

Depression

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Systematic Review

[iCBT for depression: how does it work?](#) Mark Smith presents the findings from a qualitative systematic review of iCBT for depression, which tries to unearth the mechanisms of change of internet-based or computerised cognitive behavioural therapy.

Papers

[What happened to you? Trauma informed approaches to mental health care](#) Sarah Carr explores a narrative review of trauma informed approaches to mental health care, which aims to provide a definition and plan for future development

[Chronic insomnia: diagnosis and non-pharmacological management](#) Untreated, insomnia increases the risk of development or exacerbation of anxiety, depression, hypertension, and diabetes. This article outlines current concepts in insomnia and provides up to date information on treatment.

[Fear reduction without fear](#) The new technique, called fMRI decoded neurofeedback (DecNef), was developed by scientists at the ATR Computational Neuroscience Lab in Japan. Mitsuo Kawato, who worked with researchers in the UK and the US on the latest study, said he wanted to find an alternative to exposure therapy, which has a 40% drop-out rate among PTSD patients.

Surveys

[Patient involvement in community mental health needs improvement](#) CQC (the Care Quality Commission) has [published](#) the findings of their 2016 patient experience survey of people who have received community mental health services. It found that overall the majority of respondents reported a positive experience of care, but that areas for improvement include patient involvement in their care decisions, provision of crisis care, named contacts for care planning and regularity of care reviews.

[Overall Patient Experience Scores: 2016 Community Mental Health Survey update](#) The survey shows that the Overall Patient Experience Score for community mental health services increased between 2015-16 and 2016-17, up from 74.7 out of 100 to 75.2 out of 100, though this change is slight.

Study

[Best practice for perinatal mental health care: the economic case](#) The aim of the study was to examine the potential costs and some of the potential economic benefits of early interventions that prevent or reduce perinatal mental illness and their long-term impacts on mothers and their children (thereby potentially leading to savings and other positive economic consequences).

NICE

Update decision: NICE guidelines [CG16](#) and [CG133](#) Self harm in over 8s. After considering the evidence and consulting with experts, NICE has decided not to update these guidelines. Information about the decision has been published on the CG16 guideline and CG133 guideline homepages.

[NICE guideline CG91 Depression in adults with a chronic physical health problem: notification of the start of the surveillance review](#) NICE has commenced its formal check of the need to update the clinical guideline on Depression in adults with a chronic physical health problem: recognition and management. LCFT is a registered stakeholder so staff are able to comment on drafts at every stage of development. The surveillance report will be published on the NICE website in April 2017. Consultation dates and times are posted in advance on the guideline page on the NICE website.