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.

**A systematic review and meta-analysis on the effects of physically active classrooms on educational and enjoyment outcomes in school age children.**
[Physically active classrooms may slightly improve academic achievement compared to the traditional sedentary lessons. Future research is needed to ensure that studies are adequately powered, employ appropriate methods of randomization, and measure a wide range of important student outcomes across the full spectrum of the school-age.]
**Freely available online**

**Association of Sexting With Sexual Behaviors and Mental Health Among Adolescents: A Systematic Review and Meta-analysis.**
[A meta-analysis of 23 studies comprising 41,723 participants found that adolescent sexting is significantly associated with sexual activity, multiple sexual partners, lack of contraception use, delinquent behavior, internalizing problems, and substance use. The associations between sexting and multiple sexual partners, drug use, smoking, and internalizing problems were stronger in younger compared with older adolescents.]
**Available with an NHS OpenAthens password for eligible users**

**Child friendly spaces impact across five humanitarian settings: a meta-analysis.**
[Conclusion: CFS can provide – albeit inconsistently - a protective and promotive environment for younger children. CFS show no impact with older children and in connecting children and carers with wider community resources. A major reappraisal of programming approaches and quality assurance mechanisms is required.]
**Freely available online**

**Developing young men's wellbeing through community and school-based programs: A systematic review.**
[The emergent trend indicated that male-targeted interventions may be more beneficial for young men than gender-neutral programs, however, none of these studies incorporated masculine-specific theory as an overarching framework. It is concluded that there is significant scope for further development of community and school-based health promotion programs that target young men through incorporation of frameworks that consider the
impact of gendered social and environmental determinants of health.]

**Effect of passive exposure to cigarette smoke on blood pressure in children and adolescents: a meta-analysis of epidemiologic studies.**
[Both active and passive cigarette smoking were not associated with developing hypertension in children and adolescents. However, passive cigarette smoke was associated with higher level of systolic blood pressure in children and adolescents.]

**Freely available online**

**Food skills group value, meaning, and use with inpatients in a mental health setting.**
[Occupational therapists use food skills groups as an intervention to support mental health recovery and engagement in meaningful occupation. Food skills groups incorporate the ideas of meal planning, meal preparation, and skills development. The purpose of this study was to understand the meaning and importance of a food skills group for participants admitted to a mental health facility in an urban centre in Canada.]

**Freely available online**

**Maintaining health-related quality of life from 85 to 93 years of age despite decreased functional ability.**
[The ‘oldest-old’ is the most rapidly growing age group in Sweden and in the western world. This group is known to be at great risk of increased functional dependency and the need for help in their daily lives. The aim of this research was to examine how the oldest-old change over time regarding health-related quality of life, cognition, depression and ability to perform activities of daily living and investigate what factors explain health-related quality of life at age 85 and 93 years.]

*Contact the library for a copy of this article*

**Relationship between home environment and energy expenditure of community-dwelling older adults**
[High energy expenditure by healthy older individuals has numerous benefits, and housework and exercises done at home are among the most common physical activities. However, there is little knowledge about how characteristics of the urban built environment could impact energy expenditure for moderate and vigorous daily activities. This study characterizes accessibility and a number of physical barriers, investigates the relationship between home environmental press and energy expenditure at home.]

*Contact the library for a copy of this article*

**Short- and Long-term Effects of a Mobile Phone App in Conjunction With Brief In-Person Counseling on Physical Activity Among Physically Inactive Women: The mPED Randomized Clinical Trial.**
[In this trial, the intervention groups substantially increased their physical activity. However, use of both the app and accelerometer for an additional 6 months after the initial 3-month intervention did not help to maintain increases in physical activity compared with continued use of the accelerometer alone.]

**Spending at least 120 minutes a week in nature is associated with good health and wellbeing.**


[Spending time in natural environments can benefit health and well-being, but exposure-response relationships are under-researched. We examined associations between recreational nature contact in the last seven days and self-reported health and well-being.]

*Freely available online*

**Surgeons and preventive health: a mixed methods study of current practice, beliefs and attitudes influencing health promotion activities amongst public hospital surgeons.**


[Little is known about the participation of surgeons in preventative health activities in the non-admitted hospital care setting. The aim of this study was to identify which preventive health activities surgeons practice and to explore their attitudes towards preventive health.]

**Books**

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

**Asylum: the radical mental health magazine Summer 2019 issue.**


[Now available to peruse in Reay House Library. Subject matter this quarter includes experience of "multiplicity" (coming out as persons of plural identities); digital transformation in the NHS; a service user perspective of medium secure units; impact of psychiatric diagnosis on the family; "why I don't believe schizophrenia is an illness"; the meanings of recovery; and "an intellectual emergency in UK mental health services". Together with book reviews, poems and news. (asylummagazine.org)]

**Cognitive behaviour therapy for children and families.**


[2013 third edition of this standard text. Includes coverage of low intensity treatment methods with families, the use of new technologies to deliver CBT, the development of mindfulness techniques for children and the use of CBT with minority ethnic groups.]

*Available with free registration*

**Evidence Searches**

**Promoting and improving emotional health through building resilience in children and young people using whole school approaches.**

Carried out by Lisa Burscheidt from Aubrey Keep on 27/6/2019
This search includes several systematic reviews of universal and whole-school interventions targeting resilience. Evidence seems to indicate that resilience-focussed whole-school interventions are effective for improving mental health outcomes as well as reducing illicit substance use. Due to heterogeneity, it is difficult to say which interventions will work best in a given context.

Available with an NHS OpenAthens password

Guidelines

The following new guidance has recently been published:

**Physical activity: encouraging activity in the community.**
National Institute for Health and Care Excellence (NICE); 2019. [link](https://www.nice.org.uk/guidance/qs183)

This quality standard covers how local strategy, policy and planning and improvements to the built or natural physical environment such as public open spaces, workplaces and schools can encourage and support people of all ages and all abilities to be physically active and move more. It describes high-quality care in priority areas for improvement.

Freely available online

Reports

The following report(s) may be of interest:

**Children's right to play.**

A recent study of schools across England found an average reduction in break times of 45 minutes for those aged 5-7 and 65 minutes for those aged 11-16 since 1995. The BPS's Division for Educational and Child Psychology calls for all children and young people to have access to free, high quality opportunities for play in their local area, particularly for groups who may experience exclusion from play such as disabled children, those from minority communities and those living in poverty.

Freely available online

**Loneliness and sedentary behaviour: time to take a stand?**
The Mental Elf; 2019. [link](https://www.nationalelfservice.net/populations-and-settings/loneliness/loneliness-sedentary-behaviour/)

Tim Matthews, Molly Bird and Hannah Cocker mark #LonelinessAwarenessWeek with a blog looking at recent research into loneliness and sedentary behaviours in 12-15 year old children.

Freely available online
Moving Matters - Interventions To Increase Physical Activity.
NIHR Dissemination Centre; 2019.
https://www.dc.nih.ac.uk/themed-reviews/research-into-physical-activity.htm
[NIHR Themed Review. Recent NIHR-funded research evaluating what works in getting people active and sustaining that activity. It features: over 50 published and ongoing studies; a look at all age groups - from children to adults, as well as workplace changes and the effect of the built and natural environment.]
Freely available online

Social resources help maintain mid-life mental health.
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/social-resources-help-maintain-mid-life-mental-health/
[Social ties and better personal support help individuals becoming resilient to high levels of stress. Children and adolescents with strong social skills also have better mid-life social resources, leading to a better ability to deal with stress at middle age.]
Freely available online

Who gets bullied? Using genetic information to identify individual vulnerabilities.
The Mental Elf; 2019.
[Lucy Bowes explores a multi-polygenic score approach to identifying individual vulnerabilities associated with the risk of bullying, which suggests that depression, ADHD, risk taking, BMI and intelligence are independently associated with exposure to bullying.]
Freely available online

Websites

The following website(s) may be of interest:

Adding folic acid to flour
https://www.gov.uk/government/consultations/adding-folic-acid-to-flour
[The Government is seeking views on their proposal to make it mandatory for flour millers to add folic acid to flour (a process known as ‘fortification’). Mandatory fortification of flour with folic acid should help raise people’s levels of ‘folate’. Raising folate levels in women who could become pregnant would help reduce the number of babies born with birth defects of the brain, spine or spinal cord, known as ‘neural tube defects’.]
Freely available online
This Bulletin was created by Sian Hudson of NHS East Dorset Knowledge and Library Service

Need further help? The NHS Library & Knowledge Team is here to support the information needs of all NHS staff across Dorset. We’re happy to help you with literature searches, search skills training and advice, keeping you up to date, and general references enquiries.

Contact us:
Telephone: 01202 442101/01202 704270
library@poole.nhs.uk library@rbch.nhs.uk
https://eastdorsetnhslibrary.wordpress.com

Register for OpenAthens to access e-resources: https://openathens.nice.org.uk/

To subscribe/unsubscribe from this bulletin please reply to the email.

By signing up to receive this bulletin, you agree that the information provided (your email address and name) will be held on NHS East Dorset Library and Knowledge Service files or databases. You will only be contacted by us in reference to this bulletin. By submitting this information you agree that your details may be used for this purpose. Your details will not be passed on to any third parties.