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.

Adolescent Mental Health Program Components and Behavior Risk Reduction: A Meta-analysis.
[Universally delivered interventions can improve adolescent mental health and reduce risk behavior. Of 7 components with consistent signals of effectiveness, 3 had significant effects over multiple outcomes (interpersonal skills, emotional regulation, and alcohol and drug education).] Available with an NHS OpenAthens password for eligible users

Anxiety and fear management in paediatric dentistry using distraction techniques.
Robertson M. Evidence-Based Dentistry 2019;20(2):50-51.
[The studies included in this systematic review suggest that distraction techniques might be useful to control children's anxiety and fear during dental appointments, however, the certainty of evidence is very low.]

Effects of a school teacher-led 45-minute educational program for mental health literacy in pre-teens.
[Conclusions: Concise teacher-led programs administered in schools can have positive and lasting effects on mental health literacy in pre-teens.]

Environmental interventions to reduce the consumption of sugar-sweetened beverages and their effects on health.
von Philipsborn P. Cochrane Database of Systematic Reviews 2019;6:CD012292.
[Frequent consumption of excess amounts of sugar-sweetened beverages (SSB) is a risk factor for obesity, type 2 diabetes, cardiovascular disease and dental caries. Environmental interventions, i.e. interventions that alter the physical or social environment in which individuals make beverage choices, have been advocated as a means to reduce the consumption of SSB.]

How do economic downturns affect the mental health of children? Evidence from the National Health Interview Survey.
[Research linking economic conditions and health often does not consider children's mental health problems, which are the most common and consequential health issues for children]
and adolescents. We examine the effects of unemployment rates and housing prices on well-validated child and adolescent mental health outcomes and use of special education services for emotional problems in the 2001-2013 National Health Interview Survey.

How do people with intellectual disabilities construct their social identity? A review
[The review advances our understanding of social identity formation in people with intellectual disabilities, with implications for future research and practice to support construction of positive social identities and stigma resistance.]
Available with an NHS OpenAthens password for eligible users

Hypnotherapy for smoking cessation.
Barnes J. Cochrane Database of Systematic Reviews 2019;6:CD001008.
[Hypnotherapy is widely promoted as a method for aiding smoking cessation. It is intended to act on underlying impulses to weaken the desire to smoke, or strengthen the will to stop.]

Impact of sugar-sweetened beverage taxes on purchases and dietary intake: Systematic review and meta-analysis.
[The aim was to conduct a systematic review of real-world sugar-sweetened beverage (SSB) tax evaluations and examine the overall impact on beverage purchases and dietary intake by meta-analysis.]
Freely available online

Mental health, social inclusion and the development of vocational services in the NHS – what can be learnt?"
[SLAM author Mark Bertram describes the learning from a historical NHS vocational service development that focused on: mental health, employment and social inclusion – in an inner city area – involving service users, staff and commissioners.]
Contact the library for a copy of this article

Parenting intervention programmes during childhood can improve health outcomes for black and rural communities.
Frazer K. Evidence-Based Nursing 2019;22(3):92.
[Targeted improvements for reducing smoking, alcohol intake and drug use are required amongst disadvantaged groups to reduce rates of morbidity and mortality. Future research needs to consider factors associated with engagement in supportive parenting programmes] Available with an NHS OpenAthens password

Physical activity and exercise as a universal depression prevention in young people: A narrative review.
[Conclusions: The studies reviewed in the current review demonstrate a bidirectional relationship between physical activity, exercise and adolescent mental health. The results of
the current review suggest that physical activity and exercise programs designed to increase
the level of activity in young people should be implemented to be attractive and achievable to
young people that may have poor psychological health.

**Qualitative exploration of a targeted school-based mindfulness course in England**
[Conclusions: Young people were willing to engage in mindful practice and felt it better equipped them to deal with stressful situations.]
*Available with an NHS OpenAthens password for eligible users*

**Routine health checks can provide opportunities for alcohol health promotion in older adults who identify as responsible drinkers.**
Alfred L. *Evidence-Based Nursing* 2019;22(3):91.
[This review highlights that routines and patterns of alcohol consumption in later life were influenced by a combination of sociocultural and environmental factors over the life course. Furthermore, social occasions involving alcohol played an important role in maintaining older people’s social connections. There were some interesting cultural and gender differences, for example, men’s drinking decreased with age, while it increased for women.]
*Available with an NHS OpenAthens password*

**Sugary drink consumption and risk of cancer: results from NutriNet-Santé prospective cohort**
*BMJ* 2019;doi.org/10.1136/bmj.l2408.
[In this large prospective study, the consumption of sugary drinks was positively associated with the risk of overall cancer and breast cancer. 100% fruit juices were also positively associated with the risk of overall cancer. These results need replication in other large scale prospective studies. They suggest that sugary drinks, which are widely consumed in Western countries, might represent a modifiable risk factor for cancer prevention.]
*Freely available online*

**Books**

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

**An introduction to coping with depression; Brosan L**
[Depression is the predominant mental health condition worldwide, affecting millions of people each year. but it can be treated effectively with cognitive behavioural therapy (CBT). This book explains what depression is and how it makes you feel. It will help you to understand your symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy.]
*Available with appropriate registration or membership*

**An introduction to coping with grief.**
[Grief is a natural reaction to loss but in some cases it can be devastating, preventing you from moving on in your life and affecting your relationships and work. This fully updated self-help guide offers an examination and explanation of the grieving process and outlines clinically-proven strategies, based on cognitive behavioural therapy (CBT), to help you adjust to life without a loved one.:
Available with appropriate registration or membership

_an introduction to Coping with health anxiety: Hogan B_
[Health anxiety affects many people across the world - a preoccupation with physical illness that is equally bad for your mental health. This self-help guide explains how it develops and what keeps it going.]
Available with appropriate registration or membership

_Anti-oppressive counseling and psychotherapy : action for personal and social change._
[Examines the impact of structural inequality on mental health and provides a framework for an anti-oppressive practice that recognizes privilege and challenges systemic barriers. Readers will learn how to implement intervention techniques that take into consideration the diverse social identities of both therapist and client. The text also teaches students and practicing psychotherapists how to use anti-oppressive practices to effect social change within society at large.]
Available with free registration

_Grief works; stories of life, death and surviving._
[This book is full of psychological insights on how grief, if approached correctly, can heal us.]
Available with appropriate registration or membership

_Life after bereavement; beyond tomorrow_
[This book acts as a supportive road map through the initial period of loss, and through the weeks and months that follow.]
Available with appropriate registration or membership

_Mind over mood; Greenberger D_
[Discover simple yet powerful steps you can take to overcome emotional distress - and feel happier, calmer, and more confident.]
Available with appropriate registration or membership

_Mindfulness a practical guide to finding peace in a frantic world_
[Mindfulness reveals a set of simple yet powerful practices that you can incorporate into daily
life to help break the cycle of anxiety, stress, unhappiness and exhaustion. It helps promote a genuine joie de vivre; the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage.

Available with appropriate registration or membership

**Overcoming anger and irritability; Davies W**
[William Davies explains what makes us angry and what we can do to prevent it.]

Available with appropriate registration or membership

**Overcoming low self-esteem; Fennell M**
[Low self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts. It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead. Melanie Fennell's self-help guide will help you to understand your low self-esteem and break out of the vicious circle of distress, unhelpful behaviour and self-destructive thinking.]

Contact the library for a copy of this article

**Overcoming Panic; Manicavasagar V**
[Based on cognitive behavioural therapy (CBT) techniques and the authors' many years of experience and expertise in treating this disabling condition, it offers an indispensable guide for anyone affected, including sufferers and their friends and families.]

Available with appropriate registration or membership

**Overcoming social anxiety and shyness; Butler G**
[This fully revised and updated edition provides a practical, easy-to-use self-help course which will be invaluable for those suffering from all degrees of social anxiety.]

Available with appropriate registration or membership

**Stress control; a mind, body, life approach to boosting your well-being.**
[This accessible, jargon-free book combines clinically proven methods from cognitive behavioural therapy (CBT), positive psychology and mindfulness to give you the tools you need to improve your mind, your body and your life.]

Available with appropriate registration or membership

**Evidence Searches**

**Autistic spectrum disorders and addictions.**
Carried out by Lisa Burscheidt from Aubrey Keep on 10/5/2019
[This evidence review found that a diagnosis of ASD is correlated with a higher risk and higher prevalence of behavioural addictions. Evidence also suggests that these addictions are correlated with oppositional behaviour and ADHD symptoms. Evidence on substance misuse is inconclusive: some studies find that pervasive developmental disorders are protective against some substance misuse disorders and others find higher prevalence and risk in the ASD population.]

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**Connection between educational attainment and mental health.**
Carried out by Lisa Burscheidt from Aubrey Keep on 5/7/2019

[This is a very broad question and the picture of the evidence is complex. The systematic review on the WHO Health Promoting School framework gives a general overview of interventions to promote health and educational achievement (not focused on mental health specifically). Further results include evidence relating to which children get excluded and how to improve outcomes for at-risk groups such as children in care.]

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**Impact of community allotments on healthy eating.**
Carried out by Ms Moira Niven from Aubrey Keep on 5/7/2019

[There were not many resources specifically focused on the impact of community allotments on healthy eating and healthy eating environments. Therefore the search results have been broadened out to include the wider benefits of allotments / public gardens. The search results have also included resources that look at the role of local governments in allotments / public gardens – regulation and promotion. The search results have also included resources that look at school gardens.]

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**Improving healthy eating environments as part of a whole systems approach.**
Carried out by Ms Moira Niven from Aubrey Keep on 5/7/2019

[Results include
- whole system(s) approach
- systems thinking / science
- examples and evaluations of community-level activities / interventions
- examples and evaluations of location-level activities / interventions
- healthy eating / food environments / zones

Also includes resources from other UK local authorities demonstrating their work in this area.]

Available with an NHS OpenAthens password
Is there an effect from passive vaping on non-smokers?
Carried out by Lisa Burscheidt from Aubrey Keep on 10/5/2019
[There is quite a bit of research on this but no high-level review or meta-analysis. Most studies are small]
Available with an NHS OpenAthens password

Link between access to services and wellbeing.
Carried out by Lisa Burscheidt from Aubrey Keep on 5/7/2019
[Results focus on the areas of good town planning to enable access to services. Also includes resources on digital divide and planning for disability inclusion.]
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Link between problematic gambling and other addictions.
Carried out by Lisa Burscheidt from Aubrey Keep on 5/7/2019
[Results include evidence which examines the link between alcohol addiction and gambling addiction and makes recommendations for common solutions.]
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Link between sustainable active travel and wellbeing.
Carried out by Lisa Burscheidt from Aubrey Keep on 5/7/2019
[Results include lots of high-level results that answer the query. Includes guidance from NICE on physical activity and the environment as well as materials from Local Government Association and Glasgow Centre for Public Health that can help make an economic case for active travel.]
Available with an NHS OpenAthens password

School-based mental health interventions for body image.
Carried out by Lisa Burscheidt from Aubrey Keep on 5/7/2019
[Three systematic review were found which answer different aspects of the query.]
Available with an NHS OpenAthens password

Reports

The following report(s) may be of interest:

Caring for the whole person: Physical healthcare of older adults with mental illness:
Integration of care.
Royal College of Psychiatrists (RCPsych); 2019.
https://www.rcpsych.ac.uk/improving-care/campaigning-for-better-mental-health-policy/college-reports/2019-college-reports/cr222
[This Report CR222 highlights the multiple physical health needs of older adults with mental illness particularly those in psychiatric inpatient wards. The report covers the most commonly encountered co morbid conditions and it provides both practical advice for front line staff as well as making recommendations on training and commissioning of services to help achieve better outcomes for older people. It emphasises the value of an integrated collaborative approach to care. ]
Freely available online

1 in 5 hospital patients have alcohol-related problems.
NHS Behind the Headlines; 2019.
https://www.nhs.uk/news/lifestyle-and-exercise/1-5-hospital-patients-have-alcohol-related-problems/
[A review pooled the results from 124 studies that looked at the rate of alcohol-related conditions among 1.7 million patients in UK hospitals. Overall, these problems caused by alcohol affected 1 in 5 hospital patients. And 1 in 10 patients were diagnosed as having alcohol dependence. But the results across individual studies varied widely, and overall the researchers considered this to be very low-quality evidence.]
Freely available online

Active travel: increasing levels of walking and cycling in England.
House of Commons Transport Committee; 2019.
https://publications.parliament.uk/pa/cm201719/cmselect/cmtrans/1487/148702.htm
[This report states that increased levels of walking and cycling can help combat the economic, human and environmental costs of inactivity, climate change, air pollution and traffic congestion. It urges policy-makers to give this the attention it deserves and calls for government leadership through more ambitious targets and increased funding.]
Freely available online

Active travel: Trends, policy and funding.
House of Commons Library; 2019.
https://researchbriefings.parliament.uk/ResearchBriefing/Summary/CBP-8615
[Active travel means making journeys by physically active means, such as walking or cycling. The Cycling and Walking Investment Strategy, published in 2017, is the government’s strategy to promote walking and cycling in England. Given that active travel is a devolved policy area, this briefing relates primarily to active travel policies in England.]
Freely available online

Adolescent cannabis use and risk of depression and suicide.
The Mental Elf; 2019.
[Benjamin Janaway blogs about a major data analysis that links adolescent cannabis use with
increased risk of depression and suicide. He considers the opportunities for early recognition of cannabis use and public intervention."

Freely available online

**Can a 'personalised psychosocial toolbox' help people reduce 'on-top' drug use during opioid substitution treatment?**
The Mental Elf; 2019.

[Vicky Carlisle summarises a promising recent RCT on the efficacy and cost-effectiveness of an adjunctive personalised psychosocial intervention in treatment-resistant maintenance opioid agonist therapy.]

Freely available online

**Choose Childhood: building a brighter future for our children.**
Action for Children; 2019.
https://www.actionforchildren.org.uk/what-we-do/policy-and-research/

[Action for Children's research with children, young people, parents and grandparents explores what it is like to grow up in the UK today. The report highlights the urgent need for investment in support that helps children and young people face challenges, and the need to provide support early, before problems reach crisis point. The report calls on the government to put children first and develop a cross-government National Childhood Strategy for the UK.]

Freely available online

**Sugary drinks linked to cancer.**
NHS Behind the Headlines; 2019.

[A large ongoing study assessed sugary and artificially sweetened drink intake in more than 100,000 adults in France. All drinks with high levels of sugar were considered, including 100% fruit juices and sugary fizzy drinks. The researchers followed the participants up over time to see whether those who drank more of these drinks were more likely to develop cancer. They found that each additional 100ml of any sugary drink a person drank a day increased cancer risk by 18%.]

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