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Studies

[Attitudes of Children, Adolescents, and Their Parents Toward Digital Health Interventions: Scoping Review](#)

The prevalence of mental health problems in children and adolescents is high. As these problems can impact this population's developmental trajectories, they constitute a public health concern. This situation is accentuated by the fact that children and adolescents infrequently seek help. Digital health interventions (DHIs) offer an opportunity to bridge the treatment gap between health care needs and patient engagement in care.

[Depressive symptoms moderate functional connectivity within the emotional brain in chronic pain](#)

Depressive symptoms are often comorbid with chronic pain. These conditions share aberrant emotion processing and regulation, as well as having common brain networks. However, the relationship between depressive symptoms and chronic pain and the effects on emotional brain function are unclear.

[Association Between Joint Physical Activity and Dietary Quality and Lower Risk of Depression Symptoms in US Adults: Cross-sectional NHANES Study](#)

Depression escalating public health concern and the modest efficacy of currently available treatments have prompted efforts to identify modifiable risk factors associated with depression symptoms. Physical inactivity, poor nutrition, or other lifestyle behaviors are among the potentially modifiable risk factors most consistently linked with depression. Past evidence regarding the single effect of physical activity (PA) or dietary quality (DQ) on reducing the risk of depression symptoms has been well-documented. However, the association of the joint effect of PA and DQ on depression symptoms has never been investigated in a representative sample of adults.

[Symptoms of anxiety and depression in patients with persistent asthma: a cross-sectional analysis of the INSPIRERS studies](#)

Anxiety and depression are relevant comorbidities in asthma, but, in Portugal and Spain, data on this topic are scarce. We assessed, in patients with asthma, the frequency of anxiety and depression using the Hospital Anxiety and Depression Scale (HADS) and the European Quality of Life Five Dimension Questionnaire (EQ-5D); the level of agreement between these questionnaires, and the factors associated with these symptoms.

[Physicians' mental health and coping during the COVID-19 pandemic: One year exploration](#)

Numerous cross-sectional studies have examined physicians' health and coping during the COVID-19 pandemic, while longitudinal studies are lacking. This study explores the progression over one year of physicians' physical and mental health symptoms, their strategies used to cope and discusses coping strategies in relation to physical and mental health symptoms.

[Symptoms of major depressive disorder and post-traumatic stress disorder in veterans with mild traumatic brain injury: A network analysis](#)

Mild Traumatic Brain Injury (mTBI, or concussion) is a debilitating condition that often leads to persistent cognitive and mental health problems post-injury. Post-traumatic Stress Disorder (PTSD) and Major Depressive Disorder (MDD) are two most commonly occurring mental health problems following mTBI and are suggested to be strong contributors to the persistent post-concussion symptoms. Thus, it is important to understand the symptomatology of PTSD and MDD post-mTBI, to better inform targets for behavioral health interventions.

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[Treatment strategy for late-life depression](#)

With the unprecedented aging of the world's population, the number of elderly patients with depression is expected to increase. However, management and treatment of late-life depression (LLD) is more difficult than in early adults. Prior to treatment, diagnosis must take into account the differentiation from, and comorbidity with, organic brain diseases such as dementia and delirium, as well as depression caused by other physical diseases or medications. As clinical features of LLD, treatment response tends to be poor in older patients and recurrence rates are higher than those in early adult patients, therefore psycho-social interventions on the basis of the patient's background and condition are important for LLD.

[The Burden of Attention-Deficit/Hyperactivity Disorder Traits in Adult Patients with Major Depressive Disorder in Japan](#)

Symptoms of attention-deficit/hyperactivity disorder (ADHD) often overlap with and are hidden by those of mood disorders, including major depressive disorder (MDD), resulting in adult ADHD patients being misdiagnosed as MDD. This study aims to examine if diagnosed MDD patients are more likely to exhibit ADHD traits and if the presence of ADHD traits increases the humanistic burden, including the impairment of health-related quality of life (HRQoL), work productivity and activity impairment (WPAI), and health-care resource utilization (HRU), on MDD patients in Japan.

[Association Between Depression and Physical Conditions Requiring Hospitalization](#)

In this cohort study that included 240 433 individuals, depression was associated with an increased risk of 29 hospital-treated conditions. For 12 of these conditions, there was evidence for a bidirectional relationship with depression; the highest cumulative incidence was observed for diseases of the endocrine, musculoskeletal, and circulatory systems.

[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](#)

In this randomized clinical trial of 410 participants with mild to moderate depression, practitioner-supported MBCT-SH led to significantly greater reductions in depressive symptom severity at 16 weeks postrandomization compared with practitioner-supported CBT-SH. The probability of MBCT-SH being cost-effective compared with CBT-SH exceeded 95%.

[Polypharmacy and antidepressant acceptability in comorbid depression and type 2 diabetes: a cohort study using UK primary care data](#)

Aim: To investigate the association between number of prescribed medications and early antidepressant discontinuation in adults with T2DM.

Study summaries

[Detection of depression in primary care settings in low- and middle-income countries](#)

Globally, it is estimated that 5% of adults suffer from depression, with a high burden in low- and middle-income countries (LMICs) (World Health Organisation, 2021). Social, psychological and biological factors all contribute to the development of depression, through complex interactions. After the COVID-19 pandemic, the disability adjusted life years for depressive disorder was 49.5 million globally, highlighting a very high burden of disease (Santomauro et al, 2021).

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[Online support more helpful for youth anxiety than depression, according to recent review](#)

Anxiety and depression are the most common mental health difficulties experienced by children and young people (CYP) worldwide, yet many struggle to access timely treatment (Westin, 2014). This is a significant issue in the UK, with demand for child and adolescent mental health services surpassing service capacity. This is further exacerbated by limited funding and sufficiently qualified staff (Holmes et al., 2018), which can make it difficult to imagine how this situation will improve anytime soon.

Blogs

[Life Journeys: Depression, recovery and acceptance](#)

When living with depression, a road to recovery can feel hard to find. In the latest series of Life Journeys, Sonia Sanghvi tells SANE what it is like to juggle medications, relationships and looking after your physical health – all whilst trying to rebuild from mental illness.

News

[The Guardian view on loneliness: private pain should be a public priority: Editorial](#)

The personal anguish of those who long for meaningful ties has social causes – and social and economic costs.

[Poor mental health support during pregnancy risks UK women's lives](#)

Women's lives are being put at risk by substandard mental health care during their pregnancy and in the first year after childbirth in most parts of the UK, a report has found.

['For a second, I don't know who I am': Ruby Wax on her stay in a mental health clinic](#)

In this extract from her new book, I'm Not As Well As I Thought I Was, the comedian and writer gives a Zoom talk about depression from her hospital room.