

# 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

22 June 2023

## Studies

### [Associations between common mental disorders and menopause: cross-sectional analysis of the 2014 Adult Psychiatric Morbidity Survey](#)

Our results showed that women who are post-menopausal are more likely to screen positive for possible depression than women who are pre-menopausal. However, we found no significant association between perimenopause and possible depression, or between menopause and GAD, or total CIS-R score after accounting for features of menopause.

### [Real-time air pollution and bipolar disorder symptoms: remote-monitored cross-sectional study](#)

Air pollution is associated with unipolar depression and other mental health problems. We assessed the real-time association between localised mean air quality index and the severity of depression and mania symptoms in people with bipolar disorder. We found that as air quality worsened, symptoms of depression increased. We found no association between air quality and mania symptoms.

### [Autonomic dysregulation, cognition and fatigue in people with depression and in active and healthy controls: observational cohort study](#)

People with a diagnosis of depression report worse fatigue and cognition than active and healthy comparators; this appears to be mediated by ANS dysregulation.

### [Does what you eat affect how you feel?](#)

Summarises a recent paper on the casual relationship between polyunsaturated fatty acids and depression.

### [Computerised CBT for youth anxiety and depression: a growing evidence-base](#)

Reports on a systematic review and meta-analysis investigating the effectiveness of computerised cognitive behavioural therapy (CBT) for depression and anxiety in adolescents.

### [Care or punishment? Black service users' experiences of inpatient mental health care under detention](#)

Summarises findings from a recent qualitative study by Solanki et al. (2023), which explores the experiences of individuals from Black Ethnic backgrounds detained under the Mental Health Act (1983).

### [Serotonin hypothesis of depression: balance \(and imbalance\) is in the eye of the beholder](#)

The 2022 review by Moncrieff et al on the serotonin theory of depression received a great deal of media coverage. In this blog, Rebecca Wilkinson and Sameer Jauhar shed fresh light on this research and what it means for mental health science and practice.

### [Mental health services for sexual minorities: experiences of discrimination, barriers to services and priorities for improvement](#)

Appraises a qualitative study exploring the experiences of sexual minorities when accessing mental health services, with a specific focus on the impact to the therapeutic relationship.



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## Statistics

### [Public opinions and social trends, Great Britain](#)

Around a quarter (26%) of adults reported that they felt lonely often, always or some of the time; 6% of adults reported that they felt lonely often or always, 20% reported they felt lonely some of the time. Around a third (31%) of adults reported having high levels of anxiety. Around 1 in 10 adults reported low levels of happiness and life satisfaction (11% and 9% respectively), while 7% reported low levels of feeling that the things done in their life were worthwhile.

[Dataset](#)

## News

### [No end in sight: Over 5,000 cases of patients with mental illness being sent more than 100km away for vital treatment](#)

Thousands of adults with acute mental health needs and requiring inpatient care, have been sent hundreds of miles from home, for their hospital treatment due to a lack of beds and specialist care.

### [RCPsych responds to BBC Panorama programme on antidepressants](#)

Following the broadcast of Panorama's 'The Antidepressant Story', the Royal College of Psychiatrists has issued a response.

### [Latest CAMHS waiting time figures in Scotland show much room for improvement](#)

The latest round of CAMHS waiting time figures in Scotland show much room for improvement. [Public Health Scotland data](#) revealed that by the end of March, the number of youngsters on the list for CAMHS treatment was up by 138 (1.8%) from December 2022. However the waiting list was down by more than a quarter (26%) on the end of March 2022.

### [Ministers accused of neglecting 'tidal wave' of child mental ill health in England](#)

Ministers have been accused of failing to grasp the "tidal wave" of mental ill health blighting children's lives, after research found that only a quarter of English primaries will be able to offer vital school-based support by the end of next year. With almost one in five pupils aged seven to 16 now thought to have a mental health disorder, specialist support teams were set up to work with children in schools, addressing early symptoms and reducing pressure on overstretched NHS services.

### [Rough sleepers in homeless hotspots to benefit from NHS mental health support](#)

Rough sleepers in towns with high rates of homelessness are to benefit from specialist NHS mental health care across the country. A total of 14 new outreach teams are starting work to increase the total across the country to 37, exceeding the NHS Long Term Plan target of 20 by 2023/24.



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### [More than a third of adults lack confidence in mental health hospitals after string of scandals](#)

More than 1 in 3 British adults (35 per cent) say they don't have confidence that a loved one would be safe if they needed hospital mental healthcare, according to new research by YouGov on behalf of Mind. A third also say they are not confident that a mental health hospital would treat their loved one with respect (32 per cent) or compassion (34 per cent).

### [New paper shows young people interested in online arts and culture for their mental health](#)

Researchers, led by [Dr Rebecca Syed Sheriff](#) in Oxford's Department of Psychiatry, interviewed 13 participants aged between 18 and 24 for the study, [published in the British Medical Journal](#). The participants were socio-demographically diverse, had a range of mental health experiences, and varied in their use of online arts and culture.

### [GP podcasts support women with perinatal mental health illness](#)

An engaging podcast series to enhance healthcare professionals' understanding of perinatal mental health is now available to listen to on NHS England's Learning Hub. The 11 podcasts, led by 'GP champion' Dr Laura Davies and PMH psychiatrist Dr Laurie Windsor, cover a range of topics including postpartum psychosis, birth trauma, eating disorders and perinatal depression.

