

# Depression

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



**NHS**  
Mersey Care  
NHS Foundation Trust

10 December 2024

## Studies

### [Violence against older people is strongly associated with poor mental health](#)

Explores the prevalence of violence against older people and how this relates to mental health.

### [Sticks and stones may break my bones, but words will never hurt me... or will they?](#)

Reflects on the findings of a recent Australian study, which looks at personal language use around suicide, mental health concerns and alcohol and other drug use, and seeks to find consensus on how we speak to each other about these issues.

### [The many faces of mental disorders](#)

Discusses new research on the structure and presentation of mental health disorders, which suggests that although there are many different faces of major mental disorders, some of these faces are far more common than others.

### [Childhood neglect: the neglected trauma?](#)

Summarises a systematic review exploring the prevalence of different types of neglect across a wide variety of mental health conditions.

### [Conversion practices: the PRIDE study explores harms experienced in the LGBTQIA+ community](#)

Summarises the PRIDE study on the experiences of conversion practices and mental health symptoms in sexual and gender minority adults in the US.

### [The entrapment caused by coercive control may be central to its impacts on mental health](#)

Explores an Australian qualitative study looking at the trauma and mental health impacts of coercive control, which suggests that psychological tactics of coercion and control are just as, if not more distressing than physical tactics.

### [All eyes on the ward: the use and impact of surveillance in inpatient mental health settings](#)

Summarises a new systematic review published today on the use and impact of surveillance-based technology initiatives in inpatient and acute mental health settings. The review suggests that surveillance technologies should not be used in mental health settings until further research supports their use.

### [Social determinants increase depression risk: key findings from umbrella review](#)

Summarises the findings from a recent umbrella review on the social determinants of mental health in major depressive disorder, which suggests that early life adversities, intimate partner violence, and food insecurity were the biggest risk factors for depression.

### [Recovery under close observation – three decades on](#)

Recovery has been a driver for policy and practice for thirty years, but this observational study leaves questions about how embedded it really is.

### [Post-traumatic growth in refugees and asylum seekers: reclaiming life through shared stories and community](#)

Summarises an updated systematic review on post-traumatic growth among refugee and asylum-seeking populations, which provides insights into coping mechanisms that help refugees grow after trauma, such as religion, employment and psychological support.



[Antidepressant discontinuation symptoms: what do the data really tell us?](#)

Summarises a robust systematic review and meta-analysis investigating the incidence of symptoms when discontinuing or withdrawing from antidepressants. The data suggest that 8-14% of patients will experience antidepressant discontinuation symptoms, and for around 2% these symptoms will be severe.

[Can we ease the suffering now? Psychological interventions during an 'ongoing threat'](#)

Considers a recent systematic review on effective and feasible psychological interventions for populations under ongoing threats; including terrorist attacks, shootings, fire, physical and psychological abuse, political and armed violence, and ongoing intimate partner violence.

[Mental health and its wider determinants in young people in the UK during 12 months of the COVID-19 pandemic: repeated cross-sectional representative survey](#)

The COVID-19 pandemic had substantial impact on young people, whether on their mental health, their social contacts and interactions or their perspective on what the future holds for them. Young people strongly advocated for better teacher training, and a better integration of mental health services, particularly within their schools.

[Extremism, racism and riots: exploring the political, social and cultural determinants of poor mental health](#)

Violence, terrorism and hatred have direct and indirect impacts on short- and long-term mental and physical health. Racism affects mental health. There is evidence of aetiological influence on mental illnesses, including anxiety, depression, psychoses and post-traumatic stress disorder.

[Externally validated clinical prediction models for estimating treatment outcomes for patients with a mood, anxiety or psychotic disorder: systematic review and meta-analysis](#)

Few models seem ready for further implementation in clinical practice to aid treatment allocation. Besides the need for more external validation studies, we recommend close examination of the clinical setting before model implementation.

[Emergency department presentations and admission for common mental disorders following agency-notified child maltreatment at 40-year follow-up: results from the Childhood Adversity and Lifetime Morbidity study](#)

Child maltreatment is associated with both emergency department presentations and hospital admissions for CMDs in individuals up to 40 years old. Screening for child maltreatment in people presenting to hospital with CMDs may be indicated, as well as a greater awareness that survivors of child maltreatment may be at higher risk of developing such symptoms.

[Circulating inflammatory and neurotrophic markers as moderators and/or mediators of cognitive remediation outcome in people with bipolar disorders](#)

Although preliminary, results suggest that CRT may exert some protective biological effects, and that people with lower levels of neurotrophins or cytokines may benefit more from CRT. We note an absence of associations with cognitive (versus functional) outcomes. These findings require further examination in large well-controlled studies.

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[The hypothalamic–pituitary–thyroid axis, depression and risk of suicide: commentary, Luo et al](#)

There is a considerable literature on the relationship of thyroid function with risk of depression and responsiveness to depression treatment. This literature is briefly reviewed here, followed by a focus on the incremental advance provided by the findings of Luo et al on autoimmune thyroiditis and suicide attempts.

## Reports

[The Big Mental Health Report](#)

Mind have brought together data about mental health problems, stigma and discrimination, alongside real people's experiences, into one annual report, to give a full picture of the state of mental health right now.

[NHS Talking Therapies, for anxiety and depression, Annual reports, 2023-24](#)

This statistical release is the annual report on the NHS Talking Therapies programme from 1st April 2023 to 31st March 2024. NHS Talking Therapies is run by the NHS in England and offers NICE-approved therapies for treating people with anxiety or depression.

## 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.

## e-Learning

[December Foundation Programme Update - Recognising Stress](#)

All doctors feel stress at some time in their working lives. How do you recognise it in yourself and/or in your colleagues? What are your options to deal with it?

## Blog

[The evidence to support the use of social prescribing – latest blog from National Academy for Social Prescribing](#)

GPs and practice teams are under pressure, and the Government is rightly focusing on prevention and bringing more care into communities. Social prescribing is not a panacea, but it can provide a crucial bridge between the NHS and the voluntary sector. The evidence increasingly suggests that is effective not just for patients but for the wider health system too.



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## News

### [BPS reacts to new study that says internet use can make over-50s happier](#)

A study involving 90,000 older adults suggests that regularly using the internet may help reduce feelings of loneliness and enhance physical health.

### [BPS responds to Nacro report which found media coverage on young people twice as likely to be negative than positive](#)

Responding to [Nacro's new report](#) BPS said "Negative media coverage may be a contributing factor in the rise in the number of young people experiencing mental health difficulties".

### [Mind responds to ONS report on the impact of NHS Talking Therapies on employment status](#)

A [report](#) published by the ONS today highlights how NHS talking therapies help people with mental health problems get back into work.

### ['Resilience interventions do work' – why coping strategies should be a staple of education](#)

Early instruction that teaches young people how to recognise negative thought patterns and manage their mental health may help to avoid problems in later life.

### [Mental health patients harmed by being sent to units far from home, report finds](#)

Mental health patients in England are being harmed by the rise in psychiatric unit placements far from their homes and families, a [report](#) indicates.

### [Children's mental health crisis deepens: severe shortage of psychiatrists to meet growing demand](#)

Analysis from the Royal College of Psychiatrists (RCPsych) finds that the number of children and young people accessing treatment for mental health conditions in England has risen by 27% (from 628,454 to 798,479) in just three years from September 2021 to September 2024.

