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**Library and Knowledge Services**

**Child and Adolescent Mental Health & Learning Disabilities**

**Current Awareness Bulletin April 2024**

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**Guidance**

[Digital health technologies to help manage symptoms of psychosis and prevent relapse in adults and young people: early value assessment](https://www.nice.org.uk/guidance/hte17)

NICE Health technology evaluation (HTE17), 25 March 2024

Early value assessment (EVA) guidance on digital health technologies to help manage symptoms of psychosis and prevent relapse in adults and young people.

**Reports and Resources**

[The Cass Review: independent review of gender services for young people](https://cass.independent-review.uk/home/publications/final-report/)

April 2024

The Review was commissioned by NHS England to make recommendations on how to improve NHS gender identity services, and ensure that children and young people who are questioning their gender identity or experiencing gender dysphoria receive a high standard of care, that meets their needs, is safe, holistic and effective.

[Nursing preceptorship in the children and young people secure estate: best practice guidance](https://www.england.nhs.uk/publication/nursing-preceptorship-in-the-children-and-young-people-secure-estate-best-practice-guidance/)

NHS England, 29 February 2024

This guidance provides a best practice framework for nursing preceptorship in the children and young people secure estate (CYPSE).

[My Voice Matters: The power of a youth-driven approach to children's mental health services](https://nhsproviders.org/news-blogs/blogs/my-voice-matters-the-power-of-a-youth-driven-approach-to-childrens-mental-health-services)

NHS Providers Blog, 5 February 2024

Reflection on 'My Voice Matters', the theme of this year's Children's Mental Health Week, which is placing a spotlight on empowering children and young people, equipping them with the essential tools to express themselves and ensure their voices are heard. Includes examples of coproduction.

[Factors within the clinical encounter that impact upon risk assessment within child and adolescent mental health services: a rapid realist synthesis](https://www.journalslibrary.nihr.ac.uk/hsdr/VKTY5822/#/abstract)

Health and Social Care Delivery Research, January 2024

Explores how best to undertake risk assessment and the appropriate role for tools/checklists within the assessment pathway. The authors map research relating to risk assessment for child and adolescent mental health and to identify features that relate to a successful risk assessment.

[Children’s mental health services 2022-23](https://www.childrenscommissioner.gov.uk/resource/childrens-mental-health-services-2022-23/)

Children’s Commissioner, 14 March 2024

Annual report which highlights persistently high levels of poor mental health in children. Children are still waiting far too long to access the help they need – with over 270,000 children still waiting for support, and in the last year nearly 40,000 children experiencing a wait of over 2 years.

[Children on child in need plans](https://www.childrenscommissioner.gov.uk/resource/huge-regional-variation-in-support-from-childrens-social-services-for-some-of-englands-most-vulnerable-children-new-report-shows/)

Children’s Commissioner, March 2024

Research found notable variations between what happens to different groups of children and between different local authorities, when it comes to children on child in need plans. The report includes proposals to improve the consistency of support for children and families in need of support through section 17.

**Recently Published Research**

*This section provides a brief summary of some recently published research. Whilst we try to ensure that the papers included are selected from reliable sources, the contents have not been reviewed. Professional judgement should be exercised when appraising this material and local and national guidance followed where appropriate.*

[Transitions from child and adolescent to adult mental health services for eating disorders: an in-depth systematic review and development of a transition framework](https://jeatdisord.biomedcentral.com/articles/10.1186/s40337-024-00984-3)

Journal of Eating Disorders, March 2024 *Open Access*

Synthesises evidence on transitions from CAMHS to AMHS for young people with eating disorders. Findings informed the development of five transition strategies designed to facilitate effective transfers across ED care: Timely talks, Readiness, Inclusion, Preparation, and Synergy (TRIPS).

[Illness duration and treatment outcome of intensive cognitive-behavioral therapy in adolescents with anorexia nervosa](https://doi.org/10.1002/eat.24196)

International Journal of Eating Disorders, March 2024 *Access with your OpenAthens account*

Findings suggest that intensive CBT-E appears to be an effective treatment for severely ill adolescent patients with anorexia nervosa, regardless of whether the duration of illness is shorter or longer than 3 years.

[Autism intervention meta-analysis of early childhood studies (Project AIM): updated systematic review and secondary analysis](https://www.bmj.com/content/383/bmj-2023-076733)

*BMJ, November 2023 Open access*

Summarizes the breadth and quality of evidence supporting commonly recommended early childhood autism interventions and their estimated effects on developmental outcomes.

[A systematic review of acquisition and mastery of skills taught using the Picture Exchange Communication System](https://doi.org/10.1080/07434618.2024.2302154)

Augmentative and Alternative Communication, February 2024 *Request a copy from the* [*library*](mailto:library.enquiries@cntw.nhs.uk?subject=Current%20awareness%20bulletin%20article%20request)

A review of published and unpublished single-case Picture Exchange Communications System studies looking at the percentage of participants mastering PECS phases, how long it took (in trials to mastery), and what constituted mastery of PECS phases.

[Therapeutic games to reduce anxiety and depression in young people: A systematic review and exploratory meta-analysis of their use and effectiveness](https://doi.org/10.1002/cpp.2938)

*Clinical Psychology and Psychotherapy, November 2023 Open access*

Findings reveal promising effects for therapeutic games for mental health, but replications are needed, alongside the addressing of methodological and procedural concerns.

[Nonsuicidal self injury among young adults and adolescents: Historical, cultural and clinical understandings](https://doi.org/10.1080/15332985.2023.2264434)

*Social Work in Mental Health, October 2023 Open Access*

Consists of six sections that describe the terminology associated with NSSI; its general prevalence, measurement, and variability (age, race, and gender); its relationship with other psychiatric illness; and its diagnosis and treatment.

[Structural barriers to help-seeking in first-episode psychosis: A systematic review and thematic synthesis](https://libkey.io/libraries/2605/articles/606437257/full-text-file?utm_source=nomad)

*Early Intervention in Psychiatry, February 2024 Access with your OpenAthens account*

This review, aims to understand the structural barriers that patients and caregivers face in help-seeking for first-episode psychosis, and the recommendations provided to address these.

[Evaluating outcomes following adolescent and youth mental health inpatient admissions: A systematic review](https://doi.org/10.1111/eip.13499)

*Early Intervention in Psychiatry, February 2024 Open Access*

An update on the effectiveness of adolescent and youth mental health inpatient units in improving outcomes to inform the most efficacious use of psychiatric resources.

[Suicide prevention: Introducing the Lothian Safekeeping Plan© for parents as a clinical innovation for use alongside safety plans for children and young people](https://doi.org/10.1111/jcap.12455)

*Journal of Child and Adolescent Psychiatric Nursing, February 2024 Open Access*

The Lothian Safekeeping Plan is a specific suicide prevention plan for use by parents as an additional, complementary, and enhanced resource to the Lothian Safety Plan for young people.

[Waiting-list interventions for children and young people using child and adolescent mental health services: a systematic review](https://doi.org/10.17639/nott.0001%20.)

*BMJ Mental Health, February 2024 Open Access*

Explores the current evidence base for mental health waiting list interventions to support children and young people. Studies described waiting list interventions for autism spectrum disorders, eating disorders, generic conditions, transgender health, anxiety/depression, self-harm and suicide and behavioural issues.

[Quality of melatonin use in children and adolescents: findings from a UK clinical audit](https://doi.org/10.1136/bmjment-2023-300894)

*BMJ Mental Health, January 2024 Open Access*

As part of a QI programme, the Prescribing Observatory for Mental Health conducted a retrospective clinical audit in UK services for children and adolescents. The audit determines to what extent prescribing of melatonin complies with evidence-based clinical practice standards.

[Age effects on autism heritability and etiological stability of autistic traits](https://libkey.io/libraries/2605/articles/602237574/full-text-file?utm_source=nomad)

*Journal of Child Psychology and Psychiatry, January 2024 Open Access*

Genetic factors are important for autism and autistic traits in adulthood and separate genetic studies in adults are warranted.

[A mixed-method systematic review of the perspectives of young people, carers and professionals on psychiatric diagnosis in childhood and adolescence](https://doi.org/10.1111/jcap.12459)

*Journal of Child and Adolescent Psychiatric Nursing, March 2024 Open Access*

Systematic review focusing on three main themes related to psychiatric diagnosis: diagnostic subjectivity, utility of diagnosis and stigma.

[Systemic therapy in children and adolescents with mental disorders: a systematic review and meta-analysis](https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-024-05556-y)

*BMC Psychiatry, February 2024 Open Access*

Results show a hint of greater benefit of ST (or ST as an add-on to CBT) compared with CBT for 2 mental disorder classes in children and adolescents (mental and behavioural disorders due to psychoactive substance use, obsessive compulsive disorders).

[Factors that impact mental health help-seeking in Australian adolescents: a life-course and socioecological perspective](https://libkey.io/libraries/2605/articles/609360559/full-text-file?utm_source=nomad)

*March 2024 Access with your OpenAthens account*

Examines factors that impact adolescents' formal and informal help-seeking in three population groups: the whole population, adolescents with depressive symptoms and adolescents with anxiety symptoms.

[Prevalence, severity and risk factors of psychiatric disorders amongst sexual and gender diverse young people during the COVID-19 pandemic: A systematic review](https://doi.org/10.1177/13591045241229751)

*Clinical Child Psychology and Psychiatry, January 2024 Open Access*

Most of the 13 studies included indicated SGD young people were more likely to report experiencing several psychiatric disorders including depressive and generalised anxiety disorders compared to the general population. SGD young people also experienced more severe symptomology of various psychiatric disorders compared to their heterosexual/cisgender peers.

[Understanding the impact of children's and young people's self-harm on parental well-being: a systematic literature review of qualitative and quantitative findings](https://doi.org/10.1111/camh.12692)

*Child and Adolescent Mental Health, February 2024 Open Access*

Further good quality quantitative studies are needed, with measurement of psychological mechanisms that may underpin parental distress. Current evidence supports peer-support and interventions that go beyond information provision to address the connected factors of knowledge, emotion, self-care, and parenting behaviours.

[Efficacy and acceptability of cognitive-behavioral therapy and serotonin reuptake inhibitors for pediatric obsessive-compulsive disorder: a network meta-analysis](https://libkey.io/libraries/2605/articles/600019415/full-text-file?utm_source=nomad)

*Journal of Child Psychology and Psychiatry, January 2024 Open Access*

In-person CBT and SRIs produce clear benefits compared to waitlist and pill placebo and should be integral parts of the clinical management of pediatric OCD, with in-person CBT overall having a stronger evidence base.

[The relationship between type, timing and duration of exposure to adverse childhood experiences and adolescent self-harm and depression: findings from three UK prospective population-based cohorts](https://libkey.io/libraries/2605/articles/611985588/full-text-file?utm_source=nomad)

*Journal of Child Psychology and Psychiatry, April 2024 Open Access*

Efforts to mitigate the impact of ACEs should start in early life with continued support throughout childhood, to prevent long-term exposure to ACEs contributing to risk of self-harm and depression in adolescence.

[The experiences, views and beliefs of emerging adults and their carers of receiving adult mental health services in the UK: a systematic review and meta-ethnography](https://doi.org/10.12968/bjmh.2021.0013)

*British Journal of Mental Health Nursing, Dec 2023 Access with your OpenAthens account*

Addressing embarking needs, the locus of control and the accessibility of services may improve emerging adults’ experience of using mental health services. There is an impetus for mental health nurses to consider a coaching approach to care planning.

[Dialectical behaviour therapy outcomes for adolescents with autism spectrum conditions compared to those without: findings from a seven-year service evaluation](https://www.emerald.com/insight/content/doi/10.1108/AIA-05-2023-0021/full/html)

*Advances in Autism, January 2024 Select ‘Access and purchase options’ and use a token*

Significant medium to large reductions in self-harming behaviours, BPD symptoms, emotion dysregulation and inpatient bed days were found for those with an ASC diagnosis by the end of treatment. There were no significant differences between those with an ASC and those without in any outcome or in non-completion rates.

[Gender-specific pathways in mental health crisis in adolescents, from consultation to (in)voluntary admission: a retrospective study](https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-024-05680-9)

*BMC Psychiatry, March 2024 Open Access*

Analysis of data for 2008–2017 on 3770 cases involving young people aged 12 to 18 years from one urban area in the Netherlands, served by outreaching psychiatric emergency services.

[Examining the relationship between non-suicidal self-harm and suicidality within the past 12-months and gaming problems in Norwegian full-time students](https://bmcpsychiatry.biomedcentral.com/articles/10.1186/s12888-024-05694-3)

*BMC Psychiatry, March 2024 Open Access*

Based on data from the Norwegian Students’ Health and Wellbeing Study 2022 (N = 59,544), this study found that gaming problems are associated with increased risk of non-suicidal self-harm and suicidal ideation among females. Among males, no differences were observed between engaged, problem and addicted gamers.

[Common pitfalls, and how to avoid them, in child and adolescent psychopharmacology: Part I](https://doi.org/10.1177/02698811241239582) and

[Common pitfalls, and how to avoid them, in child and adolescent psychopharmacology: Part II](https://doi.org/10.1177/02698811241239596)

*Journal of Psychopharmacology, March 2024 Open Access*

Two papers from the British Association for Psychopharmacology addressing common pitfalls in pharmacological treatment of attention-deficit/hyperactivity disorder, anxiety, bipolar disorder, depression, obsessive-compulsive disorder and related disorders, tic disorder, autism and intellectual disability, eating disorders, neuropsychiatric correlates of epilepsy, and psychosis.