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7 December 2022

## Systematic Review

[Half of all frontline health workers were mentally ill during early months of COVID-19 pandemic](#)

Summarises a systematic review exploring anxiety, depression, trauma-related, and sleep disorders among healthcare workers during the early months of the COVID-19 pandemic.

## Studies

[Telemental health: mega-blog on remote mental health care during the pandemic](#)

This blog presents the findings of three studies from the NIHR Mental Health Policy Research Unit, which explore the acceptability and efficacy of telemental health during the COVID-19 pandemic.

[Unprecedented times: pregnancy and mental health in the era of COVID-19](#)

Explores a recent paper which finds that pregnant individuals experienced high levels of anxiety and depression during COVID-19.

[Talking to young people about online safety: the who, what, when and how](#)

This blog explores a Delphi study that will help mental health practitioners to converse with young people about their online activities and impact on mental health.

[The interactions between vitamin D and neurofilament light chain levels on cognitive domains in bipolar disorder](#)

We observed a high vitamin D deficiency prevalence in bipolar disorder. We identified the interaction of vitamin D and NfL on cognitive domains, and the effect was modified by age. Longitudinal or randomised controlled studies enrolling patients with various illness durations and mood statuses are required to validate our findings.

[Adolescent mental health problems in early stages of the COVID-19 pandemic were masked by lockdown measures and restrictions](#)

In the BJPsych Open Wong et al examined the influence of lockdown stringency during early stages of the COVID-19 pandemic on psychiatric emergency presentations among children and adolescents from ten countries. Data from March and April 2019 were compared with the same time frame in 2020, with particular focus on self-harm admissions. In this editorial, the publication is summarised and potential implications for the field and future studies are discussed.

[New research: College students in Scotland report significant symptoms of depression with more than one-third experiencing food insecurity](#)

The largest study on the mental health and well-being of college students in Scotland has revealed more than one-third (37%) experienced food insecurity in the previous 12 months, according to the report published by the Mental Health Foundation.

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## Cochrane Clinical Answers

[How does pharmacological treatment compare with placebo for people with coronary artery disease and comorbid depression?](#)

For adults with coronary artery disease and depression, pharmacological treatment may be beneficial for reducing depression symptoms and increasing depression remission; however, the evidence is sparse due to the low number of trials and heterogeneity of the examined populations and interventions.

[How does psychological treatment compare with usual care for people with coronary artery disease and comorbid depression?](#)

For adults with coronary artery disease and depression, psychological interventions may result in a reduction in depression symptoms; however, the evidence is sparse due to the low number of trials and heterogeneity of the examined populations and interventions.

## Statistics

[Increase in number of people in contact with NHS mental health services in England](#)

The number of people in contact with NHS mental health services in England (including those referred and those seen) has increased by 16.2% in the last year.

[Cost of living and depression in adults, Great Britain](#)

Analysis into the prevalence of depression among adults in Great Britain in autumn 2022. Exploring this in the context of the rising cost of living.

[Surge in teenagers suffering poor mental health](#)

Latest figures from NHS Digital reveal a rise in the number of older teenagers suffering poor mental health, with up to one in four now facing serious distress. [The Mental Health of Children and Young People in England 2022 report](#) shows that among 17 to 19-year-olds, the proportion with a probable mental disorder increased from 17.4% in 2021 to 25.7% in 2022. The report also reveals that around one in five children under 16 also reach the threshold for probably having a mental health disorder.

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## Reports

### [NHS mental health services are under unsustainable pressure, health service leaders warn](#)

NHS mental health services are being left to fail, with patients and service users routinely struggling to access both urgent and routine care, mental health leaders are warning. They say that a dearth of investment and a lack of government focus on mental health provision means that staff and services are stretched to capacity with many now under crippling and unsustainable pressure. The government is being warned that mental health services cannot respond to this challenge on their own, and that ministers must urgently outline a new vision for the future of mental health care. The key elements of a new vision for mental health are laid out in a [new report](#) from the NHS Confederation and Centre for Mental Health.

### [Monitoring the Mental Health Act in 2021 to 2022](#)

This report sets out CQC's activity and findings from their engagement with people subject to the MHA and review of services registered to assess, treat and care for people detained using the MHA during 2021/22.

### [Access to mental health support while experiencing homelessness](#)

Groundswell has published research highlighting the significant barriers facing people experiencing homelessness when trying to access mental health support. Knowing where to turn draws on 80 interviews carried out by peer researchers from Crisis Newcastle, Crisis Birmingham and Shelter Greater Manchester.

## Publication

### [Centre for Mental Health calls for a new approach to lived experience leadership](#)

Mental health services need to create more leadership roles for people with experience of using them, [a new paper](#) by Centre for Mental Health has said today. Humanising mental health care argues that the way 'lived experience' is used within mental health services often reinforces the unequal power dynamics between clinicians and 'patients'. It finds that too often, the involvement of service users has been patchy, tokenistic and paternalistic, giving a semblance of 'involvement' with little genuine shift in power dynamics.

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## Podcast

[Treating mental illness with electricity](#)

A new wave of treatments that stimulate the brain with electricity are showing promise on patients and in clinical trials.

## E-Learning

[Stress and mental health: Foundation update \(December 2022\)](#)

All doctors feel stress at some time in their working lives. How do you recognise it in yourself and/or in your colleagues? What are your options to deal with it? The following sessions contain information that can support you, along with highlighting implications on patient safety. (You will need to register for free).

## Surveys

[Martin Lewis charity highlights mental toll of cost of living crisis](#)

Survey finds nearly a fifth of respondents have had suicidal ideation about financial problems.

[New survey finds high levels of anxiety and worry across Northern Ireland due to concerns about money](#)

The population of Northern Ireland is reporting widespread stress and anxiety in response to concerns about their finances says a new survey released this week by the Mental Health Foundation. Almost half of the people surveyed were anxious (44%) or worried (41%) about their money situation, with this number rising for the younger age group (18 to 45-year-olds) to over half (55% anxious, 48% worried, 33% angry).

[Mental Health of Children and Young People in England 2022 - wave 3 follow up to the 2017 survey](#)

This report presents findings from the third (wave 3) in a series of follow up reports to the 2017 Mental Health of Children and Young People (MHCYP) survey, conducted in 2022. In 2022, 18.0% of children aged 7 to 16 years and 22.0% of young people aged 17 to 24 years had a probable mental disorder.

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