

# Depression

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



**NHS**  
Mersey Care  
NHS Foundation Trust

22 April 2024

## Studies

### [Interpretation bias modification training for youth loneliness: feasible and acceptable for university students](#)

Summarises a feasibility trial which finds that interpretation bias modification training is acceptable for helping with loneliness in university students.

### [Differential trends and patterns of sociodemographic disparities in burden of mental disorders, substance use disorder and self-harm across age groups: ecological study in 204 countries using the Global Burden of Disease Study 2019](#)

Differential trends in sociodemographic disparities in diseases across age groups were observed. For mental disorders, particularly depressive disorder and substance use disorders, DALY rates in high SDI countries were higher and increased more than those in countries with other SDI levels among individuals aged 10–24 and 25–49 years. By contrast, DALY rates for those over 50 years were lower in high SDI countries than in countries with other SDI levels between 1990 and 2019. A higher DALY rate among younger individuals accompanied a higher SDI at the country level. However, increased sociodemographic development was associated with decreased disease burden for adults aged  $\geq 70$  years.

### [Exploring the co-occurrence of depression, anxiety and insomnia symptoms, diagnoses and treatments in primary care: observational study using UK primary care data](#)

The conditional probabilities of co-occurring anxiety, depression and insomnia symptoms, diagnoses and treatments are high.

### [Mood disorders influencing endometriosis and adenomyosis: Mendelian randomisation study](#)

Our results suggest that mood-disorder-related traits increase the risk of endometriosis and adenomyosis. This study provides new insights into the potential pathogenesis of endometriosis and adenomyosis, and highlights the importance of preventing endometriosis and adenomyosis in patients with mood-disorder-related traits.

### [Antidepressant treatment and mortality in people with comorbid depression and type 2 diabetes: UK electronic health record study](#)

Antidepressant prescribing was highly associated with higher rates of mortality. However, we suspect that this is not a direct causal effect, but that antidepressant treatment is a marker of more severe and unsuccessfully treated depression.

### [Evidence-based brief interventions targeting acute mental health presentations for children and adolescents: systematic review](#)

This review provides evidence to substantiate the benefits of brief interventions, in different settings, to reduce the burden of in-patient hospital and readmission rates to the emergency department.

### [Global perspectives on bipolar disorder treatment: in-depth comparative analysis of international guidelines for medication selection](#)

The primary hindrance to consistent treatment conclusions lies in the scarcity of high-quality research results, leading to variations in guidelines. Enhancing evidence-based recommendations necessitates the undertaking of large-scale studies dedicated to assessing treatments for bipolar disorder.



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



**NHS**  
Mersey Care  
NHS Foundation Trust

22 April 2024

## Cochrane Clinical Answer

[How does brexpiprazole compare with placebo for adults with major depressive disorder?](#)

For adults with major depressive disorder, brexpiprazole is more likely to result in a treatment response (50% reduction in symptoms), remission, and better social functioning compared with placebo; however, it may also result in higher rates of adverse effects and withdrawals from treatment.

## Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) reflecting the worries, personal well-being, and loneliness of adults in Great Britain.

## News

[No link between Instagram use and levels of anxiety, depression and loneliness in adults, new study reveals](#)

Adults who use Instagram are no more likely to suffer from anxiety, depression or loneliness than that those who don't, according to new research.

[Mind calls on UK's Covid-19 Inquiry to consider mental health impact of pandemic](#)

Mind, alongside 30 other organisations, is calling on the UK's Covid-19 Inquiry to prioritise mental health after it rowed back on previous commitments to consider it in Module 3 – the 'Impact of Covid-19 pandemic on healthcare systems'.

[Touch can reduce pain, depression and anxiety, say researchers](#)

More consensual touch helps ease or buffer against mental and physical complaints, meta-analysis shows.

[Football coaching boosts wellbeing of troubled pupils, study finds](#)

Intensive mentoring for troubled schoolchildren using football kickabouts can significantly enhance wellbeing, increasing happiness equivalent to an unemployed adult getting a job, a study has found. A project involving more than 2,000 pupils in dozens of secondary schools in Greater Manchester showed that instead of wellbeing declining among pupils at risk of exclusion who had behavioural issues and special educational needs, their happiness scores increased. The charity behind the approach, Football Beyond Borders (FBB), sends mentors, or "coaches", into schools to act as trusted adults for at-risk children. Part of the coaches' work is using aspects of football games – such as dealing with anger at being fouled or the pressure of taking a penalty – to teach children how to cope and build better relationships.

[NHS staff struggling with burnout need more support, says RCPsych](#)

A [UNISON survey](#) has found 31% of NHS employees have had to take time off work with mental health issues in the past year. Nurses, paramedics and other health workers reported experiencing depression, low mood and sleepless nights while others suffered from panic attacks and high blood pressure. One in five did not tell their employer the real cause of their absence, with 45% of those saying they did not feel their manager or employer would be supportive.

