

## Mental Health – Current Awareness

We recently saw the coming and going of Mental Illness Awareness Week, one of many moments in the calendar where we pause to consider mental health and the effects it has on our lives as well as on the lives of patients across all specialties. But mental health affects us year-round, with vulnerable patients and stressed staff making it something we all need to keep an eye on.



Presented here is our selection of the latest evidence including guidance, research, e-learning, patient information & more - we hope it will help to demystify the variety of resources out there and allow you to make the fullest use of the information available to Library members.

As always, remember to get in touch if you need help finding specific clinical information no matter the topic - and if there's a current awareness bulletin you'd love to see, we'd love to hear about it!

**If you need to talk to someone confidentially now**, you can speak to Samaritans on 116 123 or email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk) (responses via email will not be immediate).

A fuller list of helplines including some specific to certain disorders or issues such as abuse or addiction is [available here](#).

Please note that Library Services is not affiliated with any of these services.

### Guidelines, Guidance and Toolkits

[EPA guidance on eMental health interventions in the treatment of posttraumatic stress disorder \(PTSD\)](#)

Association of European Psychiatrists, 2017

[EPA guidance on mental health and economic crises in Europe](#)

Association of European Psychiatrists, 2016

[Workplace health: management practices: guidance \(NG13\)](#)

NICE, 2015

[Stress and you: a guide for nursing staff](#)

Royal College of Nursing, 2015

[Improving patient outcomes by improving staff health and wellbeing](#)

Royal College of Nursing, 2016

[Safe and effective staffing: nursing against the odds](#)

Royal College of Nursing, 2017

[Safe and effective staffing: the real picture](#)

Royal College of Nursing, 2017

[Mindful nation UK: report by the mindfulness all-party parliamentary group \(MAPPG\)](#)

Local Government Information Unit, 2015

[Fatigue and sleep deprivation – the impact of different working patterns on doctors](#)

BMA, 2018

[Safeguarding children and young people: every psychologist's responsibility](#)

British Psychological Society, 2018

[Emotional and psychological support for people with diabetes](#)

Diabetes UK, 2016

[Randomised controlled trials of interventions to improve NHS staff stress and wellbeing](#)

UK Clinical Trials Gateway, 2017

[What do we mean by physician wellness? A systematic review of its definition and measurement](#)

Academic Psychiatry: The Journal of the American Association of Directors of Psychiatric Residency Training and the Association for Academic Psychiatry

[The inquiry report, creative health: the arts for health and wellbeing – second edition](#)

All Party Parliamentary Group on Arts, Health and Wellbeing, 2017

[NHS reality check: delivering care under pressure](#)

Royal College of Physicians, 2017

[The fifteen steeps challenge – quality from a patient's perspective: a mental health toolkit](#)

NHS England, 2017

[Choice in mental health care](#)

NHS England, 2018

[Mental health condition packs 2017: Central London \(Westminster\) CCG](#)

NHS RightCare, 2017

[Mental health conditions packs 2017: West London \(K&C & QPP\) CCG](#)  
NHS RightCare, 2017

[Public Health England issues recommendations for psychoactive substances in secure mental health settings](#)  
Public Health England, 2017

[Mental health matters too: improving mental health services for people with Parkinson's who experience anxiety and depression](#)  
All Party Parliamentary Group for Parkinson's disease, 2018

### Evidence Summaries & Reviews

[Mental Health in the Workplace](#)  
Mental Health Foundation, February 2018

[Supporting the emotional and mental health needs of people with cancer](#)  
Mental Health Foundation, April 2018

[Quality improvement in mental health](#)  
King's Fund, July 2017

[How to look after your mental health in later life](#)  
Mental Health Foundation, May 2018

[Psychotropic medicines in people with learning disabilities whose behaviour challenges](#)  
NICE, February 2018

[Briefing 50. Fatherhood: the impact of fathers on children's mental health](#)  
Centre for Mental Health, February 2017

[Psychology at work: improving wellbeing and productivity in the workplace](#)  
British Psychological Society, November 2017

[Forward Thinking - NIHR research on support for people with severe mental illness](#)  
NIHR Dissemination Centre, March 2018

[Talking therapy given by parents shows promise for childhood anxiety disorders](#)  
NIHR Dissemination Centre, August 2017

[Addressing comorbidity between mental disorders and major noncommunicable diseases](#)  
WHO Regional Office for Europe, June 2017

[Stress: Are We Coping?](#)  
Mental Health Foundation, May 2018

[Mental illness and emotional wellbeing: part of the same continuum?](#)  
The Mental Elf, April 2017

[Psychosocial interventions for severe mental illness](#)

UpToDate, June 2018

[Screening for depression in adults](#)

UpToDate, May 2018

[Body dysmorphic disorder: General principles of treatment](#)

UpToDate, September 2018

[Overview of spirituality in palliative care](#)

UpToDate, June 2017

[Bipolar Disorder](#)

Clinical Knowledge Summaries, September 2017

[Obsessive Compulsive Disorder](#)

Clinical Knowledge Summaries, June 2018

### CPD and training

[Adult mental health CPD courses](#) [external CPD provider; fees apply]

The Tavistock and Portman NHS Trust, 2018

[Mental health first aid](#) [nationwide provider of mental health first aid training; fees apply]

MHFA England, 2018

[e-Learning for Healthcare: mental health awareness programme](#) [OpenAthens account required; one of several online mental health training courses for NHS staff]

Health Education England, 2018

### Information for Patients

[Mental Health Act 1983: patient information leaflets](#)

Department of Health, 2018

[Informal mental health patients: what are they told of their legal rights?](#)

SCIE Social Care Online, 2017

[Worried about someone's mental health factsheet](#)

Rethink Mental Illness, 2018

[Mental Health Act factsheet](#)

Rethink Mental Illness, 2018

[How to manage and reduce stress](#)

Mental Health Foundation, 2016

**Drugs, prescribing and technical information**

[Psychoses and related disorders](#)

BNF

[Alcohol Dependence](#)

BNF

[Psychoses and related disorders](#)

BNF for Children

[Stopping or reducing antipsychotics in people with learning disabilities who have challenging behaviour](#)

NICE, May 2017

[Depression treatment and mortality after myocardial infarction](#)

NICE, June 2017

[Community pharmacies: promoting health and wellbeing](#)

NICE, August 2018

[Eating disorders – Quality Standard](#)

NICE, September 2018

[Equally Well: A new collaborative to support the physical health of people with a mental illness](#)

Centre for Mental Health, September 2018

[FDA updates warnings for fluoroquinolone antibiotics on risks of mental health and low blood sugar adverse reactions](#)

Food and Drug Administration, July 2018

[Be the change: Ensuring an effective response to all in psychiatric emergency equal to medical care](#)

NHS Clinical Commissioners, October 2018

[Prescribing in ADHD](#)

PrescQIPP, March 2017

### Recent Journal Articles

Many articles are available with your [NICE OpenAthens account](#) - sign in when prompted. Some articles may only be accessible on library computers, as individually specified - and we'll be happy to help you out when you visit! If in doubt, please [contact your librarian](#).

Resnicoff & Kell. [Brief mindfulness meditation with night nursing unit staff: a qualitative study](#). Holistic Nursing Practice. 32 (6), 2018.

McCain et al. [A study of the relationship between resilience, burnout and coping strategies in doctors](#). Postgraduate Medical Journal. 94 (1107), 2018.

Bourla et al. [e-PTSD: an overview on how new technologies can improve prediction and assessment of posttraumatic stress disorder \(PTSD\)](#). European Journal of Psychotraumatology. 9 (supplement), 2018.

Hill et al. [In their own words: stressors facing medical students in the millennial generation](#). Medical Education Online. 23 (1), 2018.

Fineberg et al. [Optimal treatment for obsessive compulsive disorder: a randomized controlled feasibility study of the clinical-effectiveness and cost-effectiveness of cognitive-behavioural therapy, selective serotonin reuptake inhibitors and their combination in the management of obsessive compulsive disorder](#). International Clinical Psychopharmacology. 33 (6), 2018.

Magola et al. [Community pharmacists at transition to independent practice: isolated, unsupported, and stressed](#). Health & Social Care in the Community. 26 (6), 2018.

Pascoe & Parker. [Physical activity and exercise as a universal depression prevention in young people: A narrative review](#). Early Intervention in Psychiatry. Oct 2018.

Goldberg et al. [What can we learn from randomized clinical trials about the construct validity of self-report measures of mindfulness? A meta-analysis](#). Mindfulness. Oct 2018.

Stevens & Jovanovic. [Role of social cognition in post-traumatic stress disorder: a review and meta-analysis](#). Genes, Brain & Behaviour. Oct 2018.

Köhler et al. [Differences between chronic and nonchronic depression: systematic review and implications for treatment](#). Depression and Anxiety. Oct 2018.

Arewasikporn et al. [Sharing positive experiences boosts resilient thinking: everyday benefits of social connection and positive emotion in a community sample](#). American Journal of Community Psychology. Oct 2018.

Russell et al. [Factors promoting vulnerability to dysregulated stress reactivity and stress-related disease](#). Journal of Neuroendocrinology. Oct 2018.

Foster et al. [Resilience and mental health nursing: an integrative review of international literature](#). International Journal of Mental Health Nursing. Oct 2018.

Benarous et al. [Suicidal behaviors and irritability in children and adolescents: A systematic review of the nature and mechanisms of the association](#). European Child & Adolescent Psychiatry. Oct 2018.

- Madian et al. [Repetitive negative thought and executive dysfunction: An interactive pathway to emotional distress](#). Cognitive Therapy and Research. Oct 2018.
- Yüksel et al. [Longitudinal brain volume changes in major depressive disorder](#). Journal of Neural Transmission. 125 (10), 2018.
- Hankin et al. [Cognitive and interpersonal vulnerabilities to adolescent depression: Classification of risk profiles for a personalized prevention approach](#). Journal of Abnormal Child Psychology 46 (7), 2018.
- Berman et al. [Emotion regulation in patients with obsessive compulsive disorder: Unique effects for those with "taboo thoughts."](#) Cognitive Therapy and Research. 42 (5), 2018.
- Daigle et al. [Mindfulness-based stress reduction training yields improvements in well-being and rates of perceived nursing errors among hospital nurses](#). Journal of Advanced Nursing. 74 (10), 2018.
- Teismann et al. [Suicidal ideation in primary care patients suffering from panic disorder with or without agoraphobia](#). BMC Psychiatry. 18, 2018.
- Hielscher et al. [Impact of the carer on length of hospital stay for mental health: Results from two australian surveys](#). International Journal of Mental Health Nursing. Sep 2018.
- Sánchez et al. [Personal and environmental contextual factors as mediators between functional disability and quality of life in adults with serious mental illness: A cross-sectional analysis](#). Quality of Life Research: An International Journal of Quality of Life Aspects of Treatment, Care & Rehabilitation. Sep 2018.
- Bajaba et al. [Does mindfulness enhance the beneficial outcomes that accrue to employees with proactive personalities?](#) Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues. Sep 2018.
- Cardi et al. [A case series to investigate food-related fear learning and extinction using in vivo food exposure in anorexia nervosa: A clinical application of the inhibitory learning framework](#). European Eating Disorders Review. Sep 2018.
- Renna et al. [The association between anxiety, traumatic stress, and obsessive–compulsive disorders and chronic inflammation: A systematic review and meta-analysis](#). Depression and Anxiety. Sep 2018.
- Ziser et al. [Effectiveness of body image directed interventions in patients with anorexia nervosa: A systematic review](#). International Journal of Eating Disorders. Sep 2018.
- Fasbender et al. [Job satisfaction, job stress and nurses' turnover intentions: The moderating roles of on-the-job and off-the-job embeddedness](#). Journal of Advanced Nursing. Sep 2018.
- Catarino et al. [Demographic and clinical predictors of response to internet-enabled cognitive-behavioural therapy for depression and anxiety](#). BJPsych Open. 4 (5), 2018.
- Weaver et al. [Sleep disorders, depression and anxiety are associated with adverse safety outcomes in healthcare workers: A prospective cohort study](#). Journal of Sleep Research. Aug 2018.

Gerada, C. [Doctors, suicide and mental illness](#). BJPsych Bulletin. (42) 218, 2018.

### Selected Library Books and Chapters

For location and availability, and to search for more books, please check [Library Search](#), the Imperial College Library catalogue.

Clouston, Teena J. (2015). **Challenging stress, burnout and rust-out: finding balance in busy lives**. (*online and physical*)

Johnson, Sheena et al. (2018). **Well-being: productivity and happiness at work**, 2nd ed.

Fulford, KWM (ed.) (2015). **The Oxford handbook of philosophy and psychiatry**.

Callaghan, Patrick & Gamble, Catherine (2015). **Oxford handbook of mental health nursing**, 2nd ed. (*online and physical*)

### [Oxford Medicine Online](#)

Sign in with your OpenAthens account.

Search for one or more keywords relating to your chosen topic (e.g. "depression", "stress") to find relevant e-book chapters across all Oxford Handbooks and Textbooks - accessible anywhere.



### For more information...

If you have any trouble accessing the material above, or want to learn more about what support, resources and training are available to you please contact [your librarian](#). We're here to help!

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