News

Action not words needed to reverse mental health inequalities in England, says landmark report
Stress and depression doubles in Suffolk due to Covid-19
Covid-19: Nearly 20% of patients receive psychiatric diagnosis within three months of covid, study finds
Spending Review: Chancellor to announce £500m for mental health

Reports

Coronavirus (COVID-19) Review: data and analysis, March to October 2020 - Impact on mental health
Office for National Statistics, November 2020
NHS Library and Knowledge Services Value Proposition: The Gift of Time
Health Education England, November 2020
Commissioning equality in mental health
Department of Health and Social Care, November 2020
How has Covid-19 and the associated lockdown measures affected mental health and wellbeing in the UK?
*What Works Wellbeing, November 2020*

Guidance on the support of mental health social workers working in NHS, independent or integrated services
*Health Education England, November 2020*

Mental health for all?
*Commission for Equality in Mental Health, November 2020*

Deaths of people identified as having learning disabilities with Covid-19 in England in the spring of 2020
*Public Health England, November 2020*

Staying mentally well: winter plan 2020 to 2021
*Department of Health and Social Care, November 2020*

**NICE Guidelines**

Nothing new this month in mental health and social care

**Research Articles**

**Addictions**

Behaviour change techniques associated with smoking cessation in intervention and comparator groups of randomized controlled trials: a systematic review and meta-regression
*Addiction, 115:11 (2020)*

Cost-effectiveness of a specialist smoking cessation package compared with standard smoking cessation services for people with severe mental illness in England: a trial-based economic evaluation from the SCIMITAR+ study
*Addiction, 115:11 (2020)*

**ADHD/Autism**

The relationship between intolerance of uncertainty and anxiety in autism: A systematic literature review and meta-analysis
*Autism, 24:8 (2020)*

Environmental risk factors, protective factors, and peripheral biomarkers for ADHD: an umbrella review
*The Lancet Psychiatry, 7:11 (2020)*

**Anxiety Disorders**

*Nothing new this issue*

**Child and Adolescent Mental Health**

The role of emotion regulation in socially anxious children and adolescents: a systematic review
Dementia

Post-traumatic stress disorder as a risk factor for dementia: systematic review and meta-analysis
*The British journal of Psychiatry, 217:5 (2020)*

Depressive Disorders

Interactions of childhood maltreatment and genetic variations in adult depression: A systematic review
*Journal of Affective Disorders, Volume 276 (2020)*

Consumption of energy drinks is associated with depression, anxiety, and stress in young adult males: Evidence from a longitudinal cohort study
*Depression and Anxiety, 37:11 (2020)*

Dual Diagnosis

Nothing new this issue

Eating Disorders

Comorbid depression as a negative predictor of weight gain during treatment of anorexia nervosa: A systematic scoping review
*European Eating Disorders Review, 28:6 (2020)*

Outcomes of brief and enhanced cognitive-behavioural therapy for adults with non-underweight eating disorders: A non-randomized comparison
*European Eating Disorders Review, 28:6 (2020)*

Telehealth transition in a comprehensive care unit for eating disorders: Challenges and long-term benefits

Targeting maladaptive overcontrol with radically open dialectical behaviour therapy in a day programme for adolescents with restrictive eating disorders: an uncontrolled case series
*Journal of Eating Disorders, 8:68 (2020)*

Forensic Psychiatry

PRN Medication Events in a Forensic Psychiatric Hospital: A Document Analysis of the Prevalence and Reasons

The forgotten families; a systematic literature review of family interventions within forensic mental health services
*Journal of Forensic Psychiatry & Psychology, 31:6 (2020)*
### Learning Disabilities

**Effectiveness of a life story intervention for adults with intellectual disability and depressive and trauma-related complaints**

**Psychotropic medications use and side effects of individuals with intellectual and developmental disabilities**
*Journal of Intellectual Disability Research, 64:11 (2020)*

**Troubled beginnings: the adverse childhood experiences and placement histories of a detained adolescent population with developmental disorders**
*Advances in Mental Health and Intellectual Disabilities, 14:6 (2020)*

**Assessing the effectiveness of the “I Can Feel Good” programme mindfulness module for a group of detained intellectually disabled patients**
*Advances in Mental Health and Intellectual Disabilities, 14:6 (2020)*

### Occupational Therapy

**Activity Participation and Inpatient Violence in Secure Mental Health**
*Occupational Therapy in Mental Health.36:4 (2020)*

### Perinatal and Infant Mental Health

**Omega-3 Fatty Acid Supplementation for Perinatal Depression: A Meta-Analysis**
*Journal of Clinical Psychiatry, 81:5 (2020)*

**Accuracy of the Edinburgh Postnatal Depression Scale (EPDS) for screening to detect major depression among pregnant and postpartum women: systematic review and meta-analysis of individual participant data**
*BMJ, 371 (2020)*

**Post-discharge outcomes for mothers and the mother–infant relationship following admission to a psychiatric Mother–Baby Unit**
*Infant Mental Health Journal, 41:6 (2020)*

**Predicting postpartum psychiatric admission using a machine learning approach**
*Journal of Psychiatric Research, Volume 130 (2020)*

**Effectiveness of peer support intervention on perinatal depression: A systematic review and meta-analysis**
*Journal of Affective Disorders, Volume 276 (2020)*

### Personality Disorders
**Psychology and Psychotherapy**

- Impact of co-morbid personality disorder on quality of inpatient mental health services for people with anxiety and depression  
  *Personality and Mental Health, 14:4 (2020)*

- Adverse events in meditation practices and meditation-based therapies: a systematic review  
  *Acta Psychiatrica Scandinavica, 142:5 (2020)*

- Exploring Mechanisms of Action in Exposure-Based Cognitive Behavioral Therapy for Eating Disorders: The Role of Eating-Related Fears and Body-Related Safety Behaviors  
  *Behavior Therapy, 50:6 (2020)*

**Psychopharmacology**

- Nothing new this issue

**Schizophrenia/Psychosis**

- Negative Symptoms and Functioning in Youth at Risk of Psychosis: A Systematic Review and Meta-analysis  
  *Harvard Review of Psychiatry, 28:6 (2020)*

- mHealth for schizophrenia spectrum disorders management: A systematic review  

**Self-harm and Suicide**

- Predictors of serious suicidal behavior in late-life depression  
  *European Neuropsychopharmacology, Volume 40 (2020)*

- “These Things Don’t Work.” Young People’s Views on Harm Minimization Strategies as a Proxy for Self-Harm: A Mixed Methods Approach  
  *Archives of Suicide Research, 24:3 (2020)*

**Service Development and Delivery**

- Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review  
  *Cochrane Database of Systematic Reviews, November 2020*

**Social Work**

- Nothing new this issue
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