

Depression medication
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Studies

[Reason to be cheerful? 'Optimists live longer' study reports](#) "Optimists are more likely to live longer than those who have a more negative approach to life, a US study has found," BBC News reports. The Mail Online reports on the same study claiming that "Optimists are up to 70% more likely to live to be 85".

[Mindfulness: A new tool in firefighters' arsenal to combat depression and anxiety](#) Frontline firefighters experiencing traumatic events could benefit from mindfulness, with a new study showing it may play a role in protecting their mental health. Increased mindfulness was associated with decreased depression and anxiety, as well as greater levels of wellbeing, according to the findings published in [BMC Psychology](#).

[Seeking and accessing professional support for child anxiety in a community sample](#) This study provides current data on parental help-seeking for child anxiety in a community sample from across England. Findings identify a substantial unmet need in relation to this common child mental health problem. The majority of children (> 60%) had not received any professional support, only a very small proportion (< 3%) had received evidence-based treatment, and about a third of parents had not sought professional help for their child's anxiety.

[Identification of Patients in Need of Advanced Care for Depression Using Data Extracted From a Statewide Health Information Exchange: A Machine Learning Approach](#) This study demonstrates the ability to automate screening for patients in need of advanced care for depression across (1) an overall patient population or (2) various high-risk patient groups using structured datasets covering acute and chronic conditions, patient demographics, behaviors, and past visit history. These results show considerable potential to enable preventative care and can be easily integrated into existing clinical workflows.

[Emotional symptoms in adolescent girls: what can we learn from the functional connectivity of neural pathways?](#) A recent resting-state fMRI study that explores neural network disturbances that underpin the emergence of emotional symptoms in adolescent girls.

[Evaluation of a Technology-Based Peer-Support Intervention Program for Preventing Postnatal Depression \(Part 1\): Randomized Controlled Trial](#) The technology-based PIP was found to be effective in reducing the risk of PND among new mothers and showed a generally positive trend in reducing PNA and loneliness and increasing perceived social support. This study highlights the importance of training paraprofessionals to provide needed support for new mothers postpartum.

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Randomised Controlled Trials

[Comparison of the Effects of Coaching and Receipt of App Recommendations on Depression, Anxiety, and Engagement in the IntelliCare Platform: Factorial Randomized Controlled Trial](#) IntelliCare produced strong engagement with apps across all treatment arms. Coaching was associated with stronger anxiety outcomes, and receipt of recommendations enhanced depression outcomes.

[Medium-Term Effects of a Tailored Web-Based Parenting Intervention to Reduce Adolescent Risk of Depression and Anxiety: 12-Month Findings From a Randomized Controlled Trial](#) PiP improved self-reported parenting for up to 9 months postintervention, but its effects on adolescent symptoms were less conclusive, and parent-reported changes were not perceived by adolescents. Nonetheless, given its scalability, PiP may be a useful low-cost, sustainable program to empower parents of adolescents.

News

[New mothers' mental health problems going undetected, says charity](#) Mental health problems among new mothers are going undetected because many get as little as three minutes to discuss their feelings at the six-week postnatal checkup, research claims.

[NCT Hidden Half Campaign](#)

[Children in UK least happy they have been in a decade, says report](#) Charity describes finding that 200,000 children are not content with their lives as 'national scandal'.

[The Good Child report 2019](#)

[Pupils who take drugs, drink and smoke more likely to be unhappy](#) NHS survey of children aged 11-15 also links substance use to stress and poor life satisfaction.

[Full report](#)

[Millions in local investment to support children and young people's mental health](#) £3.3 million is being spent to expand 23 local projects to help prevent mental illness in children and young people.