

CURRENT AWARENESS BULLETIN



Mental Health & Learning Disabilities

May 2023



This is your monthly Current Awareness Bulletin for Mental Health and Learning Disabilities, produced by Somerset Foundation Trust Library & Knowledge Services.

It is intended to provide you with a range of the most up-to-date resources, including recently published guidelines and research articles, news and policy items. If you have any problems accessing the links, please contact a member of the library staff who will be happy to assist you.

We hope you find it helpful and please do let us know if you need any further information or assistance.

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Government Announcements & Reports

UK Parliament

[Research briefing: Reforming the Mental Health Act – Approaches to Improve Patient Choice](#)

Published 11 May 2023 this postnote summarises proposed reforms to the Mental Health Act (1983) The full report can be downloaded, highlighting approaches to improving patient choice, research evidence and stakeholder perspectives.

House of Commons Library

[Student mental health in England: Statistics, policy, and guidance](#)

Research briefing, published 30 May 2023, looks at statistics, government policy and universities' duty of care. A confidential survey performed by charity Student Minds reports that 57% of respondents self-reported a mental health issue and 27% said they had a diagnosed mental health condition. These figures are significantly higher than the figures collected from universities on the number of home students who disclose a mental health condition to their university.

House of Commons Library

[Supporting constituents with mental health problems](#)

Published 11 May 2023, this constituency casework briefing for MPs contains a comprehensive list of sources of practical advice to support constituents suffering from mental health problems. Background information for you to see what advice local MPs might be giving to constituents here in Somerset.

House of Commons Library

[Autism: Overview of policy and services](#)

Published 05 April 2023, a research briefing document is available for download and is accompanied at this link by a summary of terminology and links to related government policy documents.

House of Commons Library

[Mental Health policy in England](#)

Published 13 March 2023, a research briefing document that provides an overview of mental health policy in England. Full document can be downloaded.

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National Bodies

NHS Digital

[Mental Health Services Monthly Statistics – National estimates](#)

Published 11 May 2023, these statistics cover national performance statistics for the period August 2022 – February 2023 inclusive.

NICE

[Nine treatment options to be made available for adults with depression or an anxiety disorder](#)

News item dated 16 May 2023 reports that 6 digitally enabled therapies will be available in the NHS for adults with anxiety disorders and 3 for adults with depression while data on their effectiveness is gathered. It is anticipated that savings in therapist time will help to reduce waiting times for talking therapies.

NICE Talks Podcast

[Digital therapies to treat mental health conditions](#)

Podcast guests, Sarah Byron, NICE's programme director for devices, diagnostics and digital, and Lily Tang, deputy director of digital investment strategy at NHS England discuss 4 new NICE approved digital technologies that can help children and young people with mild to moderate symptoms of anxiety or low mood..

NICE

[Clinical Knowledge Summary - Depression](#)

The following updates were made in April 2023: more detailed information about stopping antidepressants based on the guideline on [medicines associated with dependence or withdrawal symptoms](#); an additional patient resource from the Royal College of Psychiatrists on [stopping antidepressants](#). Revised wording on timing of medication reviews in line with an update to guideline on [depression in adults](#).

The Patient Experience Library

[How restrictive practices affect women](#)

Study published 31 May 2023 investigating the particular impact of restrictive practices on women from which an overarching theme of powerlessness emerged.

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Integrated Care

HSJ

[**Mental Health Matters: “Had doors not been slammed, our children might have lived”**](#)

Report dated 30 May, summarises findings into abuse and poor care at some NHS Mental Health facilities and questions whether lessons have been learned.

HSJ

[**‘Discrimination’ claim as ‘40 new hospitals’ snubs mental health**](#)

Report dated 26 May 2023, “A chief executive has compared a lack of investment into mental health estate to ‘institutionalised discrimination’, after no new schemes were accepted on to the ‘40 new hospitals’ programme.”

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Research Articles

McKinsey Health Institute

[**Gen Z mental health: The impact of tech and social media**](#)

Published 28 April 2023 this report analyses survey feedback from 42000 individuals in 26 countries about four dimensions of health: mental, physical, social and spiritual. Whilst social media had a negative impact on some respondents mental health, it was also found to be beneficial to mental health through decreasing loneliness and providing a means for self-expression and staying connected.

The Lancet Public Health

[**Multiple morbidity across the lifespan in people with Down syndrome or intellectual disabilities: a population-based cohort study using electronic health records**](#)

Published online 28 April 2023, a population-based cohort study, using electronic health record data from the UK Clinical Practice Research Datalink from Jan 1 1990 – June 29 2020. Finds some unique patterns of onset of different health conditions in people with Down Syndrome compared to the general population which can be used to support planning for health surveillance for people with Down Syndrome.

[**Relationship between sleep and measures of attention, executive functions, and processing speed in children with autism spectrum disorder: systematic review**](#)

Psychiatriki. 2023 Mar 28;34(1):52-65. doi: 10.22365/jpsych.2022.091. Epub 2022 Aug 30.

[**Comorbidities in Youth with Bipolar Disorder: Clinical Features and Pharmacological Management**](#)

Curr Neuropharmacol. 2023;21(4):911-934. doi: 10.2174/1570159X20666220706104117.

[**Evaluating the Effectiveness of Return-to-Work Interventions for Individuals with Work-Related Mental Health Conditions: A Systematic Review and Meta-Analysis**](#)

Healthcare (Basel). 2023 May 12;11(10):1403. doi: 10.3390/healthcare11101403.

[**A systematic review of health state utility values and psychometric performance of generic preference-based instruments for children and adolescents with mental health problems**](#)

Qual Life Res. 2023 May 26. doi: 10.1007/s11136-023-03441-x. Online ahead of print.

[**Preventing, Mitigating, and Treating Women's Perinatal Mental Health Problems during the COVID-19 Pandemic: A Scoping Review of Reviews with a Qualitative Narrative Synthesis**](#)

Behav Sci (Basel). 2023 Apr 25;13(5):358. doi: 10.3390/bs13050358.

[**Mental Health Disparities Among Homosexual Men and Minorities: A Systematic Review**](#)

Am J Mens Health. 2023 May-Jun;17(3):15579883231176646. doi: 10.1177/15579883231176646.

[**A review of excluded groups and non-response in population-based mental health surveys from high-income countries**](#)

Soc Psychiatry Psychiatr Epidemiol. 2023 May 22. doi: 10.1007/s00127-023-02488-y. Online ahead of print.

[**Realist synthesis of factors affecting retention of staff in UK adult mental health services**](#)

BMJ Open. 2023 May 19;13(5):e070953. doi: 10.1136/bmjopen-2022-070953.

[**The military spouse experience of living alongside their serving/veteran partner with a mental health issue: A systematic review and narrative synthesis**](#)

PLoS One. 2023 May 18;18(5):e0285714. doi: 10.1371/journal.pone.0285714. eCollection 2023.

[**Gone Too Soon: priorities for action to prevent premature mortality associated with mental illness and mental distress**](#)

Lancet Psychiatry. 2023 Jun;10(6):452-464. doi: 10.1016/S2215-0366(23)00058-5. Epub 2023 May 11.

[**The efficacy of exercise interventions for all types of inpatients across mental health settings: A systematic review and meta-analysis of 47 studies**](#)

J Sports Sci. 2023 Feb;41(3):232-271. doi: 10.1080/02640414.2023.2207855. Epub 2023 May 3.

[**Substance use disorder screening and brief intervention in routine clinical practice in specialist adult mental health services: A systematic review**](#)

Aust N Z J Psychiatry. 2023 Jun;57(6):793-810. doi: 10.1177/00048674221148394. Epub 2023 Jan 12.

[**Lived Experience–Led Research Agenda to Address Early Death in People With a Diagnosis of a Serious Mental Illness A Consensus Statement**](#)

JAMA Netw Open. 2023;6(5):e2315479. doi:10.1001/jamanetworkopen.2023.15479

[**Adverse childhood experiences and adolescent cannabis use trajectories: findings from a longitudinal UK birth cohort**](#)

The Lancet Public Health Volume 8, Issue 6, E442-E452, June 2023

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LIBRARY SERVICES AND TRAINING

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Do you need a literature search carried out?

Do you need to find evidence to support an improvement?

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The [NHS Knowledge and Library Hub](#) is a one-stop gateway that allows you to access our high-quality sources of information and evidence.

You can also sign up for [KnowledgeShare](#), which provides evidence updates and alerts tailored to your specific professional interests.

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No responsibility can be taken by the library for any action taken on the basis of this information.

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