

Depression medication
therapy resources **anxiety**
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9 April 2019

Systematic Reviews

[What's the relationship between adolescent depression and adult depression?](#) This blog post from the Mental Elf discusses a recent systematic review which looked at adult mental health outcomes of adolescent depression; including depression, anxiety and suicidality in adults. The study found clear links between adolescent depression to adult depression and anxiety disorders, but the evidence in relation to adult suicidality was less robust.

[Comparative efficacy and acceptability of non-surgical brain stimulation for the acute treatment of major depressive episodes in adults: systematic review and network meta-analysis](#) This systematic review aimed to estimate the effectiveness of non-surgical brain stimulation for the acute treatment of major depressive episode. The findings demonstrate that there is evidence for the consideration of non-surgical brain stimulation techniques as alternative or add-on treatments for adults with major depressive episodes. These findings also highlight important research priorities in the specialty of brain stimulation.

[Various drugs are effective and well-tolerated for generalised anxiety disorder](#) This review is the largest to compare the drugs used for generalised anxiety disorder against each other. It included 89 trials in over 25,000 people randomised to 22 different drugs or placebo. Overall the review supports current guidance, that if a drug is to be used for anxiety, to consider an SSRI, followed by an SNRI or pregabalin if that is unsuitable.

Randomised Controlled Trial

[Smoking cessation for people with severe mental illness \(SCIMITAR+\): a pragmatic randomised controlled trial](#) People with severe mental illness are three times more likely to smoke than the wider population, this randomised controlled study looked at the implementation of SCIMITAR+, a bespoke intervention to provide specifically tailored support. The study found that the incidence of quitting at 6 months showed that smoking cessation can be achieved, but the waning of this effect by 12 months means more effort is needed for sustained quitting. [Analysis](#)

[Lamotrigine for "Borderline Personality Disorder": should we prescribe it?](#) Discusses a recent RCT on the clinical effectiveness and cost-effectiveness of lamotrigine in borderline personality disorder. 276 people with a primary diagnosis of "Borderline Personality Disorder" were randomised to receive either Lamotrigine or placebo. The authors found that after a year there was no difference between those taking lamotrigine and those on placebo for any of the measures used.

Paper

[Accuracy of Patient Health Questionnaire-9 \(PHQ-9\) for screening to detect major depression: individual participant data meta-analysis](#) PHQ-9 sensitivity compared with semistructured diagnostic interviews was greater than in previous conventional meta-analyses that combined reference standards. A cut-off score of 10 or above maximized combined sensitivity and specificity overall and for subgroups.

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Guidance

[Pregnancy and bipolar disorder: international prescribing consensus?](#) This blog post describes an analysis of the available literature around bipolar disorder guidelines to examine if there is consensus across evidence-based guidelines for the psychotropic drug management of bipolar disorder during the perinatal period and found low level agreement between guidelines which should be used to inform more robust guideline creation and prescribing strategies.

News

[Specialist mental health support for new mums available in every part of England](#) NHS England have announced that the landmark rollout of specialist perinatal community services across the whole of England, means that mums and mums-to-be who are experiencing anxiety, depression or other forms of mental ill health should be able to access high quality care much closer to home.

[Psychiatrists should consider impact of social media on all children they assess, leading medical body says for first time](#) The Royal College of Psychiatry recommends that questions about technology use should be a routine part of assessments for children, given growing evidence of possible links between harmful content or excessive time spent online and poor mental health.

Reports

[#NewFilters to manage the impact of social media on young people's mental health and wellbeing](#) This is the first national Inquiry specifically examining the impact of social media on the mental health and wellbeing of young people, which ran from April 2018 to January 2019. The report explores the positive and negative health impacts of social media, as well as putting forward recommendations to protect young social media users from potential health harms.

[Children whose families struggle to get on are more likely to have mental disorders](#) A report from the Office of National Statistics found that Children living in families that struggle to function well are more likely to have a mental disorder than those from healthy functioning families. Research on children aged 2 to 16 years, living in England, found higher rates of mental disorders across all ages in those who lived in families that struggled to function well (unhealthy functioning) and parent mental health was also a key factor.

[Exploring loneliness in children, Great Britain: 2018](#) This report from the Office of National Statistics details analysis of children's (aged 10 to 15 years) reporting of loneliness and perception of their circumstances from The Children's Society Household Survey. [Dataset](#)