

# Depression

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



**NHS**  
Mersey Care  
NHS Foundation Trust

20 May 2024

## Studies

### [Shorter sleep and depression: what role do our genes play?](#)

Discusses how one's genetic predisposition to shorter sleep is associated with the onset of depression in older adults.

### [What's BESST for young people? Efficacy of CBT-informed workshops for stress management in older adolescents](#)

Explores the BESST cluster randomised controlled trial, which is out today in The Lancet Psychiatry. BESST stands for Brief Educational Workshops in Secondary Schools Trial.

### [Are psychological interventions effective in preventing relapse and recurrence in depression?](#)

Summarises an individual patient data meta-analysis on the use of psychological interventions for preventing relapse in depression.

### ["Let me see a therapist": mental health support for asylum seekers and refugees](#)

Summarises a qualitative study exploring whether asylum seekers and refugees are provided with appropriate mental health support in Brighton and Hove.

### [Watch yourself! Investigating the efficacy of remotely delivered video feedback in Cognitive Therapy for Social Anxiety Disorder \(CT-SAD\)](#)

Considers a study on internet-delivered compared to face-to-face video feedback to update negative self-perceptions in iCBT for social anxiety disorder.

### [Investigating the impact of the COVID-19 pandemic on recovery colleges: multi-site qualitative study](#)

The pandemic either led to or accelerated developments in recovery college operation, leading to a positioning of recovery colleges as a preventative service with wider accessibility to people with mental health problems, people under the care of forensic mental health services and mental healthcare staff. These benefits are strengthened by relationships with partner organisations and autonomy from statutory healthcare infrastructures.

### [Exploring the differential effects of psychological resilience and social support in mitigating post-traumatic psychiatric symptoms: real-world network analysis of front-line rescuers](#)

The current study represents the first attempt to examine the differential effects of psychological resilience and social support on post-traumatic outcomes in real-world emergency rescuers, controlling for the confounding effect of traumatic events. Our results can act as the theoretical reference for future precise and efficient post-trauma psychological interventions.

### [Determining cut-off values and predictors for the Snaith–Hamilton Pleasure Scale: comparison between clinical and school settings](#)

Our findings highlight the importance of optimal cut-off values in screening for depression risk within clinical and nonclinical groups. Accordingly, the development of comprehensive, individualised programmes to monitor variation trends in SHAPS scores and relevant predictors of anhedonia across different target populations is crucial.



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## Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) reflecting the worries, personal well-being, and loneliness of adults in Great Britain.

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance March 2024 and Quarter 4 2023/24 data](#)

This statistical release makes available the most recent NHS Talking Therapies for anxiety and depression monthly data, including activity, waiting times, and outcomes such as recovery.

## News

[Policies for better mental health](#)

Policies for better mental health calls for the implementation of a mental health policy test, which would ensure that policy proposals across government are assessed on how they are likely to affect people's mental health before being implemented.

[AI to help personalise treatment for depression as part of major trial](#)

People with depression are being invited to be part of a clinical trial testing a new evidence-based AI treatment tool to personalise antidepressant treatment. The revolutionary digital tool, called PETRUSHKA, has been developed and is being trialled by a team at the University of Oxford's Department of Psychiatry, and is funded by the [National Institute for Health and Care Research \(NIHR\)](#).

[Mind responds to NHS mental health services monthly data](#)

NHS Digital has [published](#) its monthly mental health services dataset for March 2024. The statistics provide the most up-to-date insight into a range of mental health services.

[Met police policy on mental health calls may be putting lives at risk, say charities](#)

Force says Right Care Right Person scheme has saved 34,000 officer hours but concerns lead to calls for it to be paused.

[Can mindfulness really make you happy, lower your blood pressure and improve your sleep? Experts reveal all](#)

Mindfulness is said to help everything from anxiety to overeating. But how does it work? Experts separate fact from fiction.

['People who live near green space are less likely to struggle with mental health issues'](#)

The scientist leading a study into how the urban environment affects our wellbeing on the surprising and lasting psychological benefits of even just a small dose of nature.

