

Depression

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



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31 May 2024

Studies

[Major depression disorder and heart failure: A two-sample bidirectional Mendelian randomization study](#)

Our study provides evidence supporting a one-way causal relationship between MDD and HF. Specifically, MDD increases the risk of developing HF. However, our findings did not provide any evidence suggesting that HF increases the risk of developing MDD.

[The impact of major depressive disorder on glycaemic control in type 2 diabetes: a longitudinal cohort study using UK Biobank primary care records](#)

The timing of MDD diagnosis is important for understanding glycaemic control in T2D. Poorer control was observed in MDD diagnosed post-T2D, highlighting the importance of depression screening in T2D, and closer monitoring for individuals who develop MDD after T2D.

[The effect of education regarding treatment guidelines for schizophrenia and major depressive disorders on psychiatrists' hypnotic medication prescribing behavior: a multicenter study](#)

This is the first study to investigate the educational effects of guidelines for the treatment of psychiatric disorders on psychiatrists in terms of prescribing hypnotic medications to patients. The EGUIDE project may play an important role in reducing hypnotic medication prescription rates, particularly with respect to benzodiazepine receptor agonists. The results suggest that the EGUIDE project may result in improved therapeutic behavior.

[A focus on perpetrators of intimate partner violence in mental health settings is urgently needed](#)

A national study in the UK has shown that perpetration of intimate partner violence is common for men and women attending mental health settings. People who perpetrated intimate partner violence were more likely to have experienced intimate partner violence, particularly for women. Perpetrators who were men were more likely to also perpetrate non-partner violence against family, friends or strangers. Mental health clinicians require training in identification, risk assessment and response, including referrals to behavioural programmes. More research is required to inform such responses; however, the need to address this common hidden problem in mental health settings is urgent.

[Investigating changes in student mental health and help-seeking behaviour after the introduction of new well-being support services at a UK university](#)

Our findings suggest a non-clinical well-being service model may improve student perception of support, influence overall levels of anxiety and low well-being, and reduce clinical need. The current study was only able to examine changes over the short term, and a longer follow-up is needed.

[How can we make children and young people's mental health care more evidence-based?](#)

Summarises a systematic review investigating the barriers and facilitators of implementing evidence-based practice into mental health services for children and young people.



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Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Indicators from the Opinions and Lifestyle Survey (OPN) reflecting the worries, personal well-being, and loneliness of adults in Great Britain.

Report

[A psychological perspective on hoarding](#)

A comprehensive second edition of this popular report from the British Psychological Society's Division of Clinical Psychology (DCP), tailored for psychological professionals to help them support individuals with hoarding difficulties, and understand the complexities of hoarding behaviour without the stigma of labels, focusing instead on the person behind the condition.

Blog

[Talking trauma: trying to be heard over toxic trauma rhetoric](#)

Explains how unhelpful the way we talk about trauma as a society is, and outlines how we can foster more constructive conversations about trauma.

News

[Statin use among people with depression associated with lower mortality](#)

New study of more than one million people with depression in England shows that statin use is associated with lower mortality and no increased adverse events.

