Mental Disorders Bulletin April 2019

Articles

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Accuracy of Patient Health Questionnaire-9 (PHQ-9) for screening to detect major depression: individual participant data meta-analysis.
[To determine the accuracy of the Patient Health Questionnaire-9 (PHQ-9) for screening to detect major depression.]

Benzodiazepines versus placebo for panic disorder in adults.
Breilmann J. Cochrane Database of Systematic Reviews 2019;3:CD010677.
[Although benzodiazepines are frequently used in the treatment of panic disorder, guidelines recommend antidepressants, mainly selective serotonin reuptake inhibitors (SSRIs), as first-line treatment for panic disorder, particularly due to their lower incidence of dependence and withdrawal reaction when compared to benzodiazepines. Despite these recommendations, benzodiazepines are widely used in the treatment of panic disorder, probably because of their rapid onset of action.]

Cognitive behavioural therapy for clozapine-resistant schizophrenia: the FOCUS RCT.
Morrison AP. Health Technology Assessment 2019;23(7):https://doi.org/10.3310/hta23070.
[Nine months of CBT for clozapine-resistant schizophrenia did not improve the primary outcome of total symptoms at 21 months, although symptoms seemed to be improved at end of treatment.]
Freely available online

Comparative effectiveness of neuroablation and deep brain stimulation for treatment-resistant obsessive-compulsive disorder: a meta-analytic study.
[Across 56 studies, totalling 681 cases (367 ABL; 314 DBS), ABL exhibited greater overall utility than DBS. Overall, ABL utility was greater than DBS, with ABL showing a greater percent improvement in Y-BOCS than DBS. These findings help guide success thresholds in future clinical trials for treatment refractory OCD.]
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Depression in primary care: part 1-screening and diagnosis.
[Depression is a common and heterogeneous condition with a chronic and recurrent natural course that is frequently seen in the primary care setting. Primary care providers play a central role in managing depression and concurrent physical comorbidities, and they face challenges in diagnosing and treating the condition. We outline an approach to screening}
and diagnosing depression in primary care that evaluates current evidence based guidelines and applies the recommendations to clinical practice.

**Depression in primary care: part 2-management.**
Ramanuj P. *BMJ* 2019;365:l835.
[This review presents an evidence based approach to the treatment of depression in primary care, detailing the recommended lifestyle, drug, and psychological interventions at the individual level. It also highlights strategies that are being adopted at an organizational level to manage depression more effectively in primary care.]

**Dialectical behaviour therapy (DBT) for forensic psychiatric patients: An Italian pilot study.**
Bianchini V. *Criminal Behaviour and Mental Health* 2019;29(2):122-130.
[Conclusions: Italy has innovative forensic psychiatric facilities with a new recovery–rehabilitation approach, but the ambitious goals behind these cannot be achieved by pharmacology alone. For the first time in clinical forensic settings in Italy, there has been limited access to DBT. This small pilot study suggests this is likely to help ameliorate traits associated with violent and antisocial behaviours, so a full-scale randomised controlled trial should follow.]

**Electroconvulsive therapy for treatment-resistant schizophrenia.**
Sinclair DJ. *Cochrane Database of Systematic Reviews* 2019;3:CD011847.
[Electroconvulsive therapy (ECT) involves the induction of a seizure by the administration of an electrical stimulus via electrodes usually placed bilaterally on the scalp and was introduced as a treatment for schizophrenia in 1938. However, ECT is a controversial treatment with concerns about long-term side effects such as memory loss. Therefore, it is important to determine its clinical efficacy and safety for people with schizophrenia who are not responding to their treatment.]

**Indicated Prevention Interventions in the Workplace for Depressive Symptoms: A Systematic Review and Meta-analysis.**
[This review demonstrates that indicated interventions can significantly reduce the level of depressive symptoms among workers. The implementation of evidence-based workplace interventions should consequently be considered to prevent the development of depressive symptoms among employees.]

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**Light therapy for preventing seasonal affective disorder.**
Nussbaumer-Streit B. *Cochrane Database of Systematic Reviews* 2019;3:CD011269.
[The prevalence of SAD ranges from 1.5% to 9%, depending on latitude. The predictable seasonal aspect of SAD provides a promising opportunity for prevention. This review - one of four reviews on efficacy and safety of interventions to prevent SAD - focuses on light therapy as a preventive intervention. Light therapy is a non-pharmacological treatment that exposes people to artificial light. Mode of delivery and form of light vary.]
Second-generation antidepressants for preventing seasonal affective disorder in adults.
Gartlehner G. Cochrane Database of Systematic Reviews 2019;3:CD011268.
[Seasonal affective disorder (SAD) is a seasonal pattern of recurrent major depressive episodes that most commonly occurs during autumn or winter and remits in spring. The prevalence of SAD ranges from 1.5% to 9%, depending on latitude. The predictable seasonal aspect of SAD provides a promising opportunity for prevention. This review - one of four reviews on efficacy and safety of interventions to prevent SAD - focuses on second-generation antidepressants (SGAs).]

Guidelines

The following new guidance has recently been published:

Management of physical health conditions in adults with severe mental disorders: WHO guidelines.
World Health Organization (WHO); 2018.
https://apps.who.int/iris/bitstream/handle/10665/275718/9789241550383-eng.pdf?sequence=1&isAllowed=y
[These WHO guidelines constitute an important step in providing better health care for people with SMD, and offer up-to-date, evidence-based recommendations for the management of these physical health conditions and reduction of their risk factors for people with SMD.]
Freely available online

Reports

The following report(s) may be of interest:

Cognitive behavioural therapy may help ease depression in the workplace.
NIHR Dissemination Centre; 2019.
https://discover.dc.nihr.ac.uk/content/signal-000747/cognitive-behavioural-therapy-may-help-ease-depression-in-the-workplace
[NIHR Signal. Workplace-based interventions for people with depressive symptoms are effective. This review of 16 trials looked at early stage interventions to prevent depressive symptoms from developing into more severe depressive illness.]
Freely available online

How should we assess suicide risk in mental health services, or should we stop doing it?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/suicide/how-should-we-assess-suicide-risk-in-mental-health-services-or-should-we-stop-doing-it/
[Vishal Bhavsar reports on the development and validation of a new clinical prediction rule]
(the OxMIS tool), which has been developed by the Forensic Psychiatry and Psychology group at the University of Oxford to help predict the risk of suicide in people with severe mental illness.

Freely available online

**Improving care for people with bipolar disorder: meeting unmet needs.**
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/bipolar-disorder/improving-care-for-bipolar-disorder-meeting-unmet-needs/
[Blog on a narrative review of the recent bipolar disorder literature entitled: "Areas of uncertainties and unmet needs in bipolar disorders: clinical and research perspectives".]
Freely available online

**Lamotrigine for "Borderline Personality Disorder": should we prescribe it?**
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/personality-disorder/lamotrigine-borderline-personality-disorder/
[Keir Harding prepares for the #BIGSPD19 conference by reading Mike Crawford et al’s recent RCT on the clinical effectiveness and cost-effectiveness of lamotrigine in borderline personality disorder.]
Freely available online

**Pregnancy and bipolar disorder: international prescribing consensus?**
The Mental Elf; 2019.
[Dean Connolly looks at an international study which asks: Is there consensus across evidence-based guidelines for the psychotropic drug management of bipolar disorder during the perinatal period?]
Freely available online

**Rates of psychotic disorders: huge variability and important risk factors.**
The Mental Elf; 2019.
[A systematic review and meta-analysis of the incidence of psychotic disorders looks at the distribution of rates and the influence of gender, urbanicity, immigration and socio-economic level.]
Freely available online

**Self-harm in older adults: a forgotten group?**
The Mental Elf; 2019.
[Karen Birnie, Haridha Pandian and Derek Tracy summarise a recent systematic review in the British Journal of Psychiatry on self-harm in older adults.]
Freely available online
Serious about suicide prevention? Invest in primary care.
The Mental Elf; 2019.
[André Tomlin summarises a new report out today by Centre for Mental Health and Samaritans.]
Freely available online

Suicide risk assessment among psychiatric inpatients: pessimism around predictive power.
The Mental Elf; 2019.
[Alex Langford appraises a systematic review that looks at high-risk categories for suicide risk assessment among psychiatric inpatients.]
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