Specialist Library: Mental Health

The National Library for Health (http://www.nlh.nhs.uk) is an excellent source of evidence based health care information. It also includes a range of specialist libraries aimed at specific staff groups. One of the most relevant for CNWL is the Mental Health Specialist Library.

It aims to provide a one stop shop for people who work in the mental health field. It brings together information about current guidance, links to the best available evidence and resources designed for service users.

Highlights of the Mental Health Specialist Library include:

- links to the latest NICE guidance.
- evidence summaries from Clinical Evidence and Bandolier.
- systematic reviews from the Cochrane Library.
- key publications and best practice articles from organisations such as NIMHE, the Department of Health, Royal Colleges and charities.
- links to leaflets for service users.
- introductory articles about individual conditions designed to provide an overview of diagnosis, treatment, referral options and resources for service users and their carers.
- information about what works in mental health promotion.

For more information about the Mental Health Specialist Library go to:

http://www.library.nhs.uk/mentalhealth

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Sainsbury Centre for Mental Health ebulletin

The Sainsbury Centre for Mental Health works to improve the quality of life for people with mental health problems. Keeping up to date with their activities has never been easier. You can sign up to be sent a regular email bulletin which highlights its latest reports, policy papers and briefings, advertises forthcoming conferences, outlines current consultations and summarises recent activities.

For more information about the Sainsbury Centre’s ebulletin go to [http://www.scmh.org.uk](http://www.scmh.org.uk) and click on Email Bulletin along the top of the page.

Netting the Evidence

There are lots of web sites designed to help you make your practice more evidence based. One of the best is “Netting the evidence,” compiled by ScHARR (School of Health and Related Research, Sheffield). The site consists of links to sources of information about different aspects of evidence based practice. Topics covered include: what is evidence based practice, searching for the evidence, tools for critical appraisal, key organisations and sources of training materials.

To browse through the resources available go to: [http://www.shef.ac.uk/scharr/ir/netting/](http://www.shef.ac.uk/scharr/ir/netting/)

10 High Impact Changes for Mental Health Services

NIMHE launched the 10 High Impact Changes for Mental Health Services on 20 June. The high impact changes are the areas of service improvement in mental health that have the greatest positive impact on service user and carer experience, service delivery, outcomes, staff and organizations. The launch was underpinned by the publication of case study evidence to share best practice.

To find out more about the 10 high impact changes for mental health services go to: [http://www.nimhe.csip.org.uk/10HighImpactChanges](http://www.nimhe.csip.org.uk/10HighImpactChanges)
### ADHD


### ANXIETY
Bagby, RM; Quilty, LC (commentators). (2006). Review: cognitive behavioural therapy is more effective than control and similarly effective to pharmacotherapy for generalised anxiety disorder. *Evidence Based Mental Health*; 9 (2); p. 43. Available online via [BMJ](https://www.bmj.com).


### ASYLUM SEEKERS / REFUGEES

### BIPOLAR DISORDER


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**Current Awareness**

**ADHD**


### ANXIETY
Bagby, RM; Quilty, LC (commentators). (2006). Review: cognitive behavioural therapy is more effective than control and similarly effective to pharmacotherapy for generalised anxiety disorder. *Evidence Based Mental Health*; 9 (2); p. 43. Available online via [BMJ](https://www.bmj.com).


### ASYLUM SEEKERS / REFUGEES

### BIPOLAR DISORDER


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**BODY DYSMORPHIC DISORDER**


**DEPRESSION**
Cowan, S. (2006). Doing well by people with depression: a programme in Scotland that will help people with mild to moderate depression. *Mental Health Practice*; 9 (8); p. 36-37.

Dodd, S; Berk, M (commentators). (2006). Olanzapine plus fluoxetine reduce depressive symptoms faster than either drug alone in people with treatment resistant depression. *Evidence Based Mental Health*; 9 (2); p. 42. Available online via BMJ.


**DEMENTIA**


**DOMESTIC VIOLENCE**

**DYSTHYMIC DISORDER**

**EATING DISORDERS**


**INFORMATION FOR SERVICE USERS**


**MENTAL HEALTH, childhood and adolescence**


Baillie, AJ (commentator). (2006). Adolescent panic attacks are associated with increased risk of personality disorder as a young adult. *Evidence Based Mental Health;* 9 (2); p. 57. Available online via BMJ.


**MENTAL HEALTH, older adults**


**MENTAL HEALTH, services**

Calsyn, RJ et al. (2006). Predictors of the working alliance in assertive community treatment. *Community Mental Health Journal*; 42 (2); p. 161-175.


Davidson, L et al. (2006). The top ten concerns about recovery encountered in mental health system transformation. *Psychiatric Services*; 57 (5); p. 640-645.


**NURSING**


**OBSESSIVE COMPULSIVE DISORDER**

Cottraux, J (commentator). (2006). Combination treatment of behaviour therapy and medication significantly reduces obsessive-compulsive symptoms in people who have responded to pharmacotherapy. *Evidence Based Mental Health;* 9 (2); p. 53. Available online via BMJ.


**OCCUPATIONAL THERAPY**


Kloczko, E; Ikiugu, MN. (2006). The role of occupational therapy in the treatment of adolescents with eating disorders as perceived by mental health therapists. *Occupational Therapy in Mental Health;* 22 (1); p. 63-84.


**PERSONALITY DISORDERS**


**PHOBIAS**

PHYSICAL HEALTH CARE
Ceilley, JW; Cruz, M; Denko, T. (2006). Active medical conditions among patients on an assertive community treatment team. Community Mental Health Journal; 42 (2); p. 205-211.

POSTNATAL DEPRESSION
Dennis, CL (commentator). (2006). Counselling and cognitive behavioural therapy reduce anxiety and depression in women with postnatal depression. Evidence Based Mental Health; 9 (2); p. 50. Available online via BMJ.

PRESCRIBING PRACTICE
Hamann, J et al. (2006). Psychiatric decision making in the adoption of a new antipsychotic in Germany. Psychiatric Services; 57 (5); p. 700-703.

PSYCHOSIS
Archie, S (commentator). (2006). Integrated care improves one year outcomes in first episode psychosis. Evidence Based Mental Health; 9 (2); p. 46. Available online via BMJ.
Awad, G (commentator). (2006). First episode psychosis: olanzapine and haloperidol provide similar improvements in quality of life and social functioning. Evidence Based Mental Health; 9 (2); p. 47. Available online via BMJ.
Perkins, DO (commentator). (2006). Review: longer duration of untreated psychosis is associated with worse outcome in people with first episode psychosis. Evidence Based Mental Health; 9 (2); p. 36. Available online via BMJ.

PSYCHOTHERAPY

PTSD

RESEARCH METHODS

SCHIZOPHRENIA


SEASONAL AFFECTIVE DISORDER

SELF HARM

SUBSTANCE MISUSE


SUICIDE