

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



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Randomised Controlled Trial

[Using Psychological Artificial Intelligence \(Tess\) to Relieve Symptoms of Depression and Anxiety: Randomized Controlled Trial](#) This US small-scale RCT aimed to assess the feasibility of using an integrative AI "Tess" to reduce self identified symptoms of depression and anxiety in college students. A sample of 74 patients participated in this study, which found a statistically significant difference between the control group and test group. The author concluded that this suggests that AI can serve as a cost-effective and accessible therapeutic agent. Although not designed to appropriate the role of a trained therapist, integrative psychological AI may be a feasible option for delivering support.

Studies

[Supported Internet-Delivered Cognitive Behavioral Therapy Programs for Depression, Anxiety, and Stress in University Students: Open, Non-Randomised Trial of Acceptability, Effectiveness, and Satisfaction](#) This study aimed to assess the use of a supported internet delivered cognitive behavioural therapy programme (iCBT) for participants from three counseling centres in the US. The iCBT programs tested in the study appear to be feasible, acceptable, and effective in a university environment. Participants described the benefits of having a flexible, supported Web-based intervention available on campus and the authors concluded that larger trials should be conducted to further test the effectiveness of supported Web-based interventions that give students a choice of program depending on their symptom profile.

[Online Positive Affect Journaling in the Improvement of Mental Distress and Well-Being in General Medical Patients With Elevated Anxiety Symptoms: A Preliminary Randomized Controlled Trial](#) This US study examined the impact of a 12 week web based positive affect journaling intervention on adults with various medical conditions and elevated anxiety symptoms. Although a small scale study (comprising of 70 adults in total) the authors found association between the use of PAJ and less depressive symptoms and anxiety after 1 month and greater resilience after the first and second month, relative to usual care. The study concluded that Web-based PAJ may serve as an effective intervention for mitigating mental distress, increasing well-being, and enhancing physical functioning among medical populations.

[Cultural engagement and incident depression in older adults: evidence from the English Longitudinal Study of Ageing](#) This study aimed to explore the relationship between cultural engagement and risk of depression in older adults. Using data from 2148 adults in the English Longitudinal Study of Ageing, the authors concluded that there was a dose-response relationship between frequency of cultural engagement and the risk of developing depression independent of sociodemographic, health-related and social confounders. This equated to a 32% lower risk of developing depression for people who attended every few months and a 48% lower risk for people who attended once a month or more.

[Advice for Health Care Professionals and Users: An Evaluation of Websites for Perinatal Anxiety](#) This study examined websites containing information and resources for perinatal anxiety looking at accuracy, quality and accessibility. The paper recommends the top 4 websites on perinatal anxiety for health care professionals and users. There is a need for websites to be developed that provide accurate, evidence-based information that women can relate to with quality support resources. Furthermore, these sites should be easy to use and readable.

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Guidance

[Post-traumatic stress disorder – NICE Guideline](#) This guideline covers recognising, assessing and treating post-traumatic stress disorder (PTSD) in children, young people and adults. It aims to improve quality of life by reducing symptoms of PTSD such as anxiety, sleep problems and difficulties with concentration. Recommendations also aim to raise awareness of the condition and improve coordination of care.

[Health matters: reducing health inequalities in mental illness](#) Public Health England has published guidance on actions that local areas can take to reduce health inequalities experienced by people living with mental illness this includes understanding and addressing the social determinants of poor health, building better communities and improving early detection and intervention.

Review

[The Use of Social Networking Sites in Mental Health Interventions for Young People: Systematic Review](#) This review aimed to identify evidence around the use of social networking based interventions to support the mental health of young people aged up to 25 years. The evidence reviewed suggested that young people find Social Networking Site (SNS)–based interventions highly usable, engaging, and supportive. However, future studies need to address the current lack of high-quality evidence for their efficacy in reducing mental health symptoms. Given young people are already turning to SNSs to engage in knowledge seeking and peer-to-peer support, SNS–based youth mental health interventions provide an opportunity to address some of the barriers young people face in accessing qualified mental health support and information.

Research

[Evidence-based school-based mental health programmes; the extent of their implementation worldwide](#) The Mental Elf discusses research in which reviewed the evidence base of school based mental health programmes. The authors estimate that the eight programmes identified in their research, appear to have reached more than 27 million children over the last decade. They call for the creation of new evaluation frameworks and the application of routine outcome monitoring and data linkage to improve the systematic study of the implementation of such programmes in the future. The discussion concludes that there is increasing evidence in this and other recent reviews that universal and targeted intervention can improve the mental health of children and young people. However, implementation to date has focused mainly on High Income Countries, while most children live in LMICs.

News

[Partners of new mums with mental illness set to get targeted support on the NHS](#) NHS England announced that the partners of pregnant women and new mothers who are themselves suffering from anxiety, depression or more severe disorders such as psychosis will be automatically offered a comprehensive mental health assessment and sign-posted to professional support if needed as part of the expansion of perinatal mental health services.

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