reviews

[Exposure to nature during the COVID-19 pandemic and the associated effect on mental health: a systematic review with meta-analysis](#)

The COVID-19 pandemic and measures such as lockdowns to control its transmission generated unique effects on psychological health and well-being. In these circumstances, access to nature and outdoor spaces became a potentially important coping strategy, but the evidence exploring the mental health benefits of nature exposure during different stages of the pandemic is mixed and poorly understood. We systematically synthesised the evidence to examine larger trends in associations between nature exposure and mental health during the COVID-19 pandemic.

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Study Reviews

[Do school-based depression and anxiety prevention programmes work?](#)

National survey data shows a deterioration of mental health in young people in the past few years, with depression and anxiety being the most diagnosed mental health disorders in children and adolescents (Cybulski L. et al, 2021; Newlove-Delgado T. et al, 2021).

[How could MDMA-assisted and psilocybin-assisted psychotherapy help people with depression and PTSD?](#)

This review article explores the overlaps between the diagnoses of Post-Traumatic Stress Disorder (PTSD) and Major Depressive Disorder (MDD). It discusses whether similarities between the conditions (causes and symptoms) mean that there could be similarities in treatment approaches, specifically psilocybin-assisted psychotherapy and MDMA-assisted psychotherapy. Both drug-assisted psychotherapies have 'breakthrough therapy' designation from the FDA, giving them priority in the regulatory drug development process. Both have safety data and evidence for potential efficacy is in preliminary stages.

[Common mental health inequalities across racialised groups: the gaps are getting bigger](#)

Around 1 in 6 adults in England meet the criteria for a common mental disorder (CMD) with around 39% of these accessing treatment (NHS Digital, 2016). Inequalities in mental health have become a prominent issue in recent years, in the UK. It is known that there are differences in CMD prevalence between ethnicities. In England, White British ethnicity has lower rates of CMD compared to ethnic minorities (NHS Digital, 2016).

Blog Posts

[Involving people living with mental illness in the creation of their own services](#)

Involving people who live with mental illness in the design and delivery of their own services is undoubtedly vital to the future of mental health care. But how can we work together to ensure that co-production and efforts to address systemic inequalities can keep pace with the rapid pace of system change? Sam Holmes, head of Co-production and involvement explains.

News

[Could a prescription of surfing help with depression?](#)

A new trial is exploring if prescriptions of surfing, gardening and dance classes can reduce anxiety and depression in people aged 11 to 18. NHS mental health trusts in 10 parts of England will use a range of sports, arts and outdoor activities with 600 young people to see if it can stop conditions worsening while the sufferers are on waiting lists for care. This kind of support is known as 'social prescribing', allowing health professionals to refer patients to a range of community groups and organisations. But while social prescribing programmes are being rolled out around the world, a recent review has found scant evidence of their effectiveness. Madeleine Finlay speaks to Prof Susan Smith about the ideas behind social prescribing, its potential benefits for those with complex issues, and why more studies are urgently needed.

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[GPs giving antidepressants to children against guidelines](#)

GPs are breaching medical guidelines by prescribing antidepressants for children as young as 11 who cannot get other help for their mental health problems, new government-funded research reveals.

[Study finds first direct evidence of a link between low serotonin and depression](#)

Exclusive: Findings add weight to view that decreased serotonin response could play an important role in depression.

[A working partnership: A guide to developing integrated statutory and voluntary sector mental health services](#)

The NHS and the voluntary and sector are increasingly expected to work together to deliver integrated mental health services. This comes with both greater challenges and greater rewards than working alone, with the potential both to transform the mental health system and provide more effective support for people with mental health difficulties.

[Antidepressants for children and teenagers: what works for anxiety and depression?](#)

More and more children and teenagers have poor mental health. For some, it was made even worse by the COVID-19 pandemic. Depression and anxiety are particularly common. These mental health conditions can greatly affect young people's school attendance, relationships with their family and friends, loneliness and sleep. It is vital they receive the help they need as early as possible to prevent lasting mental health difficulties, including serious problems such as suicide attempts.

[NICE conditionally recommends digital cognitive behaviour therapies for use in the NHS to help children and young people with symptoms of mild to moderate anxiety](#)

Draft guidance released for consultation today (Friday 4th Nov) states the technologies can be used with support from a mental health professional, while further evidence is generated to check if the benefits they offer are realised in practice.

[Joint Committee investigates impact of draft Mental Health Bill on children and young people, and people with learning disabilities or autism](#)

The Joint Committee continues its scrutiny of the draft Mental Health Bill, which proposes removing learning disabilities and autism as conditions which can justify long term civil detention in inpatient care (if the person is suffering no concurrent mental health conditions.) On Wednesday 9 November, the committee will question clinicians and experts on whether this is likely to improve the treatment of people with autism and learning disabilities.

[Access to mental health services worsening, according to survey findings](#)

Results from the Community Mental Health Survey published today, highlight that issues with access to services and support, as evidenced in the 2020 and 2021 surveys, continue to persist. The results of the 2022 survey come at a time when the cost-of-living crisis is impacting households across the country. The rising cost of living will have an impact on the health and wellbeing of the nation, increasing the demand for mental health care.

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