

Depression

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



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26 February 2024

Studies

[Brain-body health please: new research supports integrated physical and mental health care](#)

Management of serious neuropsychiatric disorders should acknowledge the importance of poor physical health and target restoration of both brain and body function.

[Can proteomics improve our prediction of depression remission?](#)

Discusses new insights into the possible use of proteomics (the large-scale study of proteins) for improving our prediction of depression remission.

[A cross-sectional investigation on remote working, loneliness, workplace isolation, well-being and perceived social support in healthcare workers](#)

Those who worked more hours a week remotely during the pandemic reported increased stress, which may be related to the lack of resources in place to support this change in work.

[Emotions and behaviours of child and adolescent psychiatric patients during the COVID-19 pandemic](#)

Consistent with previous studies of clinical cohorts, our patients had diverse responses during the pandemic. Several factors may have contributed to the finding of improvement in some individuals during the first lockdown, including the degree of family support or conflict, stress reduction owing to isolation, limitations of the outcome measures and/or possible selection bias. Ongoing treatment may have had a protective effect. Clinically, during crises additional support may be needed by families who experience increased conflict or who care for children with intellectual disability.

[Understanding Australian general practice patients' decisions to deprescribe antidepressants in the WiserAD trial: a realist informed approach](#)

The contexts of learnt coping skills, knowledge and perceptions of antidepressants and feeling well were evident. Outcomes were intention to commence, initiation of deprescribing and successful completion of deprescribing. Key mechanisms for antidepressant deprescribing were (1) initiation of the deprescribing discussion; (2) patient self-efficacy; (3) provision of structured guidance; (4) coaching; (5) mood, sleep and activity tracking and (6) feelings of safety during the tapering period.

[Physician and nurse well-being, patient safety and recommendations for interventions: cross-sectional survey in hospitals in six European countries](#)

Burnout, mental health morbidities, job dissatisfaction and concerns about patient safety and care quality are prevalent among European hospital physicians and nurses. Interventions to improve hospital work environments and staffing are more important to clinicians than mental health interventions to improve personal resilience.



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Report

[Meeting the rising challenges of depression through prevention: Report from the Satellite Meeting of the Global Consortium for Depression Prevention](#)

In this report, we identify the key themes that emerged from the Satellite Meeting of the Global Consortium for Depression Prevention, convened in Providence USA in late September 2023. Over 40 international experts in the prevention of depression gathered to focus on two broad areas of prevention: examining evidence for school-based prevention programs and identifying new methodological approaches to advance prevention science. From these presentations and discussions, we summarise four overarching and inter-related challenges faced in the prevention of depression, along with potential solutions for each of these challenges.

News

[Small talk is no small thing](#)

Samaritans' Small Talk Saves Lives campaign launches as half of us admit to swerving someone we don't know to avoid small talk. New findings released by Samaritans reveal nearly half of British adults avoid engaging with someone they don't know to avoid small talk – whilst more than one in five (22%) are worried they would say the wrong thing when engaging with someone.

[People in 20s more likely to be out of work because of poor mental health than those in early 40s](#)

Young people are more likely to be out of work because of ill health than people in their early 40s, a [report](#) calling for action on Britain's mental wellbeing crisis has found.

['It went nuts': Thousands join UK parents calling for smartphone-free childhood](#)

More than 4,000 parents have joined a group committed to barring young children from having smartphones, as concerns grow about online safety and the impact of social media on mental health.

[People who live alone are more likely to feel depressed, study finds](#)

Adults who live alone are more likely to feel depressed than adults who live with others, according to a new [report](#) released by the CDC's National Center for Health Statistics (NCHS).

[Research finds link between digital skills, isolation and loneliness](#)

The lower your digital skills, the lonelier you are likely to be and the poorer your mental and emotional wellbeing, new research indicates.

[Calls to Childline about in-patient mental health rise](#)

The number of young people contacting Childline about in-patient mental health concerns has jumped by almost a fifth in the last year.

