

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



Mersey Care
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6 January 2022

Systematic Reviews

[Parental loss and grief in childhood linked to an increased risk of depression in adulthood](#)

This post summarises a paper relevant to the Active Ingredients project, which seeks to understand the impact that grief reduction interventions can have on reducing anxiety and depression in young people aged 14-24 years.

[Prevalence and determinants of depression among old age: a systematic review and meta-analysis](#)

This review found a high pooled prevalence rate of depression among the older population. The authors concluded that this study can be considered as an early warning and advised health professionals, health policymakers, and other pertinent stakeholders to take effective control measures and periodic care for the elderly population.

[Is transcranial direct current stimulation, alone or in combination with antidepressant medications or psychotherapies, effective in treating major depressive disorder? A systematic review and meta-analysis](#)

This review found the effect size of tDCS treatment was larger in depression score compared with sham stimulation. The tDCS combined selective serotonin re-uptake inhibitors is the optimized therapy that is effective on depression score and response rate. tDCS monotherapy and combined psychotherapy have no significant effects. The most important parameter for optimization in future trials is treatment strategy.

[Ketamine for the treatment of mental health and substance use disorders: comprehensive systematic review](#)

Systematic reviews and meta-analyses provide support for robust, rapid and transient antidepressant and anti-suicidal effects of ketamine. Evidence for other indications is less robust, but suggests similarly positive and short-lived effects. The conclusions should be interpreted with caution because of the high risk of bias of included studies. Optimal dosing, modes of administration and the most effective forms of adjunctive psychotherapeutic support should be examined further.

[Personal recovery and its challenges in forensic mental health: systematic review and thematic synthesis of the qualitative literature](#)

This paper presents the CHIME-S as a framework for the personal recovery processes of forensic mental health service users. The CHIME-S may guide the recovery-oriented work of forensic mental health services.

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Studies

[Influence of antidepressants on plasma levels of nitric oxide metabolites in patients with major depressive disorder](#)

This study's findings showed that the plasma NOx levels of patients with MDD were significantly lower than those of healthy controls. Treating the depression with antidepressants recovered the plasma NOx levels. There was a negative correlation between the HRSD-17 score and plasma NOx concentration, confirming our preliminary findings. In contrast, in a study by Suzuki et al, the plasma NOx levels in patients with MDD were reported to be significantly higher than those in healthy controls and to decrease after recovery from MDD. Furthermore, there are several reports that suicide attempts in patients with mood disorders and schizophrenia are associated with elevated plasma NOx levels. Thus, the effect of plasma NOx levels on patients with MDD remains controversial.

[Association of Antidepressant Prescription Filling With Treatment Indication and Prior Prescription Filling Behaviors and Medication Experiences](#)

Antidepressant prescription filling behaviours differed by treatment indication and were lower among patients with a history of poor prescription filling or ineffective treatment with antidepressants.

[Antidepressant drug treatment protecting from COVID-19: one more piece in the repurposing puzzle](#)

In the presence of already substantial evidence for an association of antidepressant drug use with better outcomes in patients with a severe and laboratory-confirmed COVID-19 infection, this study highlights the potentially underestimated finding of a protective effect of antidepressant drug use (such as the selective serotonin reuptake inhibitor fluoxetine or the serotonin-2 antagonist and reuptake inhibitor trazodone) against the infection itself in patients who are being treated with antidepressants for depression and/or other psychiatric disorders.

News

[Joint College statement on meeting the mental health needs of children and young people in acute hospitals](#)

The Royal College of Psychiatrists has issued a joint statement with the Royal College of Emergency Medicine and the Royal College of Paediatrics and Child Health about meeting the mental health needs of children and young people in acute hospitals, recognising the enormous toll that the pandemic has taken on the mental health of children and young people across the country.

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