

# Depression

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



Mersey Care  
NHS Foundation Trust

Community and Mental Health Services

16 March 2023

## Studies

### [Psychotherapy experiences of young people in foster care: suggestions for practice](#)

Reviews a small qualitative study from Ireland, which explores how young people in foster care feel about psychotherapy.

### [Stressed mums and depressed young ones: does parenting play a moderating role?](#)

Reviews a Norwegian cohort study, which suggests that different parenting styles can strengthen or weaken the link between prenatal stress in mothers and depression or anxiety in their offspring.

### [European psychotherapists' wellbeing during the COVID-19 pandemic](#)

Summarises a cross-sectional study exploring the subjective wellbeing of psychotherapists in 12 European countries during the COVID-19 pandemic.

### [Adolescent depression is not the same as adult depression: new systematic review focuses on adolescents' lived experiences](#)

Reflects on the findings of a recent systematic review looking at the lived experience of adolescent depression, which has important implications for anyone supporting young people at risk of depression.

### [Antidepressants, cognition, and emotional blunting: what's the evidence?](#)

Reviews a recent Danish trial, which finds that escitalopram reduced participants' reinforcement sensitivity compared to those on placebo. This lower reinforcement sensitivity may be similar to the emotional blunting effect often reported by patients during SSRI treatment.

### [Trauma, post-traumatic stress disorder and violence in the prison population: prospective cohort study of sentenced male prisoners in the UK](#)

Prisoners who met current (past month) criteria for PTSD were more likely to engage in violent behaviour during the first 3 months of imprisonment, after adjusting for other independent risk factors. The relationship between lifetime exposure to interpersonal trauma and violent behaviour in custody was mediated by total PTSD symptom severity. Hyperarousal and negatively valenced cognitive and emotional appraisal symptoms were particularly implicated in this pathway.

### [Personalised psychotherapy in primary care: evaluation of data-driven treatment allocation to cognitive-behavioural therapy versus counselling for depression](#)

Precision prescription of psychotherapy based on sociodemographic and clinical characteristics is unlikely to produce large benefits for individual patients. However, the benefits may be meaningful from an aggregate public health perspective when applied at scale.

### [Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#)

Physical activity is highly beneficial for improving symptoms of depression, anxiety and distress across a wide range of adult populations, including the general population, people with diagnosed mental health disorders and people with chronic disease. Physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress.

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## Report

[Children's commissioner's report reinforces need for urgent changes in children's mental health services](#)

The Children's Commissioner's latest report confirms that major improvements are needed to boost young people's access to support, the quality of their care and their outcomes.

## Statistics

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

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

## News

[Centre for Mental Health launches new council mental health network](#)

Councils are being offered fresh support to help improve their residents' wellbeing by national experts at Centre for Mental Health. The Mentally Healthier Councils Network, funded by the Health Foundation, will invite councils, councillors, officers and those who work with them to access resources, training, and opportunities to share best practice and create new partnerships. As the Centre embarks on this new initiative, we're also now welcoming council officers as well as elected members to join and share best practice.

[Experts hold first meeting for new international project on depression, anxiety and psychosis](#)

The Global Alliance for Living Evidence on aNxiety, depressiOn and pSychosis, or GALENOS project, has launched in central London. [GALENOS](#), supported by Wellcome, is an international collaboration led by Professor Andrea Cipriani from the Department of Psychiatry at Oxford University, and will make it easier for everyone, including patients, funders and researchers to access and review all the scientific literature that is published every day about three different mental illnesses. The GALENOS project will create a continuously updated and comprehensive online catalogue of the best scientific literature, meaning the mental health science community can better identify the research questions that most urgently need to be answered and set these as priorities for research. The online catalogue will be accessible by anyone and will collect data from different types of studies from all around the world. This innovative resource will help the mental health science community to move away from the usual trial and error approach to mental health research towards a more targeted approach.

[Benefits assessments making people with mental health problems more unwell, Mind research reveals](#)

The UK government's system of benefit assessments is causing the majority of those with mental health problems who have experienced it to become more unwell. In a survey carried out last month by Mind and Census wide of over 1000 people with experience of mental health problems and benefits assessment, almost 7 in 10 (66%) told the UK's leading mental health charity that going through their benefits assessment made their mental health worse. The report, [Reassessing assessments: How people with mental health problems can help fix the broken benefits system](#), is the latest intervention in this area after years of concerns from disability rights groups that the system of assessment for benefits used by the Department for Work and Pensions is fundamentally broken.

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[You can't just cheer up people who have depression. There's a key role for antidepressants](#)

The NHS is planning to offer patients art, music and gardening classes rather than antidepressants. Nice idea, but it won't work.

[Covid's effect on mental health not as great as first thought, study suggests](#)

Covid-19 may not have taken as great a toll on the mental health of most people as earlier research has indicated, a new study suggests. The pandemic resulted in "minimal" changes in mental health symptoms among the general population, according to a [review of 137 studies](#) from around the world led by researchers at McGill University in Canada, and published in the British Medical Journal.

[A new app tackles burnout by asking users a simple yet radical question](#)

Kona greets its users every day with a pop-up that asks a simple yet radical question: how are you feeling? Employees select a red, yellow or green heart, and are encouraged to expand on their response with words that their teammates can see. Fellow workers can commiserate or offer one another help. Managers gain insight into the challenges that members of their team are facing.

[The great serotonin debate: do depression treatments work by boosting the happy hormone?](#)

As the latest science reveals new insights into the biology of depression, it is clear that serotonin is just one part of a complicated jigsaw. [Depression](#) isn't a "chemical imbalance" that can be neutralised in a simplistic sense. There are external social and environmental factors that can trigger depression and others that can be harnessed to help people get better. Drugs that target serotonin can tilt the balance in favour of recovery, but a wider range of options are needed.

[Scheme putting police in mental health teams must end, says NHS England](#)

A controversial mental health monitoring system, which embedded police officers in clinical teams, must no longer be used in mental health services, NHS [England](#) has said.

['Harrowing' work pressure giving NHS junior doctors panic attacks, study finds](#)

NHS junior doctors suffer panic attacks and feelings of desperation because they get so stressed from the pressure they are under at work, [research has found](#). Leeds University research reports desperation, hair loss and intrusive thoughts as medics struggle with staff shortages.