Mental Disorders Bulletin May 2019

Articles

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Clinical management of females seeking fertility treatment and of pregnant females with eating disorders. [Review]
[The presence of eating disorders might have a significant impact upon pregnancy, birth, and the offspring’s well-being. Here, based on currently available evidence on the topic, specific clinical recommendations are presented. Treatment by a mental health professional may be necessary for pregnant females suffering from acute EDs or prior to fertility treatment. The necessity and drawbacks of fertility treatments in females with EDs are discussed.]
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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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Evidence that active pain treatment improves sleep quality and quantity in people with depression and dementia.
Swift A. Evidence-Based Nursing 2019;22(2):49.
[A total of 106 patients were enrolled into this study. The groups were all affected by depression, cognitive impairment and pain. Active pain treatment improved three measures of sleep quality. Total sleep time improved for those who started the study with poor sleep with a small-to-moderate effect size and buprenorphine produced a better result than paracetamol. No difference was found for sleep parameters in a subgroup analysis of participants with pain at the start of the trial.]
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Exposure-based cognitive behavioural therapy is effective in reducing post-traumatic stress disorder severity in emergency service personnel.
Kerin U. Evidence-Based Nursing 2019;22(2):54.
[‘Brief’ and ‘prolonged’ EBT groups demonstrated a statistically significant decline in PTSD symptoms after treatment.]
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Higher rates of depression among women living with Coronary Heart Disease are associated with poorer treatment outcomes and prognosis.
McGuigan K. Evidence-Based Nursing 2019;22(2):47.
[The 20 studies reviewed showed a higher prevalence of depression among women after the initial cardiac event. Although symptoms of depression in women fell over the following 6 months; when compared with men the levels of depression among women remained higher up to 2 years after the initial event.]
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In-utero and perinatal influences on suicide risk: a systematic review and meta-analysis.
[Adverse in-utero and perinatal conditions might contribute to an increased suicide risk throughout the lifespan; however, existing evidence is sparse and contradictory. We aimed to investigate in-utero and perinatal exposures associated with suicide, suicide attempt, and suicidal ideation.]

Is bullying and teasing associated with eating disorders? A systematic review and meta-analysis. [Review]
[Being victimized through bullying and teasing is associated with EDs, and may constitute a risk factor. Our review underscores the need for more studies, and highlights gaps in the literature. As many patients have been victims of bullying and teasing, addressing such experiences in treatment may be valuable.]
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Management of patients with an advance decision and suicidal behaviour: a systematic review.
[Conclusions: Advance decisions present particular challenges for clinicians when associated with suicidal behaviour. Recommendations for practice and supervision for clinicians may help to reduce the variation in clinical practice.]

Paliperidone palmitate once-every-3-months in adults with early illness schizophrenia.
Bell Lynum KS. Early Intervention in Psychiatry 2019;13(3):667-672.
[This post hoc analysis of a double-blind (DB), randomized, placebo-controlled, relapse-prevention study evaluated the effects of paliperidone palmitate once-every-3-months (PP3M) in a subpopulation of adults with early illness schizophrenia (duration ≤5 years) from a clinical trial.]

Peer support for people with schizophrenia or other serious mental illness.
Chien WT. Cochrane Database of Systematic Reviews 2019;4:CD010880.
[Peer support provides the opportunity for peers with experiential knowledge of a mental illness to give emotional, appraisal and informational assistance to current service users, and is becoming an important recovery-oriented approach in healthcare for people with mental illness.]

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illness.

**Pregnancy-specific health anxiety: symptom or diagnosis?**
[Anxiety is an innate human response to situations that cause fear, worry or concern. One such type is health anxiety. Health anxiety is a term derived from hypochondriasis and divided into two disorders: illness anxiety disorder and somatic symptom disorder. Symptoms can range from mild-to-moderate expressions of worry to clinical diagnoses. Previous research has shown pregnancy-specific anxiety to be an autonomous anxiety disorder.]
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**Sedentary behaviors and anxiety among children, adolescents and adults: a systematic review and meta-analysis.**
[Although the number of studies examining the relationships between sedentary behaviors (SB) and anxiety is growing, an overarching evidence, taking into account children, adolescents, and adults as well as different types of SB and different categories of anxiety outcomes, is still missing. Thus, this systematic review and meta-analysis aimed at obtaining a comprehensive overview of existing evidence.]
*Freely available online*

**What is the evidence for using bed rest as part of hospital treatment of severe anorexia nervosa? [Clinical review]**
Ibrahim A. *Evidence-Based Mental Health* 2019;22(2):77–82.
[There is no evidence to support the use of bed rest in severe anorexia nervosa. Given the risk of harm, both physical and psychological, the practice should be used as an exception, and for the shortest time possible. Intensive nursing support should focus on engagement and ensuring adequate dietary intake, rather than enforcing bed rest. The metabolic demand with gentle activity can be safely managed by appropriate nutrition, and the risk of falls can be prevented by using alternative methods.]
*Available with an NHS OpenAthens password for eligible users*

**When compared to comparator treatment, specialist interventions for anorexia nervosa are more effective in reducing weight-based symptoms, but not psychological symptoms.**
Fishburn K E. *Evidence-Based Nursing* 2019;22(2):55.
[The review found that current specialised treatments were more effective than comparator interventions at improving weight-based symptoms by the EoT cycle. However, improvements in weight-based symptoms were not sustained at follow-up. Additionally, specialised treatments offered no advantage against comparator interventions in terms of a reduction in psychological symptoms.]
*Available with an NHS OpenAthens password*

**Yoga as part of a package of care versus non-standard care for schizophrenia.**
Broderick J. Cochrane Database of Systematic Reviews 2019;4:CD012807.
[Yoga is an ancient body-mind practice which originated in India and is popular in the Western world as a form of relaxation and exercise. It has been of interest for people with schizophrenia to determine the efficacy of yoga delivered as a package of care versus non-standard care.]

Evidence Searches

The inclusion of post-traumatic stress disorder (PTSD) into emergency plans.
Carried out by Lisa Burscheidt from Aubrey Keep on 10/5/2019
[Includes recommendations from reputable sources for incorporating PTSD into emergency plans as well as examples of emergency/major incident response plans that incorporate PTSD.]
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Reports

The following report(s) may be of interest:

Body image: how we think and feel about our bodies.
Mental Health Foundation (MHF); 2019.
https://www.mentalhealth.org.uk/publications/body-image-report
['Body image' is a term that can be used to describe how we think and feel about our bodies. Our thoughts and feelings about our bodies can impact us throughout our lives, affecting, more generally, the way we feel about ourselves and our mental health and wellbeing. This report examines how body image can affect mental health, presents latest body image statistics and provides policy recommendations with tips for individuals.]
Freely available online

Daily skunk cannabis use associated with a 5-fold increase in psychosis risk.
The Mental Elf; 2019.
[Luke Sheridan-Reins explores a recent paper on the contribution of cannabis use to variation in the incidence of psychotic disorder across Europe.]
Freely available online

Digital self-management of schizophrenia: the MindFrame app.
The Mental Elf; 2019.
[Muna Dubad explores a Danish qualitative analysis of young adults' perspectives of a smartphone app (MindFrame), which is designed for people recently diagnosed with
schizophrenia, to empower them to self-manage their condition.]
Freely available online

**Mindfulness-based cognitive therapy for bipolar disorder.**
The Mental Elf; 2019.
https://www.nationalelfservice.net/treatment/mindfulness/mindfulness-based-cognitive-therapy-for-bipolar-disorder/
[A systematic review of mindfulness-based cognitive therapy for bipolar disorder finds a lack of high quality research to support its use in clinical practice.]
Freely available online

**Racial disparities in bipolar disorder diagnosis and treatment: time to talk about racism.**
The Mental Elf; 2019.
[Syeda Akther writes her debut elf blog on a recent review looking at racial disparities in bipolar disorder treatment and research. She argues that we need to start having serious conversations about racism that go beyond unconscious bias.]
Freely available online

**Risk factors for suicide in people with bipolar disorder.**
The Mental Elf; 2019.
[A recent prospective cohort study of risk factors for suicide in bipolar disorder finds significant variation in risk factors in men and women.]
Freely available online
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