

Mental Health Current Awareness Bulletin June 2019

Camden and Islington NHS Foundation Trust

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C&I Journal Club and Library Training

Are you a nurse, support worker, OT, activity co-ordinator, social worker?
Are your evaluation skills a bit rusty? Do you want to keep up to date with research in your profession but find it hard to find the time?

Then the C&I Monthly Journal Club is for you! All staff and students welcome.

Next club will take place at **St Pancras on 16th July 2019 1-2pm**

Contact: catherinewardle@nhs.net for more information

Library training: If you are interested in developing your literature searching skills or taking part in the critical appraisal of a research article please check out the Library website training page and book yourself a place on one of our popular sessions. www.whittington.nhs.uk/whl

NHS STAFF ONLY

News

[NHS pays firms £181m to care for patients with serious mental illness - The Guardian](#)

[CONFERENCE - Mental health in primary and community care - The Kings Fund](#)

[Medicalising everyday life doesn't help anyone's mental health | Adrian Massey](#)

['It's hard to help a refugee with PTSD who is 112th in line for a council flat' - The Guardian](#)

[Austerity and inequality fuelling mental illness, says top UN envoy - The Guardian](#)

[My son had anorexia. I felt helpless, but now see he is stronger for surviving it - The Guardian](#)

[Just one day of work a week improves mental health, study suggests - The Guardian](#)

['A mother is scared to hold her baby in case he dies in her arms': my job as a health visitor](#)

Guidance and Reports

[Ignoring the Alarms follow-up: Too many avoidable deaths from eating disorders - Public Administration and Constitutional Affairs Committee](#)

[Parity of Esteem – Delivering Physical Health Equality for those with Serious Mental Health Needs - Royal College of Nursing](#)

[The prevalence and persistence of ethnic and racial harassment and its impact on health: a longitudinal analysis - Institute for Social and Economic Research](#)



Whittington Health Library



Articles

[Ethnic density and other neighbourhood associations for mortality in severe mental illness: a retrospective cohort study with multi-level analysis from an urbanised and ethnically diverse location in the UK - The Lancet Psychiatry, Volume 6, ISSUE 6, P506-517, June 01, 2019 \(FREE TO READ\)](#)

Neighbourhood social context might play a role in modifying mortality outcomes in severe mental illness, but has received little attention to date. Therefore, we aimed to assess in an ethnically diverse and urban location the association of neighbourhood-level characteristics and individual-level factors for all-cause, natural-cause, and unnatural-cause mortality in those with severe mental illness.

[No man is an island: social resources, stress and mental health at mid-life . The British Journal of Psychiatry. Cambridge University Press, 2019, pp. 1–7. \(FREE TO READ\)](#)

Positive social relationships are known to mitigate the negative effects of stress on mental health. However, the direction of the association between social resources and mental health remains unclear, and it is not known whether higher than average levels of social resources confer additional benefits, in the short and longer term.

[Changes in prescribing for bipolar disorder between 2009 and 2016: National-level data linkage study in Scotland. The British Journal of Psychiatry, 2019, 1-7 \(FREE TO READ\)](#)

A Scottish study of prescribing for bipolar disorder between 2009-2016 has identified a clear trend towards decreasing lithium use.

[‘What People Diagnosed with Bipolar Disorder Experience as Distressing’: A Meta-Synthesis of Qualitative Research. Journal of Affective Disorders, 2019, 248, 108-130. \(FREE TO READ\)](#)

Bipolar disorder (BD) is considered to have a significantly negative impact on functioning and prognosis is considered poor. Current treatments are modestly effective and predominantly focus on reducing extreme mood fluctuations and symptoms, yet less is known about what patients themselves describe as distressing. Therefore we aimed to assess this through a systematic review.

Systematic Review

[Optimal dose of selective serotonin reuptake inhibitors, venlafaxine, and mirtazapine in major depression: a systematic review and dose-response meta-analysis. Lancet Psychiatry. 2019 Jun 6. \(FREE TO READ\)](#)

Depression is the single largest contributor to non-fatal health loss worldwide. Second-generation antidepressants are the first-line option for pharmacological management of depression. Optimising their use is crucial in reducing the burden of depression; however, debate about their dose dependency and their optimal target dose is ongoing. We have aimed to summarise the currently available best evidence to inform this clinical question.