

Depression medication
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1 February 2023

Studies

[Improving our understanding of the links between loneliness and mental health problems](#)

Summaries a review of longitudinal studies investigating the relationship between loneliness and new onset of mental health problems in the general population.

[1 in 5 pre-school aged children develop PTSD symptoms following trauma exposure. Why are we still neglecting these children?](#)

Summarises a systematic review which suggests that the pooled prevalence of PTSD in pre-school children who have been exposed to trauma was 21.5%.

[Associations between maternal depressive symptoms and selective serotonin reuptake inhibitor antidepressant treatment on internalising and anxiety behaviours in children: 12-year longitudinal study](#)

Even with prenatal SSRI treatment, maternal depressed mood during the third trimester still had an enduring effect as it was associated with increased levels of internalising and anxiety behaviours across childhood and into early adolescence. Importantly, we found no evidence of a 'main effect' association between prenatal SSRI exposure and internalising and anxiety behaviours in children.

[Psychometric properties of the Greek versions of the Pandemic-Related Pregnancy Stress Scale and the Pandemic-Related Postpartum Stress Scale and associated risk factors during the second year of the COVID-19 pandemic](#)

The Greek versions of PREPS and PREPS-PP are valid tools for the assessment of women at risk of perinatal stress during a health crisis.

[Antidepressants can cause 'emotional blunting', study shows](#)

Widely used antidepressants cause "emotional blunting", according to research that offers new insights into how the drugs may work and their possible side-effects. The [study](#) found that healthy volunteers became less responsive to positive and negative feedback after taking a selective serotonin reuptake inhibitor (SSRI) drug for three weeks.

[Impact of loneliness on adolescents' mental health varies between schools](#)

Loneliness is strongly linked with poorer mental health in adolescents, with the impact of loneliness on adolescents' mental health varying depending on the school they attend, a study has found. Published in the [British Journal of Educational Psychology](#), the research is thought to be the first to explore the association between loneliness and mental health in schools. It identifies that school-based interventions targeting mental health may be especially necessary among lonely adolescents, and says programmes aimed at tackling loneliness may be more beneficial in schools with poorer mental health.

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Reports

[Away from hospital and into the community](#)

This report highlights the gaps in young people's mental health crisis care. The research gathered interviews from professionals, young people, their families and carers, in order to shed light on the challenges in the current system.

[Supporting and expanding green social prescribing to address mental health inequalities in London](#)

With support from the Mayor of London's office, our research explains how community gardening, walking, and social groups can help with Londoner's mental health while reducing the strain on over-stretched NHS services. Based on four months of research and engagement with a wide range of Londoners, the report suggests ways to expand green 'social prescribing' in London and identifies why some are missing out on what's available. Social prescribing offers health and social care professionals the option of referring people to community-based activities they are most likely to enjoy. Green social prescribing links individuals with nature-based activities in the community.

News

[Fewer patients treated in England for mood disorders as 'system creaks under strain'](#)

The number of patients who have received hospital treatment for mood disorders in England has decreased by a third in five years, as the NHS grapples with a chronic shortage of mental health beds. According to NHS Digital data, more than 23,000 people sought NHS hospital treatment for mood disorders in the country in 2017-18. But by 2021-22, this had dropped to 15,532.

[Mental health services boosted by £150 million government funding](#)

Anyone experiencing a mental health emergency will benefit from more tailored emergency care and support in the community through specialised mental health ambulances, more crisis services and improved health-based places of safety. A £150 million investment up to April 2025 will better support people experiencing – or at risk of experiencing – mental health crises to receive care and support in more appropriate settings outside of A&E, helping to ease pressures facing the NHS.

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