

Depression

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



Mersey Care
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Community and Mental Health Services

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Studies

[Promising scalable brief psychological programme to improve refugee youth mental health](#)

Review of a recent randomised controlled trial which suggests that a brief community programme may help improve youth and caregiver psychological wellbeing in young Syrian refugees settled in Jordan.

[Cellular immune phenotypes of depression: a gateway to precision medicine](#)

Summarises a recent systematic review and meta-analysis investigating the role of peripheral immune cells in depression, with a focus on implications for future immunotherapy trials.

[Interventions to foster resilience in nursing staff may help \(a little\) in the short-term](#)

Summarises a recent systematic review and meta-analysis investigating the effectiveness of resilience interventions on the mental health of nursing staff.

[Add on iCBT: weak evidence of modest benefits in depression and anxiety](#)

Reflects on a recent systematic review and meta-analysis that investigated internet-delivered psychological treatment as an add-on to treatment as usual in depression, anxiety, and PTSD.

[Air quality and mental health: evidence, challenges and future directions](#)

There is emerging evidence of associations between poor air quality, both indoors and outdoors, and poor mental health more generally, as well as specific mental disorders. Critical knowledge gaps need to be addressed to design interventions for mitigation and prevention, reflecting ever-changing sources of air pollution. The evidence base can inform and motivate multi-sector and interdisciplinary efforts of researchers, practitioners, policy makers, industry, community groups and campaigners to take informed action.

Cochrane Reviews

[Cognitive remediation virtual reality program for people with bipolar disorder](#)

This RCT aims, with regards to its feasibility and design, to inform a confirmatory trial that evaluates the effectiveness of a VR CR program in psychiatric rehabilitation for the treatment of cognitive dysfunction in people with bipolar disorder. The results could have an impact on psychiatric rehabilitation research with a focus on improving the application of technologies for mental health.

[Cortisol Administration Normalizes Aberrant Functional Connectivity in Women With Depression](#)

These findings are the first to show that women with greater depression severity may be more likely to normalize aberrant connectivity of DMN and SN regions after acute cortisol administration. Overall, these findings contribute to the literature on the neurobiological effects of exogenous cortisol in depression.

[Ketamine versus ECT for Nonpsychotic Treatment-Resistant Major Depression](#)

Ketamine was noninferior to ECT as therapy for treatment-resistant major depression without psychosis.



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[Substance use behaviours in adolescents during and following psychotherapy for unipolar major depression](#)

SUB does not change uniformly across adolescents receiving psychological treatment for MD. For most with no SUB at baseline, treatment is associated with temporarily activating SUB. For some youth with baseline SUB, successful treatment for depression is not associated with post-treatment reductions in SUB. Those with increasing SUB post-treatment exhibit poorer clinical outcomes. These findings support SUB evaluation, assessment, and monitoring in depressed adolescents throughout treatment and follow-up.

[Evaluating Effect Moderators in Cognitive Versus Behavioral Based CBT-Modules and Sequences Towards Preventing Adolescent Depression](#)

Cognitive and behavioral based modules and sequences in the prevention of depression in adolescents might apply to a relatively wide range of adolescents in terms of age group, gender, and severity levels of depressive symptoms.

[Evaluation of an information booklet for adolescents on depression: evidence from a randomized controlled study](#)

This is the first randomized controlled study to demonstrate that an information booklet about youth depression effectively imparts depression-specific knowledge to participants with a history of depression and shows high acceptance. Information booklets that are appealing and increase depression-specific knowledge might be a promising low-threshold and cost-effective approach to reduce barriers to treatment and raise awareness.

[Factors Related to Placebo Response in Randomized, Double-Blind Clinical Trials of Antidepressants in Children and Adolescents: a Meta-regression Analysis](#)

The analyses included 23 trials. On multivariable meta-regression, setting up a placebo lead-in period was significantly associated with a smaller placebo response in the CDRS-R. Setting up a placebo lead-in period should be considered in future clinical trials of antidepressants in adolescents and children.

Strategy

[Scotland's Mental Health and Wellbeing: Strategy](#)

New Mental Health and Wellbeing Strategy for Scotland. This Strategy lays out the long-term vision and approach to improving the mental health and wellbeing of everyone in Scotland.

News

[New animation and podcast mini-series for Tackling Loneliness and Social Isolation elearning](#)

The Tackling Loneliness and Social Isolation programme highlights how health and social care staff and the wider public health workforce can recognise risk factors, risk groups and apply simple interventions that can make a positive impact.

