

Depression

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

3 January 2023

Studies

[Having a sense of purpose is associated with reduced loneliness](#)

Explores a meta-analysis of cross-sectional and longitudinal data, which found a strong association between having a sense of purpose in life and reduced feelings of loneliness.

[Can the Arts Cure Pandemic Hearts? - Cultural Activity During the COVID-19 Pandemic and its Consequences for Psychological Well-Being](#)

The results of the present study show that participation in digital cultural offerings as well as self-initiated cultural activities can fulfill individuals' need for autonomy and relatedness (only when engaging in digital cultural offerings) and can be connected to aesthetic experience. So can the arts cure pandemic hearts? The most efficient buffer regarding worries during the pandemic was the feeling of connectedness to other people in the form of relatedness during digital cultural offerings. These findings advocate for the importance of staying connected to others during national pandemic-related restrictions, and show that engagement in digital cultural offerings might be a small antidote to the social cravings during a worldwide pandemic.

[Individual differences in emotional intelligence skills of people with visual impairment and loneliness amid the COVID-19 pandemic](#)

This study revealed that people with visual impairment are vulnerable to the feeling of loneliness amid the COVID-19 pandemic. Those with different degrees of loneliness are likely to show different degrees to which they pay attention to emotions, clarify emotions, and regulate emotions, which are likely to be affected by various sociodemographic factors.

[How expectations and therapeutic style influence counselling outcome](#)

The successful implementation of the proposed therapeutic styles was con-firmed by adherence ratings ($U= 25.50$, $p< 0.001$) and ratings of counsellors' behaviour in the circumplex model ($p< 0.001$) for the friendly and hostile dimensions. Impairment was significantly reduced 2 weeks after the counselling session, but this effect was dependent on neither the therapeutic style, clients' expectations, nor their interaction.

[Association between prenatal maternal anxiety and/or stress and offspring's cognitive functioning: A meta-analysis](#)

This meta-analysis examined the relationship between prenatal maternal stress and/or anxiety and the outcomes of children aged 3 months to 9 years. Of the 8754 studies published before June 2021 that were synthesized, 17 conducted in Western countries were included in the meta- analysis. Effect sizes ranged from -0.41 to 0.15 . A weak negative association was found between prenatal stress and/or anxiety exposure and children's general intellectual development. Associations varied based on the type of exposure. Findings are limited to developed counties and cannot be generalized to low and middle-income countries. Directions for maternal prenatal intervention and future studies are discussed.

[Mindfulness for the self-management of negative coping, rumination and fears of compassion in people with cancer: An exploratory study](#)

Our findings indicate that the MBCT-Ca programme may significantly reduce negative coping, ruminating and fears of self-compassion improving psychological health and wellbeing in cancer survivors.

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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 (release date, 23 December 2022).

News

[£3.6 million social prescribing funding for mental health support](#)

More than £3.6 million of government funding awarded to the National Academy of Social Prescribing to support wellbeing, including impacts of loneliness.

[More people face being shut out of NHS mental health services, experts warn](#)

More people will be shut out from mental health services if no new cash is invested in the next two years, experts have warned. Sean Duggan, chief executive of the mental health network at the NHS Confederation, which represents the health and care system in England, Wales and Northern Ireland, said that a lack of long-term investment combined with a potential surge in demand due to the cost of living crisis would cause unsustainable pressure on the system.

[Child referrals for mental health care in England up 39% in a year](#)

The number of children in England needing treatment for serious mental health problems has risen by 39% in a year, official data shows. Experts say the pandemic, social inequality, austerity and online harm are all fuelling a crisis in which NHS mental health treatment referrals for under-18s have increased to more than 1.1m in 2021-22.

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