

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



NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

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Randomised Controlled Trial

[iCBT for panic disorder](#) This post from the Mental Elf summarises an RCT (the PAXPD trial) of internet-based cognitive behavioural treatment (iCBT) for panic disorder, which compared guided (via real-time video sessions) with unguided self-help treatment and a waitlist control. The results showed that both guided and unguided intervention were more effective compared to being on a wait-list at reducing panic disorder, depression symptoms, panic attack cognitions, catastrophic cognitions, attentional biases and functional impairment but the guided intervention was more effective in reducing symptoms in the period between 1-6 months after treatment.

Guidance

[Service user experience in adult mental health services](#) This updated quality standard covers improving the experience of people using adult NHS mental health services. It describes high-quality care in priority areas for improvement.

Studies

[Can cultural activities protect people against depression in older age?](#) This post summarises the findings of a study that uses data from the English Longitudinal Study of Ageing to explore cultural engagement (theatre, cinema, art exhibition etc.) and incident depression in older adults.

[What were the impacts of the Committee on Safety of Medicines warning and publication of the NICE guidelines on trends in child and adolescent antidepressant prescribing in primary care? A population based study](#) This study found that following the CSM warning around antidepressant prescription for 4-17years olds prescribing rates for this group reduced.

Systematic Review

[Depression and anxiety in parents of children with intellectual and developmental disabilities: A systematic review and meta-analysis](#) This review examined studies exploring the relationship between parenting a child with intellectual and developmental disabilities and parental depression and anxiety.

Reports

[Exclusion from school is a major inequality factor which cannot continue to be overlooked, urges Samaritans Cymru](#) Samaritans Cymru has released a report on the causes and damaging effects exclusion from school in Wales can have on children and young people.

[Employment Advisers in Improving Access to Psychological Therapies: process evaluation report](#) This report provides findings from the Process Evaluation of the Employment Advisers in Improving Access to Psychological Therapies (EAs in IAPT) programme pilot.

Survey

[Samaritans to encourage men to seek help & 'talk to us'](#) A survey commissioned by Samaritans Ireland shows that there is still a stigma around men seeking help when they are struggling to cope. The survey found that some of the main reasons for diminished mental health include job loss/employment issues, relationship or family problems, and debt or financial worries.

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