Depression

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Systematic Reviews

Light therapy for preventing seasonal affective disorder This systematic review aimed to assess the efficacy and safety of light therapy in preventing SAD and improving patient-centred outcomes among adults with a history of SAD. The quality of evidence was too low to draw conclusions and the authors recommend further research in this area should directly compare light therapy versus other treatments.

Cognitive behavioural therapy may help ease depression in the workplace This systematic review and meta-analysis looked at 16 randomised controlled trials comparing workplace interventions for depressive symptoms with usual care or waiting list controls. The results overall found that workplace interventions targeting depressive symptoms had a small to moderate effect, although the available studies were limited.

Psychological therapies for the treatment of depression in chronic obstructive pulmonary disease The aim of this systematic review was to assess the effectiveness of psychological therapies for the treatment of depression in patients with chronic obstructive pulmonary disease. The study found that psychological therapies, particularly CBT may potentially be effective in reducing depressive symptoms, however the quality of the evidence was low and further studies with larger numbers of participants are needed.

Study

Cognitive biases in adolescent depression: the more you have, the worse you feel This post from the Mental Elf discusses a cross-sectional study of the combined influence of cognitions in adolescent depression. The study recruited 2 sample groups of teenagers aged 12-18 who completed a number of questionnaires and the clinical sample also completed a diagnostic interview. The analysis found that the more cognitive biases an individual had, the greater the severity of their depression symptoms.

Report

#NewFilters to manage the impact of social media on young people's mental health and wellbeing The report explores the positive and negative health impacts of social media on the mental health and wellbeing of young people, and makes recommendations to protect young social media users from potential health harms such as establishing a duty of care on social media companies with registered UK users under the age of 25, improved research and official guidance around excessive social media use.

Paper

Psychotherapy for adult depression: is it as good as it's cracked up to be? This blog post from the Mental Elf discusses a recent paper which examined how common biases affect the effect size of various psychotherapies using a comprehensive database of randomised controlled trials and looked at trials that compared psychotherapy for adult depression with a control group. The authors concluded that previous meta-analyses have considerably overestimated the effects of psychotherapy on adult depression however overall the effect of psychotherapy- notably CBT and supportive counselling was small but significant.