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Articles

The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

Physical activity during pregnancy and postpartum depression: Systematic review and meta-analysis.
Nakamura A. Journal of Affective Disorders 2019;246:29-41.
[PA during pregnancy appears to reduce the risk of PPD symptoms. High quality studies addressing the role of PA in the perinatal period and its impact on new mother's mental health remain necessary.]
Contact the library for a copy of this article

Comparative Efficacy and Acceptability of Pharmacological, Psychotherapeutic, and Combination Treatments in Adults With Posttraumatic Stress Disorder: A Network Meta-analysis.
[This network meta-analysis including 12 randomized clinical trials comprising 922 participants with 23 comparisons demonstrated similar findings for the 3 approaches at the end of treatment, but long-term benefits of psychotherapeutic and combined treatments were superior to pharmacological treatments across 6 randomized clinical trials that reported follow-up data.]
Available with an NHS OpenAthens password for eligible users

Reports

The following report(s) may be of interest:

Bipolar disorder and distress: systematic review of first-person accounts.
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/bipolar-disorder/bipolar-disorder-distress/
[A meta-synthesis of qualitative research looks at what people diagnosed with bipolar disorder experience as distressing.]
Freely available online

Higher doses of antidepressants "not optimal", according to new review.
The Mental Elf; 2019.
https://www.nationalelfservice.net/treatment/antidepressants/higher-doses-antidepressants-not-optimal-according-to-new-review/
[Jonathon Tomlinson considers his options as a GP supporting people with depression and complex needs, after reading a new systematic review and dose-response meta-analysis, which suggests that higher doses of antidepressants bring maximum side effects with only marginal gains.]
Freely available online

Long term recovery and resilience in psychosis: the iHOPE-20 study.
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/psychosis/long-term-recovery-psychosis/
[The iHOPE-20 study looks at relationships between and prospective predictors of remission, clinical recovery, personal recovery and resilience 20 years on from a first episode psychosis.]
Freely available online

**Comprehensive network meta-analysis provides guidance to inform choice of medication in GAD.**
BMJ Best Practice; 2019.
https://bestpractice.bmj.com/topics/en-gb/120
[BMJ Best Practice update. A comprehensive new network meta-analysis on medications for GAD has concluded that there are several effective treatment choices available across different classes of medication. This topic has been updated to reflect these findings in the context of clinical experience with these drugs, and now recommends duloxetine, venlafaxine, and escitalopram as first-line options, with mirtazapine, sertraline, fluoxetine, paroxetine, buspirone, and agomelatine as alternatives.]
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