

# 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

15 February 2023

## Studies

### [What's the relationship between occupational physical activity, workplace stress and depression?](#)

Summarises a study of Brazilian workers, which finds that occupational physical activity is linked to both workplace stress and depression.

### [Physical activity can help anxious young people, but can it treat youth anxiety?](#)

Explores a recent systematic review which finds that physical activity may help address anxiety symptoms in children and young people, but more research is needed to confirm it is a safe and effective treatment for anxiety disorders.

### [Youth trauma narratives: a thematic analysis of meaning-making during trauma-focused cognitive behavioural therapy \(TF-CBT\)](#)

Explores a qualitative study of how young people create meaning of their experiences during trauma narration, when receiving trauma-focused cognitive behavioural therapy.

### [Trauma transmission in the children of trauma-affected refugees: risk and protective factors](#)

Considers a systematic review of risk and protective factors for trauma transmission among trauma-affected refugees and their non-exposed children.

### [Association of Long-term Exposure to Air Pollution With Late-Life Depression in Older Adults in the US](#)

In this cohort study among US Medicare enrollees, harmful associations were observed between long-term exposure to air pollution and increased risk of late-life depression diagnosis.

### [Friendship and mental health in adolescents](#)

Research has found that adolescents turn to their friends most when seeking support for their mental health. Limited research exists on friendship interventions — which are interventions involving an adolescents' authentic social group for mental health support. Our study, published in the [International Journal of Environmental Research and Public Health](#), screened over 37,000 articles and included 24 in the scoping review, and 18 in the systematic review.

## Survey

### [Major wellbeing survey for 9-18 year olds launched](#)

Researchers at Oxford are encouraging schools and colleges in four areas of the country to sign up to be part of the OxWell Student Survey. The survey into the mental health and wellbeing of thousands of school and college students is about to open. It provides a snapshot into the lives of young people by asking them directly about their mental health and wellbeing. Schools and colleges in Oxfordshire, Berkshire, Milton Keynes and Liverpool are being encouraged to take part for free.

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## Reports

[Mind responds to DfE's State of the nation 2022: children and young people's wellbeing report](#)

The recovery of children and young people's wellbeing towards pre-pandemic levels has been 'inconsistent' according to the [DfE's State of the nation 2022: children and young people's wellbeing report](#). The report also found that:

- Anxiousness among pupils appears to have "worsened" during the 2021/22 academic year despite a return to full-time in-person schooling after the pandemic
- Rates of probable mental disorders and eating problems among young people in England remain "at elevated levels" compared to before the pandemic
- Wellbeing rates were significantly lower for disadvantaged groups in school e.g. those with SEN, and from a minority background
- The recovery of children and young people's wellbeing towards pre-pandemic levels has been "inconsistent".

[Progress in improving mental health services in England](#)

Millions of people with mental health problems, including children with eating disorders, are missing out on NHS treatment or face lengthy waits, according to the National Audit Office. In a new report, [Progress in improving mental health services in England](#), the spending watchdog said that while the number of people getting care has increased overall to 4.5 million in England, some targets are not being met.

## Guidance

[Terms of reference for rapid review into data on mental health inpatient settings](#)

Sets out the terms of reference for the rapid review into data on risks to patient safety in inpatient mental health settings and pathways.

## Policy Paper

[The impact of body image on mental and physical health: government response](#)

This document sets out the government's current policy positions and ongoing work in response to the 21 recommendations made by the House of Commons Health and Social Care Committee in its report: [The impact of body image on mental and physical health](#).

## Statistics

[Quality of life in the UK – February 2023](#)

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.

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## News

### [Children in mental health crisis spent more than 900,000 hours in A&E in England](#)

Children suffering mental health crises spent more than 900,000 hours in A&E in England last year seeking urgent and potentially life-saving help, NHS figures reveal.

### [MPs' staff survey finds distress at levels similar to frontline NHS workers](#)

Staff working for MPs face similar levels of psychological distress as frontline NHS workers, a survey has found, amid a "toxic" workload and fears for their safety.

### [Almost 20 million adults never speak about mental health – and it's set to get worse due to the cost-of-living crisis](#)

More than one in three UK adults surveyed (36 per cent) never make space in their day or the time to speak about their mental health – the equivalent of 19.6 million people aged 16 and over. And the cost-of-living crisis, on top of the long lasting impact of the pandemic, is affecting people's ability to make space and manage their mental health. The mental health of nearly 8 in 10 Britons (78 per cent) surveyed has been affected by the cost-of-living crisis.

### [NICE recommends digital mental health technologies from Oxford](#)

Two digital tools were recommended for use in the NHS to help children and young people with symptoms of anxiety or low mood.