

# Depression

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



**NHS**  
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12 November 2024

## Studies

### [Persuasive design principle of social support in digital interventions targeting mental health symptoms: a systematic review and meta-analysis](#)

Based on a small number of component studies, implementing social support strategies in internet-based and mobile-based interventions (IMI) that target mental health symptoms has no significant incremental benefit on effectiveness. To draw more robust conclusions, the potential of other social support strategies besides social facilitation should be exploited in future component studies.

### [Mediating role of resilience on burnout to well-being for hospital nursing staff in Northeast China: a cross-sectional study](#)

There were a number of well-being-related factors identified, including individual and organisational factors, which provide directions for targeted support and interventions of nurses. It could improve the resilience of hospital nursing staff, reduce burnout and enhance well-being.

### [Depression in childhood to early adulthood and respiratory health in early adulthood](#)

Depression in childhood to early adulthood was associated with an increased risk of respiratory ill-health in early adulthood, independently of smoking. Metabolic and inflammatory dysregulations may underlie this link.

### [School-based eating disorder prevention programmes and their impact on adolescent mental health: systematic review](#)

The findings from the ten effective programmes consistently support the use of body acceptance strategies in improving the mental health of adolescent students. Brief interventions delivered by trained, non-licensed facilitators appear good for the sustainable implementation of in-school psychological services to support well-being among adolescents.

### [Investigating changes in mental illness stigma and discrimination after the Time to Change programme in England](#)

The lasting positive changes reflect support for non-discrimination and willingness to interact with someone after a sense of familiarity is evoked. Besides the end of Time to Change, interpretations for declines in other outcomes include the COVID-19 pandemic and economic stress.

### [Validation of the Chinese Maudsley three-item visual analogue scale to measure depressive symptoms in a youth population](#)

The psychometric properties of the Chinese version of the M3VAS suggest that this scale can feasibly evaluate depression among young people in China.

### [Can self help apps PROMOTE wellbeing or PREVENT illness in young adults?](#)

Summarises the ECoWeB PROMOTE and PREVENT trials in relation to self-helps apps for promoting wellbeing and preventing mental ill health among young adults.

### [Apps for depression and anxiety: big new meta-analysis supports effectiveness](#)

Summarises a large-scale updated meta-analysis investigating the effectiveness of mental health apps for depression and anxiety.



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## [Jury remains out on antidepressant-induced mania, despite findings of Danish trial emulation](#)

Summarises a recent Danish study that assesses the risk of antidepressant-induced mania in patients with bipolar depression.

## News

### [Better care for mental health patients under major reforms](#)

Mental Health Act reformed to improve treatment of patients and address disparities. Long-awaited reform would raise thresholds for detaining people in hospital, limit sectioning of people on basis of autism or learning disabilities and end use of police or prison cells as places of safety.

[Mental Health Bill 2025](#)   [Easy Read version](#)   [Factsheet](#)

### [Mapping the mental health of the UK's young people](#)

This map tool draws from the latest data to show prevalence of mental health difficulties across the UK, including rates of eating disorders and self-harm, hospital admissions and secondary care referrals, and wider factors such as loneliness, school absence and bullying. It reveals stark disparities in children's mental health across the four nations of the UK and between local areas.

### [Shaping the Future of Trauma-Informed Care – Insights from the Attune Project's Impact and Dissemination Conference](#)

ATTUNE is a project that explores young people's understanding of mental health and adverse childhood experiences using arts-based methods.

### [Can my 'inner child' help me navigate life as an adult?](#)

People on TikTok are exploring the idea of 'reparenting' their younger self.

### [How can you regain your appetite for life? Slow down a little – and savour everything](#)

We use all sorts of things to escape our own minds, from TV to drugs, sex and Instagram. But satisfaction comes when we give ourselves time to digest our surroundings and experiences.

### [More than an hour of exercise a week may help with 'baby blues', says study](#)

Doing more than an hour of moderate intensity exercise each week may reduce the severity of "baby blues" and almost halve the risk of new mothers developing major clinical depression, the largest analysis of evidence suggests. In the analysis, [published in the British Journal of Sports Medicine](#), the researchers looked at 35 studies involving more than 4,000 women from 14 different countries. The team pooled data from available evidence on the impact of exercise after childbirth.

### [Experiencing intense emotions with others makes people feel more connected, study finds](#)

Whether it is laughing at a classic comedy or watching a horror film from behind a cushion, movies can generate myriad feelings. Now [researchers](#) say experiencing intense emotions alongside others makes people feel more connected – provided you can see them.

[Bipolar disorder: how lithium as a treatment fell out of favour](#) As UK diagnoses have doubled, prescriptions of the treatment have halved. While experts feud over its use, many patients feel it is an effective way of managing their condition.

