

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



Mersey Care
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Community and Mental Health Services

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Systematic reviews

[How can we prevent depression in young adults?](#) Mental Health Masters Students from UCL discuss a recent systematic review and meta-analysis of interventions to prevent depression in young adults for the Mental Elf. The review found some evidence for the effectiveness of preventative interventions in reducing depressive symptoms in young adults, but the evidence in this area remains weak, with no one intervention being identified as most effective. The reviewers suggest that despite the limited evidence available, some intervention characteristics showed a trend towards being more efficient in reducing symptoms such as depression prevention focus, targeted prevention, online delivery and “other” (non-mindfulness, CBT or mind-body) interventions.

[Aerobic exercise is an effective treatment for depression](#) The NIHR reports on a systematic review which examined randomised controlled trials comparing aerobic exercise to antidepressants or usual care in 445 adults diagnosed with major depression. The review found that aerobic exercise was associated with moderate to large reductions in depression scores.

Briefing

[Brexanolone for postpartum depression](#) This briefing from the National Institute for Health Research examines the implications of the use of brexanolone as an injection for IV infusion for women with moderate and severe post partum depression. Some initial have shown that brexanolone rapidly and significantly improves the symptoms of PPD and other hormonal mood disorders when compared to other treatments. If licensed brexanolone would be the first PPD treatment that specifically targets the underlying disease process in PPD.

Guidance

[CGA in Primary Care Settings: Patients presenting with depression](#) As part of its good practice guide, the British Geriatric Society has published a guide for the holistic assessment of mood and cognition and a summary of recommendations for primary care providers addressing patients presenting with depression, including recommending optimising physical health, psychosocial interventions and also the implications for medication treatments in older people.
[CGA in Primary Care Settings: Psychological components](#)

News

[Offer digital CBT to young people with mild depression, NICE says](#) A statement from NICE has highlighted that Digital CBT is delivered on mobile phones, tablets or computers, meaning users can access help quickly, avoiding waiting lists. This recommendation is a fast-tracked update to NICE's existing guidelines on depression in children and young people, which is currently out for consultation until 20 February 2019. [Consultation](#)

Study

[Gender Differences in and the Relationships Between Social Anxiety and Problematic Internet Use: Canonical Analysis](#) The aim of this study was to investigate the relationship between gender and problematic internet use in relation to social anxiety. 505 university students aged between 18-22 years were recruited and the study found that mean differences between men and women were not statistically significant in social anxiety, however in all three Problematic Internet Use assessments men showed more difficulties than women in this study, in terms of problematic excessive internet use, and greater risk of social impairments.

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