

Depression

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



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

7 June 2023

Studies

[What treatment outcomes are important to adolescents with depression? Novel findings from a Q-study](#)

Summarises a Q-sort study which sought to identify which treatment outcomes are the most important to young people with depression.

[Parental mental illness a key risk factor for offspring mental illness: new evidence from Australia](#)

Summarises a new study which suggests that children of parents with experience of mental illness comorbidities represent a vulnerable population and should be prioritised in prevention and intervention efforts.

["Like being a pretender": A meta-synthesis of experiences of loneliness in perinatal depression](#)

Explores experiences of loneliness among women with perinatal depression, reported in a new meta-synthesis published in BMC Psychiatry.

[Is trauma a transdiagnostic risk for mental health problems? Recent umbrella meta-analysis suggests yes](#)

Summarises an umbrella review of systematic reviews and meta-analyses on whether psychological trauma can be considered as a transdiagnostic risk factor for mental health disorders.

[Podcasts as a tool for enhancing mental health literacy: An investigation of mental health-related podcasts](#)

A new study reveals mental-health related podcasts helps listeners find out more about their mental health condition and how to manage it. More than 700 people responded to an online survey, giving information about their reasons for, and experiences of, listening to mental health-related podcasts. The study found listeners with the lowest levels of education and mental health literacy reported the most benefit. The authors hope this will lead to more research, creating greater understanding of the potential health benefits of mental health-related podcasts.

[A systematic review of the print media representation of ketamine treatments for psychiatric disorders](#)

We found 119 articles, peaking in March 2019 when the United States Food and Drug Administration approved esketamine. Ketamine treatment was portrayed in an extremely positive light, with significant contributions of positive testimony from key opinion leaders (e.g. clinicians). Positive research results and ketamine's rapid antidepressant effect were frequently emphasised, with little reference to longer-term safety and efficacy. Side-effects were frequently reported, predominantly ketamine's acute psychotomimetic effects and the potential for addiction and misuse, and rarely cardiovascular and bladder effects. Not infrequently, key opinion leaders were quoted as being overly optimistic compared with the existing evidence base.



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Cochrane Review

[Comparative effectiveness of psychological interventions for treating the psychological consequences of sexual abuse in children and adolescents: a network meta-analysis](#)

On the available evidence it is not clear whether one intervention is more effective than others in helping children and young people who have been sexually abused. There is some evidence, though it is largely uncertain and imprecise, that CBT may be better than management as usual when it comes to reducing the symptoms of PTSD at the end of treatment. No evidence pointed to the effectiveness of other therapies for PTSD, and no therapy appeared to do better than management as usual for the other outcomes we examined. The evidence base for the effectiveness of other psychotherapeutic interventions for sexually abused children and adolescents is limited, particularly in relation to psychodynamic therapy, family therapy and EMDR.

Cochrane Clinical Answer

[For people with cancer and depression, what are the effects of antidepressants?](#)

For people with cancer and depression, antidepressants (selective serotonin reuptake inhibitors (SSRIs), tricyclic antidepressants (TCAs), or other) may be more effective than placebo at improving symptoms, but do not seem to affect quality of life or withdrawals due to adverse effects or any cause. When reviewers compared SSRIs or mirtazapine versus TCAs, there was little to no difference between groups for any outcome. However, the certainty of the evidence for all outcomes is very low, which precludes a sound answer to this clinical question.

Statistics

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

Social insights on daily life and events, including the cost of living, and shortages of goods from the Opinions and Lifestyle Survey (OPN). [Dataset](#)

News

[Funding for ground breaking Mental Health Research for Innovation Centre](#)

Mersey Care and University of Liverpool have been awarded £10.5 million Government funding from the Office for Life Sciences and the National Institute for Health and Care Research to create the **Mental Health Research for Innovation Centre (M-RIC)**. Mersey Care's academic partnership with the University of Liverpool is in response to the 2021 announcement by the Prime Minister to fund four 'Healthcare Missions' dedicated to improving treatment in cancer, obesity, mental health, and addictions. M-RIC's creation builds on our strategic research priorities and the need to understand and address historic mental health inequalities. It will focus on under researched areas such as early intervention in psychosis, depression, and children and young people's mental health, and underpins Liverpool City Region's commitment to patients and service users, providing easy access to clinical trials and increasing their involvement in better care, closer to home. It will advance understanding of how mental, physical, and social conditions are interlinked, and trial new interventions co designed with patients, service users, and industry partners.



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[Met police to stop attending emergency mental health calls](#)

The Metropolitan police will no longer attend emergency calls related to mental health incidents, the force's commissioner has said. Rowley has given health and social care services a deadline of 31 August before the force starts its ban, which will only be waived if a threat to life is feared.

[Parents outline 'woeful' mental health support for students at UK universities](#)

Students who are struggling with their mental health can wait a whole academic year to receive help from university counselling services, while others are allowed only six sessions for their entire degree, according to [a new survey](#).

