

# Depression

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



1 March 2023

## Studies

### [If mental illness excludes us from the labour market, how can we make employment work for all?](#)

Reviews a Danish population-based cohort study, which finds that all mental health disorders were associated with shorter working life.

### [Blended CBT for depression: does it affect the working alliance?](#)

Summarises a study on practitioners' experience of the working alliance in a blended CBT intervention for depression.

### [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.

### [Patient factors associated with receipt of psychological and pharmacological treatments among individuals with common mental disorders in a Swedish primary care setting](#)

Among 223 271 individuals with common mental health disorders, 30.6% received pharmacotherapy only, 16.5% received psychological therapy only, 43.1% received both and 9.8% had no treatment.

### [Association of self-reported mother–infant relationship with child and adolescent mental health](#)

A challenging self-reported mother–infant relationship was associated with later psychopathological difficulties. Routine clinical enquiry may be useful in identification of future vulnerability.

## News

### [Eight digitally enabled therapies to treat depression and anxiety in adults conditionally recommended by NICE](#)

Eight digital enabled therapies to treat depression and anxiety disorders in adults have been conditionally recommended by NICE in draft guidance. A consultation has begun on the decision to conditionally recommend the digital enabled therapies which address depression and anxiety disorders, including PTSD and body dysmorphia. Each of the digital technologies includes the support and involvement of an NHS Talking Therapies clinician and use CBT techniques. The eight therapies are conditionally recommended while further evidence is generated. They are the 6th and 7th [early value assessments](#) to have been undertaken using a new NICE rapid assessment process that seeks to identify promising medical technology for rapid deployment into the NHS.

### [Childline launches Loneliness campaign Day in the Lonely](#)

Childline's Day in the Lonely campaign will encourage children to share their feelings and turn to Childline's services for support, including email and 121 counsellor chat.

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**Mersey Care**  
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### [Ensuring LGBTQI+ people are treated fairly in mental health data](#)

Andrey Kormilitzin outlines a new participatory study aimed at improving AI to take account of LGBTQI+ people so that their needs are better met by mental health services.

### [Police in England and Wales dealing with more mental health crises than ever](#)

The police are dealing with increasing demands to intervene with people suffering mental health crises, freedom of information requests have revealed. Some forces across England and Wales have experienced a tripling in mental health requests between 2019 and 2021, data shows. Suffolk police have recorded an increase of 342%, Norfolk 260%, Northamptonshire 90%, and Leicestershire 54%.

### [Mental health of young adults severely impacted by pandemic](#)

A new study has found that the pandemic has severely affected people's mental health and relationships all over the world, particularly for young adults.

### [Half of Scots are concerned about the impact the cost of living crisis is having on their mental health](#)

Half of Scots are concerned about the impact the cost of living crisis is having on their mental health, new research by the Royal College of Psychiatrists in Scotland has found.