Articles

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**A comparison of gender-linked population cancer risks between alcohol and tobacco: how many cigarettes are there in a bottle of wine?**
[A bottle of wine per week has the same cancer risk as 10 cigarettes per week for women – new study.]
*Freely available online*

**Biomedical risk assessment as an aid for smoking cessation.**
Clair C. *Cochrane Database of Systematic Reviews* 2019;3:CD004705.
[A possible strategy for increasing smoking cessation rates could be to provide smokers with feedback on the current or potential future biomedical effects of smoking using, for example, measurement of exhaled carbon monoxide (CO), lung function, or genetic susceptibility to lung cancer or other diseases.]

**Caffeinated and decaffeinated coffee consumption and risk of all-cause mortality: a dose–response meta-analysis of cohort studies.**
Li Q. *Journal of Human Nutrition and Dietetics* 2019;32(3):279-287.
[The findings of the present study provide quantitative data suggesting that coffee consumption plays a role in reducing the risk of all-cause mortality. Similar inverse associations are found for caffeinated coffee and decaffeinated coffee.]
*Available with an NHS OpenAthens password for eligible users*

**Diminished quality of life among adolescents with coeliac disease using maladaptive eating behaviours to manage a gluten-free diet: a cross-sectional, mixed-methods study.**
[Certain approaches to managing a strict gluten-free diet (GFD) for coeliac disease (CD) may lead to impaired psychosocial well-being, a diminished quality of life (QOL) and disordered eating. The present study aimed to understand adolescents’ approaches to managing a GFD and the association with QOL.]
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**Dose-response relationship between exercise and cognitive function in older adults with and without cognitive impairment: A systematic review and meta-analysis.**
[For older adults with cognitive impairments, we found evidence for exercise programs with
a short session duration and high frequency to predict higher effect sizes (d = 0.43-0.50). In healthy older adults, dose-parameters did not predict the magnitude of exercise effects on cognition.]

Freely available online

Effects of mindfulness-based interventions on alexithymia: a systematic review.
[Systematic review]
Norman H. Evidence-Based Mental Health 2019;22(1):36.
[Findings from our study should be replicated in further research with larger samples; however, the results indicate that mindfulness-based interventions may be an effective treatment in reducing alexithymia.]
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Facilitators and barriers to a dietitian-implemented blended care weight-loss intervention (SMARTsize): a qualitative study.
[Most dietitians considered that implementation of the SMARTsize intervention consisting of e-health, written information and cooking classes and face-to-face counselling is challenging but feasible. Further development of the SMARTsize intervention and implementation tools is needed to lower experienced barriers. It is also recommended that a version of the intervention to be developed that is suitable for patients with lower levels of health literacy.]
Available with an NHS OpenAthens password for eligible users

Family-based prevention programmes for alcohol use in young people.
Gilligan C. Cochrane Database of Systematic Reviews 2019;3:CD012287.
[Alcohol use in young people is a risk factor for a range of short- and long-term harms and is a cause of concern for health services, policy-makers, youth workers, teachers, and parents.]

Higher diet quality in university students is associated with higher academic achievement: a cross-sectional study.
[Unhealthy diets are typical of university students and the effects may be wider reaching than health. The present study aimed to describe the association between dietary intake and academic achievement in a sample of Australian university students.]
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Light smoking confers up to half the amount of the cardiovascular risk associated with smoking a pack of cigarettes a day.
Huxley R R. Evidence-Based Medicine 2019;24(2):77.
[In a nutshell, the difference between heavy and light smokers, in terms of vascular risk, is much smaller than previously recognised, with the risk of having a coronary event or stroke increasing within virtually the first few puffs of a cigarette.]
Available with an NHS OpenAthens password

Stress related disorders and risk of cardiovascular disease: population based, sibling
controlled cohort study.

Books

New book(s) from the Library and Knowledge Service. Call into your nearest library or contact me for more information.

Dialectical behaviour therapy : distinctive features.
[This updated edition reviews recent modifications to the structure of the treatment and considers more recent research evidence for both the biosocial theory underpinning the treatment and treatment efficacy. The book provides a clear overview of a complex treatment, through a unique application of strategies and a discussion of a comprehensive treatment programme that structures the therapeutic journey for the client. ]
Available with free registration

Liberation practices : towards emotional wellbeing through dialogue.
[Liberation psychology is an approach that aims to understand wellbeing within the context of relationships of power and oppression, and the sociopolitical structure in which these relationships exist. Liberation Practices: Towards Emotional Wellbeing Through Dialogue explores how wellbeing can be enhanced through dialogue which challenges oppressive social, relational and cultural conditions and which can lead to individual and collective liberation. ]
Available with appropriate registration or membership

Peer support in mental health.
[In recent years, the concepts of peer support, self-help and self-management have moved from the periphery of mental health care toward the centre as mainstream approaches to supporting well-being. Peer Support in Mental Health provides an overview and an appreciation of the complexities, controversies and applications of each concept. This innovative textbook will support not only mental health professionals and trainees, but also peers, people who use services and their carers. ]
Available with free registration

The simple guide to understanding shame in children : what it is and how to help.
[The perfect starting point for any adult or carer working with children who have experienced shame, this guide provides straightforward answers and explanations to both common and complex questions. At a time when children are more likely than ever to experience shame, the accessible advice in this book helps adults to boost children's self-esteem. ]
Available with appropriate registration or membership
Think good, feel good : a cognitive behavioural therapy workbook for children and young people.
[Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people.]
Available with free registration

Thinking good, feeling better : a cognitive behavioural therapy workbook for adolescents and young adults
[Instructional resource for mental health clinicians on using cognitive behavioural therapy with adolescents and young adults. This book complements author Paul Stallard's Think Good, Feel Good and provides a range of Cognitive Behaviour Therapy resources that can be used with adolescents and young adults. Building upon that book's core strengths, it provides psycho-educational materials specifically designed for adolescents and young people.]
Available with free registration

Reports

The following report(s) may be of interest:

Children's future food inquiry: final report.
The Food Foundation; 2019.
[Research finds that one in three (4.1 million) children live in poverty in the UK, with an estimated 2.5 million living in food insecure households. This report includes the Children’s #Right2Food Charter, which calls for a new, independent Children’s Food Watchdog to lead the charge on tackling children’s food insecurity in the UK.]
Freely available online

Dietary supplements 'do not help improve health outcomes'.
NHS Behind the Headlines; 2019.
[A US study reports that vitamin and mineral supplements do not reduce the risk of death. And there's a suggestion that high-dose calcium supplements could actually increase the risk. But the study is hampered by numerous limitations, so the results are not clear-cut.]
Freely available online

Does prolonged sitting really kill 70,000 people a year in the UK?
NHS Behind the Headlines; 2019.
[A study looked into the impact of sedentary behaviour on a range of conditions including type 2 diabetes and various cancers. The main findings were that compared with being sedentary for less than 3 hours per day, being sedentary for more than 6 hours per day was
associated with more than 69,000 deaths per year in the UK. However, the study was not able to prove that being sedentary directly caused this many deaths.

Freely available online

**E-cigarettes helped more smokers quit than nicotine replacement therapy.**
NIHR Dissemination Centre; 2019.
[https://discover.dc.nihr.ac.uk/content/signal-000757/e-cigarettes-helped-more-smokers-quit-than-nicotine-replacement-therapy](https://discover.dc.nihr.ac.uk/content/signal-000757/e-cigarettes-helped-more-smokers-quit-than-nicotine-replacement-therapy)

[NIHR Signal. Smokers who use NHS stop smoking services appear almost twice as likely to be successful for a year if they use e-cigarettes than if they use nicotine replacement therapy (NRT) products. In a trial of 866 smokers who used NHS stop smoking services, 18% of those assigned to e-cigarettes were abstinent 12 months from their quit date, compared to 9.9% of those assigned to NRT.]

Freely available online

**Getting hospital patients up and moving shortens stay and improves fitness.**
NIHR Dissemination Centre; 2019.
[https://discover.dc.nihr.ac.uk/content/signal-000759/getting-hospital-patients-up-and-moving-shortens-stay-and-improves-fitness](https://discover.dc.nihr.ac.uk/content/signal-000759/getting-hospital-patients-up-and-moving-shortens-stay-and-improves-fitness)

[NIHR Signal. A review summarised thirteen trials from the UK, Europe and Australia, involving 2,703 adults of average age 75, admitted to hospital for medical reasons. It found significant improvements in walking speed (a measure of fitness) among those who took part in programmes to encourage mobilisation, compared with patients who did not. Length of stay was on average two days shorter.]

Freely available online

**Health and well-being at work.**
Chartered Institute of Personnel and Development (CIPD); 2019.
[https://www.cipd.co.uk/knowledge/culture/well-being/health-well-being-work](https://www.cipd.co.uk/knowledge/culture/well-being/health-well-being-work)

[This is the nineteenth annual CIPD survey exploring trends and practices in health, wellbeing and absence management in UK workplaces. Overall, the findings reflect employers' growing recognition of their critical role in improving the health of the workforce. But the survey highlights some cause for concern, including an increase in stress-related absence and a lack of support for managers, who are increasingly expected to take responsibility for their team's wellbeing.]

Freely available online

**Health on the High Street: Running on Empty 2018.**
Royal Society for Public Health (RSPH); 2019.

[Our 2018 campaign updates and expands on the original high street analysis, reflecting the ever-changing face of Britain’s retail environment. The campaign offers practical guidance for local authorities and members of the public who want to make their high streets more health-promoting.]

Freely available online
Higher body mass index is associated with a lower subjective wellbeing.
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/higher-body-mass-index-is-associated-with-a-lower-subjective-wellbeing/
[A recent mendelian randomisation study looks at the causal effects between subjective wellbeing and cardiometabolic health.]
Freely available online

Suffering in silence: age inequality in older people’s mental health care. (CR221)
Royal College of Psychiatrists (RCPsych); 2018.
https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2018-college-reports/cr221
[This Report highlights the need for urgent action to address the poorer outcomes experienced by older people in mental health services compared to other age groups. It sets out the evidence to support this assertion and makes a number of recommendations on how the needs of older people could and should be better met in future years.]
Freely available online

What does improving population health really mean?
The King's Fund; 2019.
https://www.kingsfund.org.uk/publications/what-does-improving-population-health-mean
[Everybody in NHS policy seems to be talking about population health. But what does it really mean and how can we improve it?]
Freely available online

What’s the relationship between adolescent depression and adult depression?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/depression/adolescent-depression-and-adult-depression/
[A recent systematic review looks at adult mental health outcomes of adolescent depression; including depression, anxiety and suicidality in adults.]
Freely available online

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