

Depression

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



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20 December 2022

Umbrella Review

[CBT reduces depressive symptoms in mothers with perinatal depression, but many questions remain unanswered](#)

Summarises an umbrella review, which suggests that CBT is the most effective treatment for reducing symptoms of perinatal depression. However, many questions remain about psychological support for mothers, infants and families during the perinatal period.

Systematic Reviews

[Can gaming interventions help treat youth depression or anxiety?](#)

Summarises a systematic review which finds that gaming interventions may be useful for depression, but not anxiety, in young people.

[Antidepressant withdrawal or depression relapse? International guidelines on antidepressant discontinuation are unclear](#)

Summarises a systematic review which finds that major guidelines on antidepressant discontinuation only give clinicians vague guidance on distinguishing withdrawal from relapse.

Randomised Controlled Trial

[Peer support does not reduce hospital readmissions: the final word?](#)

Reviews a recent large randomised controlled trial on peer support for discharge from inpatient mental health care versus care as usual in England (the ENRICH study).

Studies

[Can Tetris help to reduce the intensity and distress of traumatic intrusive memories?](#)

Blog of a study which finds that visuospatial tasks like playing Tetris, do not reduce the intensity and distress of intrusions after watching a traumatic film.

[Community arts participation linked with wellbeing, life satisfaction and purpose in older adults](#)

Considers a recent study that explores the associations between participation in community arts groups and aspects of wellbeing in older adults in the US.

Publication

[The emergence of experiential practice and leadership in mental health services](#)

In this paper, David Gilbert uses his insights as a mental health service user and his experience in Patient Leadership to consider the limitations of current practice, and the possibilities of a new approach which could transform mental health services. While most mental health services now have embedded peer support roles, Humanising health care argues that a more radical shift is needed, with expanded opportunities for 'lived experience' contributions at all levels of the system – from peer support to governance and strategic leadership.

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Briefing

[Remote technology in mental health services](#)

This briefing summarises evidence from six studies on the use of digital and telephone technology to deliver mental health services. Connected: Remote technology in mental health services finds that using remote technology can improve access to mental health support for rural communities, disabled people or people needing a specialist service far from home. It has the potential to increase access and choice in mental health care. But it also risks exacerbating inequalities for people who are digitally excluded.

Statistics

[Quality of life in the UK](#)

An update on the UK's progress across 10 domains of national well-being: personal well-being, relationships, health, what we do, where we live, personal finance, economy, education and skills, governance, and the environment. [Dataset](#)

News

[Delays to mental health treatment in England 'putting more children in care'](#)

Increasing numbers of emotionally troubled children have been taken into care while waiting long periods for NHS treatment because their condition deteriorated to the point where their parents could no longer cope with their behaviour, child protection bosses have revealed.

[Association of Directors of Children's Services](#) (ADCS) president Steve Crocker said that since the pandemic, youngsters with complex emotional needs had become a significant factor in rising child protection referrals.

[NHS expands mental health crisis services this winter](#)

The NHS is set to boost mental health support for people in crisis to ease demand and pressure on emergency services, as part of extensive winter plans already underway. Dozens of mental health professionals will work within ambulance control centres and accompany paramedics on emergency call outs to treat people of all ages who are having a mental health crisis at the scene.

Participants required

Would you like to take part in the GLAD Study?

The [Genetic Links to Anxiety and Depression \(GLAD\) Study](#), led by the National Institute of Health and Care Research (NIHR) Mental Health BioResource and researchers at King's College London, is a project set up to support studies exploring risk factors for depression and/or anxiety.

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