Wellbeing Bulletin

Articles

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**Early intervention in youth mental health: progress and future directions. [Clinical Review]**
[Evidence to date supports an early intervention paradigm for mental health to prevent or delay the onset of disorders. Where systematically implemented, early intervention proves to be highly accessible and acceptable to young people and results in outcomes that are positive and cost-effective.]
*Freely available online*

**Government plans to reduce death by suicide in England.**
[On 22 January 2019 the Government published its latest suicide prevention plan, which aspires to tackle the high levels of death by suicide in the country. As part of the plan the Government has also established a National Suicide Prevention Strategy Delivery Group. This group will oversee the implementation of the Cross-Government Suicide Prevention Workplan and steer the strategies that have been designed for all sectors of national and local government to take steps to reduce suicides.]
*Available with an NHS OpenAthens password for eligible users*

**Progress in adolescent health and wellbeing: tracking 12 headline indicators for 195 countries and territories, 1990–2016.**
Azzopardi PS. The Lancet 2019;393(10176):1101-1118.
[Rapid demographic, epidemiological, and nutritional transitions have brought a pressing need to track progress in adolescent health. Here, we present country-level estimates of 12 headline indicators from the Lancet Commission on adolescent health and wellbeing, from 1990 to 2016.]
*Freely available online*

**Relapse prevention interventions for smoking cessation.**
Livingstone-Banks J. Cochrane Database of Systematic Reviews 2019;2:CD003999.
[A number of treatments can help smokers make a successful quit attempt, but many initially successful quitters relapse over time. Several interventions have been proposed to help prevent relapse.]

**Self-care is a vital part of safe care.**
Foster S. British Journal of Nursing 2019;28(4):269-269.
[The author considers the need for those involved in frontline care to be empowered to look
after their own wellbeing, in order to provide high-quality care for patients.

Available with an NHS OpenAthens password for eligible users

**The association between anxiety and poor attendance at school - a systematic review.**
[Findings suggest associations between anxiety and unexcused absences/truancy, and school refusal. Clinicians should consider the possibility of anxiety in children and adolescents with poor attendance. However, there is a lack of high quality evidence, little longitudinal research and limited evidence relating to overall absenteeism or excused/medical absences, despite the latter being the most common type of absence. These gaps should be a key priority for future research.]

Freely available online

**Use of dark humour as a coping mechanism.**
[[Comment] Reflection on the use of dark humour as a way to detach from a job enough to move on from it. Importance of using it with caution and alongside debriefing, as a way to protect paramedics' mental health and allow them to continue practicing. ]

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**What is the paramedic's role in smoking cessation?**
[This article proposes an evidence-based quality improvement intervention that can be adopted by paramedics at an individual, service-wide or national level to promote smoking cessation. Building on a structured literature review and using three fundamental questions and a Plan Do Study Act cycle, a quality improvement strategy and evaluation methodology is proposed. Very Brief Advice is described as an effective way of reducing harm from smoking and improving quality of life for patients.]

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**Reports**

*The following report(s) may be of interest:*

**#NewFilters to manage the impact of social media on young people's mental health and wellbeing.**
All Party Parliamentary Group on Social Media and Young People’s Mental Health and Wellbeing; 2019.
[The All Party Parliamentary Group (APPG) on Social Media and Young People’s Mental Health and Wellbeing has published its report on the Group’s Inquiry, which ran from April 2018 to January 2019. The report explores the positive and negative health impacts of social media, as well as putting forward recommendations to protect young social media users from potential health harms.]

Freely available online
'Just one sugary drink a day' linked to health problems.
NHS Behind the Headlines; 2019.
[New research looked at the intake of sugary and artificially sweetened drinks in 2 large groups of health professionals in the US over a period of 28 years for men and 34 years for women. They found a 31% increased risk of death from cardiovascular diseases (such as heart disease or stroke) and a 16% increased risk of death from cancer for people consuming 2 or more sugary drinks a day compared with people who drank less than 1 sugary drink a month.]
Freely available online

A changing landscape: stop smoking services and tobacco control in England.
Action on Smoking and Health (ASH) & Cancer Research UK; 2019.
[Report highlights only 56% of local authorities provided a universal specialist service in 2018-19, down from 61% the previous year; and a further 9% only provided restricted specialist support to targeted groups, such as pregnant women and people with mental health conditions.]
Freely available online

A vision for prevention: Priorities for the Government's green paper on health prevention.
Centre for Mental Health; 2019.
https://www.centreformentalhealth.org.uk/vision-prevention
[The Government’s green paper on prevention is an opportunity to bring about a marked change in the way we support people to have good mental and physical health and how our society’s injustices and inequalities are tackled. This policy paper summarises the key areas where prevention can make a difference in relation to our mental health and wellbeing.]
Freely available online

Addressing Social Isolation To Improve the Health of Older Adults
Agency for Healthcare Research and Quality (AHRQ); 2019.
https://effectivehealthcare.ahrq.gov/topics/social-isolation/rapid-product
[A 'Rapid Review' of the impact of interventions targeting social isolation/loneliness in community-dwelling older adults (60 years and older) on outcomes of social isolation/loneliness, health and health care utilization.
Key Messages: Physical activity interventions to reduce social isolation showed the most promise at improving the health of older adults; however, effects were inconsistent and short-term.]
Freely available online

Can smoking cessation improve cognitive functioning in people with psychosis?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/substance-misuse/smoking-cessation-cognitive-functioning-psychosis/
[A recent prospective cohort study investigates the association between smoking behaviour
and cognitive functioning in patients with psychosis, their siblings and healthy control subjects.]
Freely available online

**Can we screen-and-treat victims of terror attacks?**
The Mental Elf; 2019.
[Nia Oxbourgh summarises a recent study of the outcomes of mental health screening (the screen and treat programme) for UK nationals affected by the 2015-2016 terrorist attacks in Tunisia, Paris and Brussels.]
Freely available online

**Children whose families struggle to get on are more likely to have mental disorders**
Office for National Statistics (ONS); 2019.
[https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/childhealth/publications](https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/childhealth/publications)
[Children living in families that struggle to function well are more likely to have a mental disorder than those from healthy functioning families, new analysis has shown. Research on children living in England found higher rates of mental disorders in those who lived in families that struggled to function well. It showed that parental mental health was also a key factor in the mental health of children, even when taking other factors such as income and ethnicity into account.]
Freely available online

**Daily use of high-strength cannabis increases risk of psychosis.**
NHS Behind the Headlines; 2019.
[Researchers have estimated that people who use high-strength cannabis daily are 5 times more likely to have a first episode of psychosis.]
Freely available online

**Energy drinks and children: government response to Science and Technology Committee report**
Department of Health and Social Care; 2019.
[The consultation asked whether ending the sale of energy drinks to children is the right approach to take to prevent them from consuming excessive amounts. The response proposes that if a restriction on the sale of energy drinks is introduced, the drinks in scope would be any drink, other than tea or coffee, which contains over 150mg of caffeine per litre. The feedback to the consultation will be used to gather further views before making a decision.]
Freely available online

**London 2012 Olympics regeneration had minimal impact on physical and mental**
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000718/london-2012-olympics-regeneration-had-minimal-impact-on-physical-and-mental-health

[NIHR Signal. The London 2012 Olympic and Paralympic Games had only small and transient effects on physical activity, mental health and well-being for those living nearby. Although access to sporting facilities and green space improved, local adolescents and their parents did not receive any sustained positive effect on physical activity, mental health or well-being.]

Freely available online

Supporting mental health and wellbeing in schools: Engaging with all parents and carers.
Anna Freud National Centre for Children and Families; 2019.
https://www.annafreud.org/engagingparents/

[This free booklet has been developed by teachers, clinicians and parents and carers to explore a range of innovative ways that schools can help children by successfully engaging with parents and carers. It includes tips as well as case studies that show both parents’ and schools’ perspectives.]

Freely available online

The State of Ageing in 2019: Adding life to our years.
Centre for Ageing Better; 2019.
https://www.ageing-better.org.uk/publications/state-of-ageing-2019

[This report brings together public data across four areas: work and finances; housing; health; and communities. It reveals vast differences in how people experience ageing depending on factors such as where they live, how much money they have or their sex or ethnicity. Today’s least well-off over 50s face far greater challenges than their wealthier peers and are more likely to die younger, become sicker earlier and fall out of work due to ill health.]

Freely available online

Sustainable Development Solutions Network; 2019.

[The World Happiness Report is a survey of the state of global happiness that ranks 156 countries by how happy their citizens perceive themselves to be. This year’s report focuses on happiness and the community - how happiness has evolved over the past dozen years, with a focus on the technologies, social norms, conflicts and government policies that have driven those changes. The UK was placed fifteenth.]

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This Bulletin was created by Sian Hudson of NHS East Dorset Knowledge and Library Service

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