



Mental Health Current Awareness Bulletin January 2025

For Staff Working at North London Foundation Trust

Please contact the Library if you are experiencing problems accessing any of the articles included in this bulletin or with using your NHS OpenAthens username and password.

whl@nhs.net

Library Training

We are offering 1 hour/30 mins 'Quick-Fire' training sessions via Microsoft Teams!
These are VERY popular so sign up ASAP

- **Quick-fire Critical Appraisal of QUALITATIVE Research** -17/2/25 10:30-11:30 -- 27/03/25 13:30-14:30 -- 8/04/25 14:30-15:30 -- 8/05/25 11:30-12:30 -- 10/06/25 11:00-12:00
- **Quick-fire Critical Appraisal of QUANTITATIVE Research** -25/02/25 13:30-14:30 -- 31/03/25 10:30-11:30 -- 1/04/25 12:30-13:30 --19/05/25 12:30-13:30 -- 18/06/25 15:00-16:00
- **Quick-fire Finding the Evidence** - 14 /02/25 14:00-15:00 -- 20/03/25 11:00-12:00 -- 23/04/25 15:00-16:00 -- 27/05/25 11:00-12:00 -- 30/06/25 13:00-14:00
- **Quick-fire Health Literacy- Getting your message across** - 5/02/25 11:00-12:00 -- 4/03/25 10:00-11:00 --7/04/25 11:30-12:30 - 14/05/25 10:00-11:00 -- 26/06/25 11:00-12:00
- **What the library service can do for me** - 7/02/25 15:00-16:00 -- 19/03/25 11:00-12:00 -- 17/04/25 15:00-16:00 -- 5/05/25 12:30-13:30 -- 20/06/25 09:30-10:30
- **Getting the best from Uptodate/BMJ Best Practice** - 27/02/25 13:00-14:00 -- 12/03/25 10:00-11:00 -- 15/04/25 12:30-13:30 -- 2/05/2025 10:30-11:30 -- 27/ 06/25 11:00-12:00

To book yourself on a session, please contact whl@nhs.net
We will need your preferred email address and you'll need access to Microsoft Teams from your device.

News

- [Podcast: Local green spaces and mental health](#)
- [Parental mental health biggest cause of child protection referrals in England](#)
- [Move body and mind: five exercises to improve mental health, from twists to lunges](#)
- [Breakthrough drugs herald 'new era' in battle against dementia, experts predict](#)
- [Controversial face-down restraint still being used for mental health patients in England](#)
- [Experts warn of mental health risks after rise in magic mushroom use](#)
- [Weight-loss jabs linked to reduced risk of 42 conditions including dementia](#)
- [Brain implant that could boost mood by using ultrasound to go under NHS trial](#)
- [Cornwall charity opens mental health hub for women](#)
- [More patients offered employment support through mental health services](#)
- [7.5 million referrals on waiting lists doesn't include mental health patients, cautions RCPsych](#)
- [NHS tackles problem gambling amid growing demand](#)
- [NHS supports thousands more people back into work](#)

Guidance and Reports

- [Psychosis and schizophrenia: Summary - National Institute for Health and Care Excellence \(NICE\); 2024.](#)
- [Digitally enabled therapies for adults with depression: early value assessment - Health Technology Evaluation 2025](#)
- [Mind reacts to the latest ONS data on economic inactivity](#)

Articles

[The associations between daily reports of loneliness and psychotic experiences in the early risk stages for psychosis. Early Intervention in Psychiatry 2024;18\(11\):930-942. Free to read with your NHS OpenAthens account](#)

Bi-directional associations between loneliness and psychotic experiences (PEs) have been reported, but the mechanisms underlying these associations are unknown. This study aims to explore associations between daily reports of loneliness and PEs, and test differences in this association across young adult individuals at different levels of risk for psychosis.]

[Electroconvulsive therapy response and remission in moderate to severe depressive illness: a decade of national Scottish data. British Journal of Psychiatry 2024;225\(6\):547-555. Request from the Library](#)

Despite strong evidence of efficacy of electroconvulsive therapy (ECT) in the treatment of depression, no sensitive and specific predictors of ECT response have been identified. Previous meta-analyses have suggested some pre-treatment associations with response at a population level. Pre-ECT clinical variables are associated with both response and remission and can help predict individual response to ECT

[The influence of psychotherapy on individuals who have attempted suicide: A systematic review and meta-analysis. Journal of Psychiatric and Mental Health Nursing 2024;31\(6\):1020-1038. Request from the Library](#)

This meta-analysis included a total of 34 trials from 32 literature sources. The results showed that psychotherapy had a positive effect on reducing the suicidal tendencies of individuals who have attempted suicide and effectively reduced the number of repeated suicide attempts as well as the levels of suicidal ideation, depression, anxiety and hopelessness. Psychological therapy for individuals who have attempted suicide are crucial in preventing future suicidal behaviours.

[Clozapine, relapse, and adverse events: a 10-year electronic cohort study in Canada. British Journal of Psychiatry 2024;225\(6\):572-578. Request from the Library](#)

Clozapine is the most effective medication for treatment-resistant psychoses, but the balance of benefits and risks is understudied in real-world settings. This study found that clozapine was associated with lower relapse overall, but this was accompanied by higher adverse events for adults. For children/youth, clozapine was associated with lower relapse all throughout and had no difference in adverse events compared with other antipsychotics.

[The Relationship Between Horticulture, Recovery and Occupational Therapy in Mental Health: A Scoping Review. Occupational Therapy in Mental Health 2024;40\(4\):345–370. Free to read online](#)

Horticulture as an occupation was found to aid recovery by facilitating the social aspect of person-driven recovery based on strengths and responsibility. The findings support occupation-based and recovery-oriented occupational therapy practice. Use of recovery-oriented outcome measures and systematic appraisal of evidence are required to enhance applicability of these findings.

[Apps and Digital Resources for Child Neurodevelopment, Mental Health, and Well-Being: Review, Evaluation, and Reflection on Current Resources. J Med Internet Res 2025;27:e58693. Free to read online](#)

An increase in the prevalence of neurodevelopmental conditions worldwide, alongside resource constraints within clinical services, has led to increased interest in health information technologies, such as apps and digital resources. Digital tools are often viewed as a solution to bridge this divide and to increase supports for families. There is, however, a paucity of research that has evaluated digital health tools, their potential benefits for child neurodevelopment and associated concerns (eg, mental health, well-being), and their benefit for families.

[Severe psychiatric disorders are associated with increased risk of dementia. BMJ Mental Health 2024;27 \(1\):e301097. Free to read online](#)

The objective of the study is to assess the association between four groups of psychiatric disorders (schizophrenia, bipolar disorder/mania, depression and anxiety) with dementia in two large population-based samples with EHR. In conclusion psychiatric disorders are associated with an increased risk of subsequent dementia, with a greater risk of more severe disorders.

[Suicidal Ideation and Suicide Attempts After Direct or Indirect Psychotherapy - A Systematic Review and Meta-Analysis - JAMA Psychiatry 2024;;e242854. Request from the Library](#)

Direct and indirect interventions had similar effect sizes for reducing suicidal ideation and suicide attempts. Suicide prevention strategies could make greater use of indirect treatments to provide effective interventions for people who would not likely seek treatment for suicidal ideation or self-harm.