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Systematic Reviews

[Mindfulness-based cognitive therapy for bipolar disorder](#) This blog post reports on the results of a systematic literature review of studies reporting findings for mindfulness-based cognitive therapy interventions for bipolar disorder. The review found most studies were underpowered or did not present firm conclusions indicating a need for more and higher quality studies in this area. The authors of this systematic review found a potential role for MBCT as an adjunct to psychotropic treatment, but in one article that looked at the role of MBCT alone the results were notably negative, suggesting that MBCT will not be able to replace medication therapy.

[Poor school attendance and anxiety: what's the link?](#) This post provides a summary of a recent systematic review about the association between anxiety and poor attendance at school, which suggests links between anxiety and unexcused absences/truancy, and school refusal, however, due to the lack of high-quality or longitudinal research limit the conclusions that can be drawn. The largest volume of literature on truancy/unexcused absence does suggest that 'high' unexcused absences are associated with anxiety, research looking at continuous scales of absence and anxiety were less likely to find a correlation though the variation between studies is quite large.

Studies

[Using Smartphone-Based Psychoeducation to Reduce Postnatal Depression Among First-Time Mothers: Randomized Controlled Trial](#) This study reports on a randomised controlled trial in Hong Kong which aimed to examine whether a smartphone-based intervention could be a low cost user friendly alternative to face to face sessions. The study found smartphone-based intervention plus TAU (treatment as usual) services was effective in reducing postnatal depression at 4 weeks postpartum compared with a control condition of TAU only.

[Reducing Stress and Preventing Depression \(RESPOND\): Randomized Controlled Trial of Web-Based Rumination-Focused Cognitive Behavioral Therapy for High-Ruminating University Students](#) The primary objective of this study was to test whether guided Web-based RFCBT (i-RFCBT) would prevent the incidence of major depression relative to usual care in UK university students. The results of the RCT found that guided i-RFCBT (internet Rumination-focused Cognitive Behavioral Therapy) can reduce the onset of depression in high-risk young people reporting high levels of worry/rumination and stress. The feasibility study argues for formally testing unguided i-RFCBT for prevention.

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Guidance

[Older Men at the Margins: Guidance for practitioners and services providing groups for older men](#) Age UK has published guidance on how to provide support to men aged 65 and older experiencing loneliness and isolation.

Cochrane Review

[Comparative effectiveness of continuation and maintenance treatments for persistent depressive disorder in adults](#) This Cochrane Systematic review aimed to assess the effects of pharmacological and psychological continuation and maintenance treatments for persistent depressive disorder. The authors found that currently, it is uncertain whether continued or maintained pharmacotherapy (or both) with the reviewed antidepressant agents is a robust treatment for preventing relapse and recurrence in people with PDD, due to moderate or high risk of bias as well as clinical heterogeneity in the analyzed studies.

Project

[Museums on prescription for socially isolated older adults](#) This blog post from the Mental Elf reviews the impact of a social prescription project for socially isolated older adults, building on the 2017 parliamentary report which suggested museums can play a role in public interventions. The authors of the mixed-methods study found promising evidence around the use of museums in improving psychological wellbeing for older adults.

Report

[Caring for the whole person - Physical healthcare of older adults with mental illness: integration of care](#) This Royal College Report describes the importance of meeting the physical healthcare needs of patients with a mental disorder who are over the age of 65.

News

[24/7 text messaging services launched to support those in crisis](#) [Shout](#) is a new text messaging service that is free to use and operated 24/7 designed to help people in crisis.

Randomised Controlled Trial

[Singing speeds up recovery from postnatal depression faster than usual care](#) This post reports on a randomised controlled trial on singing as a psychosocial intervention for post-natal depression (PND). Adult women up to 40-weeks post-birth with an Edinburgh Postnatal Depression Score (EPDS) of ≥ 10 (indicating PND) were randomised to a singing group, a creative play group or a usual care control. All three groups were found to have lower symptoms across the 10 week project, however PND symptoms improved faster in the singing group compared to usual care.