

Mental Health Current Awareness Bulletin June/July 2024

Camden & Islington NHS Foundation Trust

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- **Quick-fire Critical Appraisal of QUALITATIVE Research** - 26/7/24 11.30-12.30 -- 20/8/24 10-11 -- 23/9/24 10-11 -- 8/10/24 10.30-11.30 -- 25/11/24 9.30-10.30 -- 12/12/24 11-12
- **Quick-fire Critical Appraisal of QUANTITATIVE Research** - 15/8/24 10-11 -- 6/9/24 10.30-11.30 -- 3/10/24 10-11 -- 14/11/24 10.30-11.30 -- 10/12/24 11-12
- **Quick-fire Finding the Evidence** - 6/8/24 1-2 -- 13/9/24 9.30-10.30 -- 18/10/24 11-12 -- 17/12/24 11.30-12.30
- **Quick-fire Health Literacy- Getting your message across** - 23/7/24 10.30-11.30 -- 28/8/24 11.30-12.30 -- 17/9/24 11-12 -- 22/10/24 11-12 -- 28/11/24 10-11 -- 4/12/24 10.30-11.30
- **What the library service can do for me** - 1/8/24 11-11.30 -- 11/9/24 10-10.30 -- 16/10/24 10-10.30 -- 7/11/24 10.30-11 -- 6/12/24 9.30-10
- **Getting the best from Uptodate/BMJ Best Practice** - 1/8/24 12-12.30 -- 16/10/24 11.30-12 -- 7/11/24 11.30-12 -- 6/12/24 11-11.30

To book yourself on a session, please contact whl@nhs.net

We will need your preferred email address and you'll need access to Microsoft Teams from your device.

News

[Voluntary sector partnerships can transform support for people with mental health problems, says new report](#)

[Face your anger and let it out. It's the only way to stay healthy](#)

[UK needs Covid-style push on dementia drugs, says ex-head of vaccine taskforce](#)

['A model for what's possible': inside an inpatient psych unit for young adults](#)

[Almost half of long-term antidepressant users 'could quit with GP support'](#)

[Trauma can leave us emotionally numb – each step towards reconnection is a win | Diane Young](#)

[Ten-minute brain scan could detect dementia early, study suggests](#)

[Antidepressant withdrawal symptoms experienced by 15% of users, study finds](#)

['Find people who understand you and be kind to yourself': an expert guide to living well with neurodiversity](#)

[Domestic abuse drove our daughters to suicide, say families. So what stops coroners acknowledging that?](#)

[Psilocybin in magic mushrooms can influence brain for weeks, study finds](#)

Guidance and Reports

[Guidelines for Psychologists Working with Gender, Sexuality and Relationship Diversity. - British Psychological Society \(BPS\); 2024.](#)

[Clinical considerations for patients prescribed clozapine - Specialist Pharmacy Service; 2024.](#)

[Switching strategies for antidepressants - Specialist Pharmacy Service; 2024](#)

[Reducing out-of-area placements : Avon and Wiltshire Partnership Trust. NHS Confederation; 2024.](#)

[The Approved Mental Health Professional Workforce in the social care sector.- Skills For Care; 2024.](#)

[Digital mental health technology: user and public perspectives - Medicines and Healthcare products Regulatory Agency \(MHRA\); 2024.](#)



Articles

[Multimodal exercise programs may improve posttraumatic stress disorders symptoms and quality of life in adults with PTSD: An overview of systematic reviews with meta-analysis. Martinez-Calderon J. Clinical Rehabilitation 2024;38\(5\):573-588.](#) Free to read with your NHS OpenAthens Account

A total of 14 systematic reviews were included meta-analyzing 23 distinct randomized clinical trials. Overall, the meta-analyses found multicomponent exercise programs may have positive results in reducing PTSD symptoms and improving quality of life. In addition, the results of yoga were inconsistent across the meta-analyses for PTSD symptoms, and no differences between groups were found in favor of yoga for depression symptoms.

[Equity for the 'missing middle': closing the gap between primary and secondary care services for patients with complex mental health needs. Dunn B. British Journal of General Practice 2024;74\(744\):292-294. REQUEST A COPY FOR FREE](#)

Patients and GPs are all too familiar with the difficulty of accessing timely and effective NHS support for complex mental health needs. Patients being 'bounced' between services who state that an individual is either too complex, not complex enough, or somehow otherwise fails to meet service specifications is a daily reality. This editorial outlines the treatment gap and proposes solutions, based on the authors' collective professional and lived experience of mental health.

[Dementia, comorbidity and multimorbidity. Pepper A. British Journal of Community Nursing 2024;29\(7\):321-325.](#) Free to read with your NHS OpenAthens account

Many people living with dementia will also have multimorbidity comprising several other intercurrent, long-term and comorbid conditions. This article examines the relationship between such conditions in the context of dementia, giving an overview of the literature, including prevalence and some of the common conditions that can coexist with dementia.

[Risk factors for homelessness and housing instability in the first episode of mental illness: Initial findings from the AMONT study. Roy L. Early Intervention in Psychiatry 2024;18\(7\):561-570.](#) Free to read with your NHS OpenAthens account

People living with mental illness are more likely than the general population to experience adverse housing outcomes, including homelessness. The aim of the current study is to examine residential status when participants have their first contact with mental health services, and the correlates of residential status at that moment.

[Patient and clinician perspectives on supported mealtimes as part of anorexia nervosa treatment: A systematic review and qualitative synthesis. Komarova D. European Eating Disorders Review 2024;32\(4\):731-747](#) Free to read with your NHS OpenAthens account

This review suggests that supported mealtimes are experienced more positively by patients when rules are clear and consistently enforced, and when clinicians make informal conversation and supportive comments. Our findings highlight the need for best practice guidelines and clinician training to improve the delivery of supported mealtimes.

[Haloperidol \(oral\) versus olanzapine \(oral\) for people with schizophrenia and schizophrenia-spectrum disorders. Ibragimov K. Cochrane Database of Systematic Reviews 2024;7:CD013425.](#) Free to read

Schizophrenia is often a severe and disabling psychiatric disorder. Antipsychotics remain the mainstay of psychotropic treatment for people with psychosis. In limited resource and humanitarian contexts, it is key to have several options for beneficial, low-cost antipsychotics, which require minimal monitoring. We wanted to compare oral haloperidol, as one of the most available antipsychotics in these settings, with a second-generation antipsychotic, olanzapine.

[Cognitive behavioural therapy and third-wave approaches for anxiety and related disorders in older people. Hendriks GJ. Cochrane Database of Systematic Reviews 2024;7:CD007674.](#) Free to read

CBT is known to be effective for anxiety in adults, but its efficacy in older adults (55+) is unclear. This systematic review of 21 RCTs with 1234 participants assessed CBT's effects on anxiety compared to minimal management and other therapies. Short-term, CBT may reduce anxiety and comorbid depression, but long-term benefits are less certain. Limited evidence exists on CBT's effectiveness versus other therapies. Overall, CBT might be beneficial short-term for anxiety in older adults.