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Systematic reviews

[Teenage depression linked to poor psychological and social outcomes in later life](#) This blog article discusses a recent systematic review and meta-analysis on the long-term psychosocial outcomes of teenage depression, which finds that depression as a youth is linked to poorer a number of unfavourable psychological and social outcomes in life including poorer educational attainment and social relationships.

[Is care really shared? A systematic review of collaborative care \(shared care\) interventions for adult cancer patients with depression](#) This systematic review looked at randomised controlled trials comparing a treatment intervention that met the definition of collaborative model of depression care with usual care or other control condition. Studies of adult cancer patients with major depression or a non-bipolar depressive disorder published in English between 2005 and January 2018 were included. Of 8 studies none adhered to the definition of collaborative care, although were multi-disciplinary in nature. The review highlighted joint participation of GPs and specialist care physicians in collaborative care depression management is promoted but not achieved in cancer care.

[The effects of dietary improvement on symptoms of depression and anxiety - a meta-analysis of randomized controlled trials](#) This systematic review examined effects of dietary interventions on depression and anxiety. 16 eligible RCTs with outcome data for 45,826 participants were included. The review found that dietary interventions hold promise as a novel intervention for reducing symptoms of depression across the population. Future research is required to determine the specific components of dietary interventions that improve mental health, explore underlying mechanisms, and establish effective schemes for delivering these interventions in clinical and public health settings.

Study

[Design and Delivery Features That May Improve the Use of Internet-Based Cognitive Behavioral Therapy for Children and Adolescents With Anxiety: A Realist Literature Synthesis With a Persuasive Systems Design Perspective](#) The aim of this study was to explore the design and delivery features of internet-based cognitive behavioural therapy (iCBT) for children and adolescents with anxiety as described in the literature and to examine their relationship to program use outcomes. The study found that when delivered with adjunct support certain persuasive system design features such as rewards, reminders and credibility supports contribute to moderate-to-high use of iCBT prevention and treatment programs for children and adolescents with anxiety. The authors recommend that this research should be used to design standardized definitions and measurement of program use in order to improve the develop and delivery of such treatments.

Meta-analysis

[Dropping out of virtual reality exposure therapy for anxiety: comparison with in-vivo exposure therapy](#) This blog from the Mental Elf discusses a recent meta-analytic examination of attrition in virtual reality exposure therapy for anxiety disorders. This study explored, through a meta-analysis, attrition (drop-outs) from studies using VRET for anxiety disorders. The authors compared this against ET in the real world (in-vivo) and explored reasons why people may or may not continue to use VRET. The study found that VRET does not lead to lower drop-out than in-vivo exposure therapy and recommends further research as although drop-out reasons were similar across virtual and in-vivo ET the reasons were not.

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News

[All pupils will be taught about mental and physical wellbeing](#) An announcement from the Department of Education has stated that all children in England will be taught how to look after their mental wellbeing and recognise when classmates may be struggling. At primary school, pupils will learn that mental wellbeing is a normal part of daily life and why simple self-care – like getting enough sleep and spending time outdoors and with friends – is important. New secondary content will build on everything learned at primary school, ensuring pupils can spot the signs of common mental illnesses such as anxiety and depression in themselves or others.

Randomized Controlled Trial

[A cluster randomized controlled trial of an online psychoeducational intervention for people with a family history of depression](#) This trial aimed to test whether an interactive website for people at familial risk for depression (intervention) would improve intention to adopt, or actual adoption of, depression prevention strategies (primary outcome) and a range of secondary outcome measures. Participants were recruited from 20 general practices in Australia and were asked to complete online questionnaires at baseline and 2-week follow up. At follow up the intervention group were more likely to undergo or have undergone psychological therapies and had better knowledge of depression risk factors.

Papers

[A single dose of fluoxetine reduces neural limbic responses to anger in depressed adolescents](#) Adolescents receiving fluoxetine showed reduced activity in response to angry facial expressions in the amygdala-hippocampal region relative to placebo. Activity in the dorsal anterior cingulate cortex (dACC) was also increased. No changes in symptoms were observed. These results demonstrate, for the first time in depressed adolescents, that fluoxetine has immediate neural effects on core components of the cortico-limbic circuitry prior to clinical changes in mood. The authors suggest that this in conjunction with previous work on the topic could represent a key mechanism through which fluoxetine may act to alleviate irritability symptoms in adolescent depression.

[How Do Adolescents Use Electronic Diaries? A Mixed-Methods Study Among Adolescents With Depressive Symptoms](#) The authors suggest that an e-diary may be a useable reflection tool and suggest the results of this study may be used to develop user-centered electronic health applications that allow users to express their own thoughts and experiences in ways other than systematic mood monitoring.

Review

[Management of perinatal depression with non-drug interventions](#) This review summarizes the evidence on personalized non-drug treatment of perinatal depression, how to incorporate patients' preferences, novel treatments under investigation, and the potential role of biomarkers in matching patients to treatment. Appropriate non-drug interventions include sleep management, group support, individual therapy, remote and computer assisted interventions and more intensive interventions such as transcranial magnetic stimulation for pregnant women and specialized mother-baby units for postpartum women.

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