

Depression

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counselling
CBT
research
resources
stress
anxiety
bipolar
worry
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30 March 2023

Studies

[Dry mouth effects from drugs used for depression, anxiety, schizophrenia and bipolar mood disorder in adults: systematic review](#)

Poor oral health is increasingly recognised as an important comorbidity in people with psychiatric illness. One risk factor is psychotropic-induced dry mouth.

[The Efficacy of Be a Mom, a Web-Based Intervention to Prevent Postpartum Depression: Examining Mechanisms of Change in a Randomized Controlled Trial](#)

Postpartum depression (PPD) is treatable and preventable, but most women do not seek professional help for their perinatal depressive symptoms. One increasingly popular approach of improving access to care is the use of web-based intervention programs.

[Effectiveness of Digital Mental Health Tools to Reduce Depressive and Anxiety Symptoms in Low- and Middle-Income Countries: Systematic Review and Meta-analysis](#)

Depression and anxiety contribute to an estimated 74.6 million years of life with disability, and 80% of this burden occurs in low- and middle-income countries (LMICs), where there is a large gap in care.

[The Effect of Activity Participation in Middle-Aged and Older People on the Trajectory of Depression in Later Life: National Cohort Study](#)

More activity participation is an important means of handling depression and promoting positive aging, but the impact of changes in activity participation on the developmental trajectory of depression has not been fully studied.

[Social support, distress and well-being in individuals experiencing Long-COVID: a cross-sectional survey study](#)

Increasingly attention of the COVID-19 pandemic is directed towards its long-term effects, also known as Long-COVID. So far, Long-COVID was examined mainly from a medical perspective, leaving psychosocial effects of Long-COVID understudied. The present study advances the current literature by examining social support in the context of Long-COVID. The study not only examines received support reported by individuals with Long-COVID, but also provided support reported by relatives of individuals with Long-COVID.

[Association between healthy sleep patterns and depressive trajectories among college students: a prospective cohort study](#)

The purpose of this study was to identify different development trajectories of depression symptoms during college period, and prospectively investigate the associations healthy sleep patterns with trajectories of depression symptoms among college students from freshman through junior year.

[Clinical Effectiveness and Cost-Effectiveness of Supported Mindfulness-Based Cognitive Therapy Self-help Compared With Supported Cognitive Behavioral Therapy Self-help for Adults Experiencing Depression - The Low-Intensity Guided Help Through Mindfulness \(LIGHTMind\) Randomized Clinical Trial](#)

Depression is prevalent. Treatment guidelines recommend practitioner-supported cognitive behavioral therapy self-help (CBT-SH) for mild to moderate depression in adults; however, dropout rates are high. Alternative approaches are required.

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[Mental health of healthcare professionals during the ongoing COVID-19 pandemic: a comparative investigation from the first and second pandemic years](#)

Healthcare staff have been facing particular mental health challenges during the COVID-19-pandemic. Building on a first study at the beginning of the pandemic in March 2020, we aimed to investigate among healthcare professionals in Germany and Austria (1) how mental health may have changed in professionals over the course of the ongoing pandemic, (2) whether there are differences between different professional groups regarding mental health, (3) which stress factors may explain these mental health outcomes and (4) whether help-seeking behaviour is related to caretaker self-image or team climate. Between March and June 2021, N=639 healthcare professionals completed an online survey including the ICD-10 Symptom Rating checklist, event-sampling questions on pandemic-related stressors and self-formulated questions on help-seeking behaviour and team climate.

[Untreated major depression in healthcare workers: Results from the nationwide AMADEUS survey](#)

Recent studies have suggested increased rates of depression in healthcare workers (HCWs), with direct impact on care quality and productivity. The objective was to determine the proportion of HCWs adequately treated for their major depression in a nationwide survey, the proportion of lifestyle risk factors for depression, and to determine if working in psychiatry department or professional status may modulate these outcomes.

[Asthma and anxiety development in Australian children and adolescents](#)

Evidence has suggested a bidirectional association between both the effects and onset of asthma and anxiety. The direction of this association in children and adolescents is less clear. The study evaluates whether anxiety in children is associated with the development of later asthma or, by contrast, whether asthma in children precedes anxiety.

[Childhood maltreatment and major depressive disorder in well-being: a network analysis of a longitudinal community-based cohort](#)

Little has been done to comprehensively study the relationships between multiple well-being constructs at a time. Even less is known about whether child maltreatment and major depressive disorder (MDD) impact different well-being constructs. This study aims to examine whether maltreated or depressed individuals have specific impacts on well-being structures.

[Does menopause elevate the risk for developing depression and anxiety? Results from a systematic review](#)

Objective: To determine whether menopause elevates the risk for developing diagnostic depression and anxiety. Menopause-associated vasomotor symptoms such as insomnia and hot flashes are well recognized, but no systematic review of the psychological consequences of menopause has been undertaken. Menopause can be a time of social change for women, confounding any correlation.

[Association between depression and dysmenorrhea among adolescent girls: multiple mediating effects of binge eating and sleep quality](#)

Dysmenorrhea has a significant negative impact on teenagers' quality of life, and its prevalence is increasing annually. Although studies have explored the factors affecting dysmenorrhea, it remains unclear how these factors interact with one another. This study aimed to explore the mediating role of binge eating and sleep quality between depression and dysmenorrhea.

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[Mother and father depression symptoms and child emotional difficulties: a network model](#)

The objective was to use network analysis to examine depression symptoms in mothers and fathers after having a baby, and emotional symptoms in children in early adolescence.

[Community interventions for anxiety and depression: the benefits of sports, music, gardening, art and culture](#)

Mental health, particularly youth mental health, is in crisis. Clinical services are underfunded and overstretched. People who are in marginalised groups, of lower socioeconomic position, and live in more deprived areas generally have worse mental health. They are also more often unable to access healthcare. The COVID-19 pandemic has only increased these inequalities. We need additional and alternative approaches, especially for those who can't access healthcare. Community-based interventions may provide one way of addressing inequalities in healthcare, reaching more diverse groups than standard clinical interventions.

[Is cognitive behavioural therapy the best we've got for depression?](#)

We all know that depression is common, affecting about one in 20 adults worldwide (Institute of Health Metrics and Evaluation, 2019), meaning that around 280 million people have a diagnosis of depression. Even more common are those experiencing depression symptoms affecting more than one in 10 people (Zhang et al., 2022). This is worrying, given that symptoms such as low mood, lack of enjoyment, motivation, and achievement, impact significantly on functioning and healthcare utilisation (Lee et al., 2019) and increase the risk of subsequently developing major depression (Zhang et al., 2022).

News

[Life Journeys: Parenting and bipolar, our normal](#)

Raising a child can be challenging for many parents. But, what is it like to be a parent whilst also suffering from bipolar disorder? Chloe Evans tells SANE how she manages being a single mum to her daughter, Nevaeh, and her bipolar diagnosis at the same time.

[Social anxiety disorder is crippling – and common. Graded exposure is the first step out](#)

Many of us are familiar with the uncomfortable feeling of entering a cocktail party at which none of our friends are present. We sidle in awkwardly, imagine others might be wondering what we are doing there and find ourselves not sure where to stand or who to look at. We gaze intently at our prosecco and hope the floor will swallow us up. In most instances we can push through and engage with someone at the party, often ending up having a great time. However, our initial discomfort allows us a window into what it's like to live with social anxiety disorder (Sad), a ubiquitous and crippling mental health condition.

[Patients given aripiprazole 'should be told of gambling addiction risks'](#)

Patients who are prescribed a common antipsychotic used to treat depression, bipolar disorder, psychosis and schizophrenia need to be told there is a risk they could develop a gambling addiction, an expert has warned.

[UK GPs suffering unsustainable workplace pressures](#)

UK GPs experience the highest stress and lowest job satisfaction compared to GPs in 9 other high-income countries, according to new [analysis](#) of Commonwealth Fund data from the Health Foundation. Just a decade earlier UK GPs were among the most satisfied of any country.

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