

Mental Health Current Awareness Bulletin Aug/Sept 2024

Camden & Islington NHS Foundation Trust

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- Quick-fire Finding the Evidence - 18/10/24 11-12 -- 17/12/24 11.30-12.30
- Quick-fire Health Literacy- Getting your message across - 22/10/24 11-12 -- 28/11/24 10-11 -- 4/12/24 10.30-11.30
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- Getting the best from Uptodate/BMJ Best Practice - 16/10/24 11.30-12 -- 7/11/24 11.30-12 -- 6/12/24 11-11.30

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[The sweeping reorganisation of the brain in pregnancy, and why it matters – podcast](#)

[Flavonoid-rich foods and drinks may cut risk of dementia, study finds - The Guardian](#)

[Dorries caused more mental health deaths by blocking statutory inquiry, hearing told - The Guardian](#)

[Essex mental health inquiry will reveal hundreds more deaths, chair says](#)

['Better than medication': prescribing nature works, project shows](#)

[Part of brain network much bigger in people with depression, scientists find](#)

[People with greater mental resilience may live longer, study finds](#)

[Antidepressant-linked overdose deaths in US have climbed for two decades](#)

['It felt shameful': the profound loneliness of modern motherhood](#)

[Suicide rates in England and Wales reach highest level since 1999](#)

[I did MDMA therapy before it was legal. For me it was transformative – but I have some concerns | Rebecca Huntley](#)

[People in mental health crisis in England can now call NHS 111](#)

Guidance and Reports

[Delivering greener, more sustainable, net zero mental healthcare - Free eLearning module provided by the Royal College of Psychiatrists for RCP members](#)

["Like A Prison: No Control, No Sleep": Mental Health Crisis at Wethersfield Containment Site. Doctors of the World UK \(DOTW UK\); 2024.](#)

[Outcome measures in psychiatry - Royal College of Psychiatrists \(RCPsych\); 2024.](#)

[Framework for routine outcome measurement in liaison psychiatry \(FROM-LP II\) - Royal College of Psychiatrists \(RCPsych\); 2024.](#)

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



Articles

[Targeting early adversity in personalised treatments for depression - The Lancet Psychiatry Volume 11, Issue 9 p669-670 September 2024. Request for FREE](#)

There is an urgent need for the identification of individual predictors of treatment response in psychiatry. Remission rates for major depressive disorder are low¹ and there are no algorithms to guide treatment selection for a given patient. Early adverse experience is a pervasive risk factor for major depressive disorder and is associated with early onset and chronic course.² Stress during development induces molecular, physiological, neural, and behavioural changes, together leading to increased risk for depression and other psychiatric disorders across the lifespan.³

[Supporting distress behaviours in people with dementia in the community. British Journal of Community Nursing 2024;29\(8\):374-377. Read this article using your NHS OpenAthens account](#)

This article discusses distress in dementia, including the interplay between stress and distress, examines the various forms of distress and its causes. The article also presents two fictionalised case studies, drawn from the authors' clinical experience, demonstrating evidence-based approaches community nurses can use in their practice to support people with dementia who experience distress.

[Effectiveness of integrated care for older adults-based interventions on depressive symptoms: A systematic review and meta-analysis - Journal of Clinical Nursing 2024;33\(9\):3737-3751 Request for FREE](#)

ICOPE-based interventions may be a potentially effective alternative approach to reduce depressive symptoms in the older adults. ICOPE-based interventions had a significant effect on reducing depressive symptoms in the older adults. The intervention group characterized by mean age of older adults, intervention duration, gender ratio, health condition and integration types may influence the effect size

[Transitional discharge interventions for people with schizophrenia. Cochrane Database of Systematic Reviews 2024;8:CD009788. - Free to read online](#)

Schizophrenia is a chronic mental illness characterized by delusions, hallucinations, and important functional and social disability. Transitional discharge interventions may anticipate the future needs of the patient after discharge by co-ordinating the different levels of the health system that can effectively guarantee continuity of care in the community.

[The role of the district nurse providing care to service users with obsessive compulsive disorder. British Journal of Community Nursing 2024;29\(9\):432-436. Read this article using your NHS OpenAthens account](#)

Service users living with Obsessive compulsive disorder (OCD) often delay or avoid seeking diagnosis or treatment because of a fear of judgement or feelings of shame associated with their obsessions and compulsions. Developing a close working relationship with the mental health team as a multidisciplinary team and using the team as a resource may contribute to the overall health outcome of service users with OCD.

[Transcranial Magnetic Stimulation and Transcranial Direct Current Stimulation Across Mental Disorders A Systematic Review and Dose-Response Meta-Analysis - . JAMA Network Open 2024;7\(5\):e2412616. Free to read online.](#)

That is the association between dose of transcranial magnetic stimulation (TMS) and transcranial direct current stimulation (tDCS) interventions and response with core symptom severity across mental disorders? This systematic review and dose-response meta-analysis of 110 studies in 4820 participants found that significant dose-response associations were observed for schizophrenia, depression, obsessive-compulsive disorder, and substance use disorders, with distinct curve shapes. Most of these curves exhibited a bell-shaped pattern, indicating that TMS and tDCS may have distinct near-maximal effective doses for each disorder and stimulation site.

[Benefits and harms of structured outdoor physical activity for people with somatic or mental diseases: A systematic review and meta-analysis. Preventive Medicine 2024;183:107966. Free to read online](#)

To examine the benefits and harms of structured outdoor physical activity (PA) for people living with one or more somatic or mental diseases. We identified articles from inception until Marts 2023 in MEDLINE, EMBASE, CINAHL and CENTRAL and citation tracking in Web of Science. We included randomized controlled trials (RCTs) and observational studies examining structured outdoor PA reporting physical function, health-related quality of life (HRQOL), pain or mental outcomes. We used random-effect meta-analyses and investigated heterogeneity in subgroups, sensitivity and meta-regression analyses. Observational studies and studies with insufficient data were summarized narratively. Certainty of evidence was assessed with GRADE.

[Suicide-related internet use among mental health patients who died by suicide in the UK: a national clinical survey with case-control analysis. The Lancet Regional Health - Europe 2024;44:100991. Free to read online](#)

Suicide-related internet use (SRIU) has been shown to be linked to suicide. However, there is limited research on SRIU among mental health patients, who are at 4 to 7 times increased risk of suicide compared to the general population. This study aims to address this gap by exploring the prevalence of SRIU among mental health patients who died by suicide in the UK and describing their characteristics.

[Making Sense of Recovery From First Psychosis With Antipsychotic Medication: A Qualitative Phenomenological Study - Schizophrenia Bulletin 2024; Free to read online](#)

Our findings show that recovery from psychosis with antipsychotics is an all-encompassing, multi-faceted, and ambivalent experience. The themes found in this research could inspire clinicians to discuss less obvious aspects of the experience of recovering with antipsychotics. Even more so, paying attention to the first-person perspective could lead to a more thorough understanding and benefit therapeutic relationships