Articles

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**A nurse’s introduction to attention deficit hyperactivity disorder.**
[Attention deficit hyperactivity disorder (ADHD) is currently one of the most prevalent neurodevelopmental psychiatric diagnoses for children and young people in the UK. An NHS series of surveys completed by Forbes et al (2018) found a ‘hyperactivity disorder’ diagnosis rate of 1.6% for children aged between 5 and 19 years. This is much lower than the estimated worldwide diagnostic rate of 5–7% in children and adolescents and did not capture the 47.4% persistence rate into adulthood.]
*Available with an NHS OpenAthens password for eligible users*

**Antidepressants plus benzodiazepines for adults with major depression.**
Ogawa Y. *Cochrane Database of Systematic Reviews* 2019;6:CD001026.
[Anxiety frequently coexists with depression and adding benzodiazepines to antidepressant treatment is common practice to treat people with major depression. However, more evidence is needed to determine whether this combined treatment is more effective and not any more harmful than antidepressants alone. It has been suggested that benzodiazepines may lose their efficacy with long-term administration and their chronic use carries risks of dependence.]

**Associations between gabapentinoids and suicidal behaviour, unintentional overdoses, injuries, road traffic incidents, and violent crime: population based cohort study in Sweden.**
Molero Y. *BMJ* 2019;365:l2147.
[To examine associations between gabapentinoids and adverse outcomes related to coordination disturbances (head or body injuries, or both and road traffic incidents or offences), mental health (suicidal behaviour, unintentional overdoses), and criminality.]

**Cariprazine Treatment of Bipolar Depression: A Randomized Double-Blind Placebo-Controlled Phase 3 Study.**
[Conclusions: Cariprazine, at both 1.5 mg/day and 3.0 mg/day, was effective, generally well tolerated, and relatively safe in reducing depressive symptoms in adults with bipolar I depression.]

**Comparative effectiveness of continuation and maintenance treatments for persistent depressive disorder in adults.**
Machmutow K. *Cochrane Database of Systematic Reviews* 2019;5:CD012855.
Growing evidence indicates that persistent depressive disorder (PDD) responds well to several acute interventions, such as combined psychological and pharmacological treatments. Yet, given the high rates of relapse and recurrences of depression following response to acute treatment, long-term continuation and maintenance therapy are of great importance. To date, there has been no evidence synthesis available on continuation and maintenance treatments of PDDs.

**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.]

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**Efficacy and Safety of Flexibly Dosed Esketamine Nasal Spray Combined With a Newly Initiated Oral Antidepressant in Treatment-Resistant Depression: A Randomized Double-Blind Active-Controlled Study.**
[Conclusions: Current treatment options for treatment-resistant depression have considerable limitations in terms of efficacy and patient acceptability. Esketamine is expected to address an unmet medical need in this population through its novel mechanism of action and rapid onset of antidepressant efficacy. The study supports the efficacy and safety of esketamine nasal spray as a rapidly acting antidepressant for patients with treatment-resistant depression.]

**Efficacy of Esketamine Nasal Spray Plus Oral Antidepressant Treatment for Relapse Prevention in Patients With Treatment-Resistant Depression: A Randomized Clinical Trial.**
Daly EJ. *JAMA Psychiatry* 2019;:--.
[For patients with TRD who experienced remission or response after esketamine treatment, continuation of esketamine nasal spray in addition to oral antidepressant treatment resulted in clinically meaningful superiority in delaying relapse compared with antidepressant plus placebo.]

**Family therapy approaches for anorexia nervosa.**
Fisher CA. *Cochrane Database of Systematic Reviews* 2019;5:CD004780.
['Family therapy approaches' indicate a range of approaches, derived from different theories, that involve the family in treatment. We have included therapies developed on the basis of dominant family systems theories, approaches that are based on or broadly similar to the family-based therapy derived from the Maudsley model, approaches that incorporate a focus on cognitive restructuring, as well as approaches that involve the family without articulation of a theoretical approach.]
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

Lithium for acute mania.
McKnight RF. Cochrane Database of Systematic Reviews 2019;6:CD004048.
[Lithium is an effective maintenance treatment for bipolar disorder. It acts as mood stabiliser and reduces the risk of suicide. However, evidence assessing the efficacy of lithium in the treatment of acute mania is less robust. Current evidence-based guidelines cite multiple anti-dopaminergic and mood-stabilising agents as initial treatments: more definite evidence is needed to decide if lithium should be the first-line therapy.]

Long-term improvements after mindfulness-based group therapy of depression, anxiety and stress and adjustment disorders: A randomized controlled trial.
[Conclusions: To the best of our knowledge, this is the first RCT comparing the long-term improvements after mindfulness-based group therapies (MGTs) with treatment as usual (TAU). Although it cannot be excluded that our findings are a result of the natural course of common psychiatric disorders or other factors, they suggest a long-term positive improvement after both MGT and TAU.]

Mitigation of Olanzapine-Induced Weight Gain With Samidorphan, an Opioid Antagonist: A Randomized Double-Blind Phase 2 Study in Patients With Schizophrenia.
[Conclusions: The antipsychotic efficacy of olanzapine plus samidorphan was equivalent to that of olanzapine plus placebo, and olanzapine plus samidorphan was associated with clinically meaningful and statistically significant mitigation of weight gain compared with olanzapine plus placebo. Olanzapine plus samidorphan was generally well tolerated, with a safety profile similar to olanzapine plus placebo.]

Olanzapine Versus Placebo in Adult Outpatients With Anorexia Nervosa: A Randomized Clinical Trial.
[Conclusions: This study documented a modest therapeutic effect of olanzapine compared with placebo on weight in adult outpatients with anorexia nervosa, but no significant benefit for psychological symptoms. Nevertheless, the finding on weight is notable, as achieving change in weight is notoriously challenging in this disorder.]
Optimal dose of selective serotonin reuptake inhibitors, venlafaxine, and mirtazapine in major depression: a systematic review and dose-response meta-analysis. 
[Intepretation: For the most commonly used second-generation antidepressants, the lower range of the licensed dose achieves the optimal balance between efficacy, tolerability, and acceptability in the acute treatment of major depression.]

Prevalence of non-suicidal self-harm and service contact in England, 2000-14: repeated cross-sectional surveys of the general population. 
[The prevalence of non-suicidal self-harm (NSSH) has increased in England, but resultant service contact remains low. In 2014, about one in five female 16–24-year-olds reported NSSH.... Self-harm needs to be discussed with young people without normalising it. Young people should be offered help by primary care, educational, and other services to find safer ways to deal with emotional stress.]

Psychological therapies for preventing seasonal affective disorder. 
Forneris CA. Cochrane Database of Systematic Reviews 2019;5:CD011270.  
[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 is one of four reviews on the efficacy and safety of interventions to prevent SAD; we focus on psychological therapies as preventive interventions.]

The nurse consultant in mental health services: a national, mixed methods study of an advanced practice role. 
Brimblecombe N. J Psychiatr Ment Health Nurs 2019;:--.  
[The nurse consultant is an advanced practice role providing expert clinical practice, consultancy and professional leadership. To date, few studies have examined this role within mental health services and none have described the professional characteristics of post holders. The main aims of the study were to identify changes in nurse consultant numbers in mental health services, identify post holder characteristics and factors influencing number of posts.]

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
Do general hospital staff stigmatise people with mental illness?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/substance-misuse/do-general-hospital-staff-stigmatise-people-with-mental-illness/
[A recent systematic review looks at general hospital health professionals’ attitudes and perceived dangerousness towards patients with comorbid mental and physical health conditions.]
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

Prescribing lithium for bipolar disorder: are we too scared?
The Mental Elf; 2019.
https://www.nationalelfservice.net/mental-health/bipolar-disorder/prescribing-lithium-bipolar-disorder/
[A Scottish study of prescribing for bipolar disorder between 2009-2016 has identified a clear trend towards decreasing lithium use.]
Freely available online
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