Dear Joe Bloggs,

Welcome to your Evidence Update email from KnowledgeShare. The resources listed below have been chosen based on the interests you have provided. I hope they are useful. Please contact me via email if you would like a copy of any of the journal articles. If you would like to change the interests we have listed, stop receiving the notifications, or request a search on a specific topic, please don’t hesitate to let me know.

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Mary

Articles

The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into your nearest library.

[Frequent use of alcohol during opioid substitution therapy significantly increased during the observation period, whereas there was a decline in frequent use of heroin and cocaine. Given the high infection rates with hepatotoxic viruses and the increasing liver-related mortality rates in patients on opioid substitution therapy, these findings suggest that frequent alcohol use increasingly constitutes a therapeutic challenge in opioid substitution therapy.]
Available with an NHS OpenAthens password for eligible users

[In patients with chronic treatment-refractory anorexia nervosa, DBS is well tolerated and is associated with significant and sustained improvements in affective symptoms, BMI, and changes in neural circuitry at 12 months after surgery.]
Available with an NHS OpenAthens password for eligible users

Adjunctive ketamine in electroconvulsive therapy: updated systematic review and meta-analysis.
[Ketamine has emerged as a novel therapeutic agent for major depressive episodes,
spurring interest in its potential to augment electroconvulsive therapy (ECT). Findings were that ECT with ketamine was not associated with greater improvements in depressive symptoms or higher rates of clinical response or remission, nor did it result in pro-cognitive effects. Overall the analyses do not support using ketamine over other induction agents in ECT.

Available with an NHS OpenAthens password for eligible users

**Benzodiazepines, Z-drugs and the risk of hip fracture: A systematic review and meta-analysis.**
[There is strong evidence that both BNZ and Z-drugs are associated with an increased risk of hip fracture in the older person, and there is little difference between their respective risks. Patients newly prescribed these medicines are at the greatest risk of hip fracture.]

Freely available online

**Cannabis use during treatment for alcohol use disorders predicts alcohol treatment outcomes.**
[Among individuals in alcohol treatment, any cannabis use (compared with none) is related to significantly lower percent days abstinent from alcohol post-treatment, though only among those who used cannabis once or twice per month.]

Available with an NHS OpenAthens password for eligible users

**Clozapine dose for schizophrenia.**
Subramanian S. *Cochrane Database of Systematic Reviews* 2017;(6):CD009555.
[We found no evidence that might indicate the best dose of clozapine for patients with schizophrenia. Careful consideration has to be given to balancing the advantages and disadvantages of different doses in relation to weight gain and other side effects.]

Freely available online

**Disruptive mood dysregulation disorder in offspring of parents with depression and bipolar disorder.**
[Offspring of parents with bipolar disorder may be at increased risk for disruptive mood dysregulation disorder (DMDD). This study found that diagnostic criteria for DMDD were not met in the offspring of parents with bipolar disorder, nor any of the control group, but were met in 6 of the offspring of parents with major depressive disorder. This suggests that DMDD is not specifically associated with a family history of bipolar disorder and may be associated with parental depression.]

Available with an NHS OpenAthens password from NHS PCs

**Exploring postnatal depression, sexual dysfunction and relationship dissatisfaction in Australian women.**
[Postnatal depression symptoms are the most common mental health problem following childbirth. This study aimed to investigate the association between sexual dysfunction, relationship dissatisfaction and symptoms of postnatal depression among Australian women.
during the first year after giving birth. It concluded that symptoms of depression are prevalent among postnatal women during the first year after childbirth and are associated with sexual dysfunction and relationship dissatisfaction.

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Feasibility, acceptability and clinical utility of the Cultural Formulation Interview: mixed-methods results from the DSM-5 international field trial.


[This study aimed to assess the feasibility, acceptability and clinical utility of the DSM-5 Cultural Formulation Interview (CFI) in routine clinical practice. Mixed-methods data from 318 patients and 75 clinicians from six countries found the CFI feasible, acceptable and useful though clinician feasibility ratings were significantly lower than patient ratings/other outcomes. It was concluded that the CFI was included in DSM-5 as a feasible, acceptable and useful cultural assessment tool.]

Available with an NHS OpenAthens password from NHS PCs

Impact of pre-admission depression on mortality following myocardial infarction [PAPERS]


[Aimed to examine the association between depression and all-cause mortality following myocardial infarction. Results of this Danish nationwide population-based cohort study found that patients with myocardial infarction and a previous depression diagnosis had higher 19-year mortality risks. It was concluded that a history of depression was associated with a moderately increased all-cause mortality following myocardial infarction.]

Available with an NHS OpenAthens password for eligible users

Management of Depression in Older Adults: A Review.

Kok RM. *JAMA* 2017;317(20):2114-2122.

[This review offers guidance on medical and psychotherapeutic treatment options available for older frail patients with depression and who are taking several types of medications.]

Available with an NHS OpenAthens password for eligible users

Music-based therapeutic interventions for people with dementia.

van der Steen JT. *Cochrane Database of Systematic Reviews* 2017;(5):CD003477.

[Providing people with dementia with at least five sessions of a music-based therapeutic intervention probably reduces depressive symptoms but has little or no effect on agitation or aggression. There may also be little or no effect on emotional well-being or quality of life, overall behavioural problems and cognition. We are uncertain about effects on anxiety or social behaviour, and about any long-term effects.]

Freely available online

Predictors and moderators of treatment outcome in patients receiving multi-element psychosocial intervention for early psychosis: results from the GET UP pragmatic cluster randomised controlled trial.


[The GET UP multi-element psychosocial intervention proved to be superior to treatment as usual in improving outcomes in patients with first-episode psychosis (FEP). Aims to identify which patients may benefit more from the intervention. Concluded: except for patients
aged over 35 years, no specific subgroups benefit more from the multi-element psychosocial intervention, suggesting that this intervention should be recommended to all those with FEP seeking treatment in mental health services.

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Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: a large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls.
Correll CU. *World Psychiatry* 2017;16(2):163-180.
[This large-scale meta-analysis confirms that SMI patients have significantly increased risk of CVD and CVD-related mortality, and that elevated body mass index, antipsychotic use, and CVD screening and management require urgent clinical attention.]
Freely available online

Psychological and psychosocial interventions for negative symptoms in psychosis: systematic review and meta-analysis.
[Negative symptoms observed in patients with psychotic disorders undermine quality of life and functioning. Antipsychotic medications have a limited impact. Psychological and psychosocial interventions, with medication, are recommended. The study concluded that specific psychological and psychosocial interventions can be effective and should be included in the treatment of negative symptoms in psychosis. However, more effective treatments for negative symptoms need to be developed.]
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Psychological interventions for post-traumatic stress disorder and depression in young survivors of mass violence in low- and middle-income countries: meta-analysis.
[The majority of survivors of mass violence live in low- and middle-income countries (LMICs). Aimed to synthesise empirical findings for psychological interventions for children and adolescents with post-traumatic stress disorder (PTSD) and/or depression in LMICs affected by mass violence. Conclusions: psychological interventions may be effective in treating paediatric PTSD in LMICs. It appears that more targeted approaches are needed for depressive responses.]
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Systems for physical health care for mental health patients in the community: different approaches to improve patient care and safety in an Early Intervention in Psychosis Service.
[Patients with mental illnesses have a high rate of physical comorbidity, and specifically, those with psychosis are at an increased risk of cardiometabolic disease and shortened lifespan. Our aim was to offer a physical health check, blood tests, and ECG for all patients, trialling four phases of interventions. The most successful approach overall was a combination of interventions, resulting in 48% of all patients having fully completed physical health checks, bloods and ECGs. ]
**Weight-related peer-teasing moderates genetic and environmental risk and disordered eating: twin study.**
[Aimed to determine whether peer-teasing moderates latent genetic and/or environmental risk for disordered eating among female adolescent twins. Studied 685 female twins from the Australian Twin Registry. Conclusions: Weight-related peer-teasing represents a particularly powerful trigger for disordered eating. Nevertheless, it is amenable to intervention/prevention activities spanning individual to universal levels of endeavour.]
*Available with an NHS OpenAthens password for eligible users*

**Will royal patronage improve perceptions of mental illness?**
[Emeritus Professor Alan Glasper, from the University of Southampton, discusses the stigma still suffered by people with mental health disorders and whether a recently launched campaign can help challenge it.]
*Available with an NHS OpenAthens password for eligible users*

**Books**
*New book(s) from the Library and Knowledge Service. Call into your nearest library or contact me for more information.*

**Integrative therapies for depression: redefining models for assessment, treatment and prevention**
[Integrative Therapies for Depression: Redefining Models for Assessment, Treatment and Prevention summarizes emerging theories and research findings on various nonpharmaceutical therapies to treat mood disorders.]
*Available with appropriate registration or membership*

**Modern management of perinatal psychiatric disorders.**
Henshaw Carol. 2nd ed.. Royal College of Psychiatrists (RCPsych). 2017. Library Shelf Location: WQ 500 HEN.
[This book provides a comprehensive overview of mental health problems associated with pregnancy and the year after delivery. The second edition has been updated to reflect current practice, recent evidence and new clinical guidelines.]
*Available with appropriate registration or membership*

**Revision notes in psychiatry.**
Puri Basant. 3rd ed.. CRC Press. 2014. Library Shelf Location: WM 100 PUR.
[Provides a clear and contemporary summary of clinical psychiatry and scientific fundamentals of the discipline. Essential study aid for those preparing for postgraduate examinations in psychiatry, and a reference for practising psychiatrists.]
*Available with appropriate registration or membership*
Events
You may be interested in this (these) forthcoming event(s):

**BSMS Mini-symposium 2017 – Generic Disease Mechanisms in Motor Neurone Disease and other Neurodegenerative Disorders.**
[A mini-symposium at Brighton and Sussex Medical School (BSMS) will bring together leading neuroscientists to present their work in cutting-edge advances in research into the mechanisms in motor neurone disease, Alzheimer's and other neurodegenerative diseases. Professor Dame Pamela Shaw FMedSci will be the keynote speaker. Please register for your free place by 16 June.]
BSMS Teaching Building, University of Sussex
All day event on: 23rd June, 2017
http://www.sussex.ac.uk/broadcast/read/39730

Guidelines
The following new guidance has recently been published:

**Eating disorders: recognition and treatment.**
National Institute for Health and Care Excellence (NICE); 2017.
https://www.nice.org.uk/guidance/ng69
[This guideline covers assessment, treatment, monitoring and inpatient care for children, young people and adults with eating disorders. It aims to improve the care people receive by detailing the most effective treatments for anorexia nervosa, binge eating disorder and bulimia nervosa.]
Freely available online

Reports
The following report(s) may be of interest:

**Appropriate and cost-effective prescribing of short acting hypnotics.**
PrescQIPP; 2017.
https://www.prescqipp.info/b175-hypnotics-update/category/97-hypnotics
[Due to concerns over hypnotic dependence, this bulletin reviews current evidence and offers advice on managing new patients and chronic hypnotic users.]
Freely available online

**Can your mobile help you manage your anxiety?**
The Mental Elf; 2017.
https://www.nationalelfservice.net/mental-health/anxiety/can-your-mobile-help-you-manage-your-anxiety/
[A recent meta-analysis explores whether smartphone mental health interventions can reduce the symptoms of anxiety.]
Freely available online
Child and Adolescent Mental Health: key facts.
Royal College of Nursing (RCN); 2017.
https://www.rcn.org.uk/professional-development/publications/pub-006021
[At RCN Congress 2016 child mental health was debated. Members expressed concern about the current state of children and young people’s mental health across the UK. This publications calls for a range of actions in relation to these concerns and highlights examples of good practice.]
Freely available online

Delivering mental health transformation for all children.
National Children's Bureau; 2017.
https://www.ncb.org.uk/resources-publications/resources/delivering-mental-health-transformation
[This report focuses on progress and challenges in improving children and young people's mental health services in England. The National Children’s Bureau were funded by the Department of Health, NHS England and Public Health England to gather information from the sector on what needs to happen for the Government's vision for improved mental health services to be realised for all children.]
Freely available online

Dementia saliva testing 'shows early promise'.
NHS Choices - Behind The Headlines; 2017.
http://www.nhs.uk/news/2017/05May/Pages/Dementia-saliva-testing-shows-early-promise.aspx
[Researchers looked at 22 chemical substances (biomarkers) in saliva, to see if there was a distinct pattern that could indicate whether a person was healthy, had MCI, or had Alzheimer’s. They found that a specific chemical make-up of saliva could predict, with a relatively good degree of accuracy, which of these three groups a person fell into. The findings show promise but this is only preliminary work, as the sample is too small to be conclusive.]
Freely available online

Digital interventions for stress: do they live up to their alleged potential?
The Mental Elf; 2017.
[A recent systematic review of Internet-based and computer-based interventions for stress provides a positive case for offering stress management on a large scale.]
Freely available online

Even moderate drinking may damage the brain.
NHS Choices - Behind The Headlines; 2017.
[A new study, involving brain scans and cognitive testing, suggests that moderate drinking, over many years, could damage areas of the brain linked to memory and cognitive function.]
**Fathers, fathering and child psychopathology.**
The Mental Elf; 2017.
[A recent article explores how fathers, fathering, parenting styles and dads' mental health may shape the development of child psychopathology.]

**Prevention of eating disorders: where do we start?**
The Mental Elf; 2017.
[A new systematic review of universal, selective and indicated prevention for eating disorders.]

**Quality of general hospital care through the liaison psychiatry lens?**
The Mental Elf; 2017.
[Exploring a recent study of liaison psychiatry professionals' views of general hospital care for patients with mental illness.]

**Tobacco smoking, cognition and first episode psychosis: time for a rethink?**
The Mental Elf; 2017.
[Appraisal of a recent cross sectional study of tobacco smoking and its association with cognition in first episode psychosis patients.]

**Turn on, tune in, drop out! Music therapy no better than usual care for young people.**
The Mental Elf; 2017.
[On a randomised controlled trial of music therapy for children and adolescents with behavioural and emotional problems.]

**Valproate and developmental disorders: new alert asking for patient review and further consideration of risk minimisation measures.**
Medicines and Healthcare Products Regulatory Agency (MHRA); 2017.
Babies born to mothers who take valproate medicines during pregnancy have a 30–40% risk of developmental disability and a 10% risk of birth defects. Despite communications to prescribers in January 2015 and February 2016 on the magnitude of this risk and the actions to take, there is evidence that women are still not aware of the risk. Patient Safety Alerts have now been issued asking all organisations to undertake systematic identification of women and girls taking valproate.

Freely available online