Topic: Mental Health

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| Author, place, published year. | Focus on the study | Metirial and methods | Major findings | Limitations | Remark | Reference |
| Tania Lecomte, Stéphane Potvin, Marc Corbière.  Department of Psychology, University of Montreal, Montreal, QC, Canada.  Centre de recherche, l'Institut Universitaire en Santé Mentale de Montréal, Montreal, QC, Canada.  Department of Psychiatry, University of Montreal, Montreal, QC, Canada.  Year: 2020 | This study aimed to assess the quality of the available evidence regarding the use of mental health apps and to summarize the results obtained so far. | Systematic reviews and meta-analyses were searched, specifically for mobile apps on mental health issues or symptoms, and rated using the Grading of Recommendations Assessment, Development and Evaluation system. | A total of 7 meta-analyses were carefully reviewed and rated. Although some meta-analyses looked at any mental health issue and analyzed the data together, these studies were of poorer quality and did not offer strong empirical support for the apps. The studies that included follow-ups mostly found a sustained impact of the app at an 11-week follow-up. | Our results are limited by its focus on mental health. As such, we did not consider apps that focused on a specific intervention or model (eg, mindfulness apps or CBT) and that did not include symptoms as an outcome. |  | Lecomte, T., Potvin, S., Corbière, M., Guay, S., Samson, C., Cloutier, B., Francoeur, A., Pennou, A., & Khazaal, Y. (2020). Mobile apps for mental health issues: Meta-review of meta-analyses. JMIR mHealth and uHealth, 8(5), e17458. https://doi.org/10.2196/17458 |
| Adrienne O'Neil, Shae E. Quirk, Siobhan Housden, Sharon L. Brennan, Lana J. Williams, Julie A. Pasco, Michael Berk, and Felice N. Jacka are with the Innovation in Mental and Physical Health and Clinical Treatment (IMPACT) Strategic Research Centre, School of Medicine, Deakin University, Geelong, Victoria, Australia.  Year: 2014. | We systematically reviewed 12 epidemiological studies to determine whether an association exists between diet quality and patterns and mental health in children and adolescents; 9 explored the relationship using diet as the exposure, and 3 used mental health as the exposure. | Studies considered for inclusion in this review (1) were full-text articles; (2) consisted of epidemiological cohort, case-control, and cross-sectional study designs; (3) examined associations between diet quality or patterns and internalizing disorders that encompassed depression, low mood, depressive symptomssymptoms and so on. | Findings highlight the potential importance of the relationship between dietary patterns or quality and mental health early in the life span. | This would require policy action to improve the global food environment. |  | O’Neil, A., Quirk, S. E., Housden, S., Brennan, S. L., Williams, L. J., Pasco, J. A., Berk, M., & Jacka, F. N. (2014). Relationship between diet and mental health in children and adolescentsystematic review. American Journal of Public Health, 104(10), e31-e42. https://doi.org/10.2105/ajph.2014.302110 |
| Felice N Jacka  Deakin University, School of Medicine, Geelong, Australia. felice@barwonhealth.org.au  Year: 2012 | To focus on the relationship between diet quality and depression in a prospective study of the adolescents. | data were collected at two time points (2001 and 2003) from nearly 3,000 adolescents, aged either 11-12 years or 13-14 years, participating in RELACHS, a study of ethnically diverse and socially deprived young people from East London in the UK. Diet quality was measured from dietary questionnaires, and mental health assessed using the Strengths and Difficulties Questionnaire (SDQ) and the Short Mood and Feelings Questionnaire (SMFQ). | In cross-sectional analyses, we found evidence for an association between an unhealthy diet and mental health problems. | The diet scores and SDQ scores at follow-up was also evident, but was attenuated by final adjustments for confounders. |  | Jacka, F. N., Rothon, C., Taylor, S., Berk, M., & Stansfeld, S. A. (2012). Diet quality and mental health problems in adolescents from East London: A prospective study. Social Psychiatry and Psychiatric Epidemiology, 48(8), 1297-1306. https://doi.org/10.1007/s00127-012-0623-5 |
| 1.Roberta Eduarda Grolli  Undergraduate Nursing Course, Federal University of the Southern Frontier, Chapeco, SC, Brazil.  2.Maiqueli Eduarda Dama Mingoti  Laboratory of Physiology, Pharmacology, Psychopathology, Postgraduate Program in Biomedical Sciences, Federal University of Southern Frontier, Chapeco, SC, Brazil.  3. Amanda Gollo Bertollo  Laboratory of Innovation and Health Technologies, Federal University of the Southern Frontier, Chapeco, SC, Brazil.  Year: 2021 | This review makes an update about research on the mental health of the elderly during the pandemic. Also, it discusses the vulnerability of these individuals in the face of stress and in the case of contracting COVID-19, considering mainly the stress's hormonal and inflammatory mechanisms. | REG, MEDM, and AGB searched for references and started writing the manuscript. | it discusses the vulnerability of these individuals in the face of stress and in the case of contracting COVID-19, considering mainly the stress’s hormonal and inflammatory mechanisms. | This study complies with ethical standards.  Conflict of Interest.  The authors declare that they have no conflict of interest.  Consent to Participate.  Not applicable in this study.  Consent for Publication.  Not applicable in this study. |  | Grolli, R. E., Mingoti, M. E., Bertollo, A. G., Luzardo, A. R., Quevedo, J., Réus, G. Z., & Ignácio, Z. M. (2021). Impact of COVID-19 in the mental health in elderly: Psychological and biological updates. Molecular Neurobiology, 58(5), 1905-1916. https://doi.org/10.1007/s12035-020-02249-xLecomte, T., Potvin, S., Corbière, M., Guay, S., Samson, C., Cloutier, B., Francoeur, A., Pennou, A., & Khazaal, Y. (2020). Mobile apps for mental health issues: Meta-review of meta-analyses. JMIR mHealth and uHealth, 8(5), e17458. https://doi.org/10.2196/17458 |
| D van Winden, R M van Rijn, Gjp Savelsbergh.  Codarts Rotterdam, University of the Arts, Kruisplein 26, 3012 CC Rotterdam, The Netherlands.  Year: 2020 | This study investigated the extent and characteristics of mental health issues in contemporary dance students, as clear insight into these health problems is lacking. | During one academic year, 134 dance and dance-teacher students were monitored on a monthly basis using the Performing artist and Athlete Health Monitor (PAHM). | In total, 130 students were included in the analyses, comprising 81 dance students and 49 dance-teacher students. The response rate of the moDance-teacher students of all study years and second-year students from both educational programs indicated significantly more mental health issues, while sex showed no significant differences. | Dance schools should pay special attention to stress, anxiety, and (constant) tiredness of their students. |  | Van Winden, D., Van Rijn, R., Savelsbergh, G., Oudejans, R., & Stubbe, J. (2020). Characteristics and extent of mental health issues in contemporary dance students. Medical Problems of Performing Artists, 35(3), 121-129. https://doi.org/10.21091/mppa.2020.3019 |
| 1. Tessa Reardon  School of Psychology and Clinical Language Sciences, University of Reading, Reading, UK.  2. Kate Harvey  School of Psychology and Clinical Language Sciences, University of Reading, Reading, UK. k.n.harvey@reading.ac.uk.  Year: 2017 | The aims of this study are to synthesise findings from qualitative and quantitative studies that report parents' perceptions of barriers/facilitators to accessing treatment for mental health problems in children/adolescents. | A systematic literature review was conducted following PRISMA guidelines. | In total, 44 studies were included in the review, with 20 studies providing quantitative data, 22 providing qualitative data, and two providing both quantitative and qualitative data. Details related to the study. | By focusing on parents’ own perspective surrounding the help-seeking process, this review importantly extends what is known from research specifically addressing the predictors of service use. |  | Reardon, T., Harvey, K., Baranowska, M., O’Brien, D., Smith, L., & Creswell, C. (2017). Whatdo parents perceive are the barriers and facilitators to accessing psychological treatment for mental health problems in children and adolescents? A systematic review of qualitative and quantitative studies. European Child & Adolescent Psychiatry, 26(6), 623-647. https://doi.org/10.1007/s00787-016-0930-6  extent of mental health issues in contemporary dance students. Medical Problems of Performing Artists, 35(3), 121-129. https://doi.org/10.21091/mppa.2020.301 |
| Brad Ridout, MAPS, PhD  Cyberpsychology Research Group, Faculty of Health Sciences,The University of Sydney, City Road, Sydney, AU.  Year:2018 | This review aimed to systematically identify available evidence regarding the use of SNS–based interventions to support the mental health of young people aged up to 25 years, to evaluate their effectiveness, suitability, and safety, and identify gaps and opportunities for future research. | The PubMed and PsycINFO databases were searched using Medical Subject Headings terms and exploded keywords and phrases. Retrieved abstracts (n=974) were double screened, yielding 235 articles for screening at the full-text level. Of these, 9 articles met the review inclusion criteria. Given the small number of studies, and the variety of outcome measures used, a quantitative meta-analysis was not possible. | The outcome variables assessed, there were significant improvements in mental health knowledge and number of depressive symptoms but no improvement in anxiety or psychosis symptoms. Acceptability of and engagement with the SNS platforms were generally high, as were perceptions of usefulness and safety. Moderation by clinical experts was identified as a key component of the more successful interventions. When offered a choice, users showed a preference for mobile apps over Web-based interfaces. | However, future studies need to address the current lack of high-quality evidence for their efficacy in reducing mental health symptoms. |  | Ridout, B., & Campbell, A. (2018). The use of social networking sites in mental health interventions for young people: Systematic review. Journal of Medical Internet Research, 20(12), e12244. https://doi.org/10.2196/12244 |
| 1. Lay San Too, PhD  Centre for Mental Health,Melbourne School of Population and Global Health,The University of Melbourne,207 Bouverie Street,Parkville,AU.  2. Liana Leach  National Centre for Epidemiology and Population Health, Research School of Population Health, The Australia National University, Canberra , AU.  Year: 2019 | This study aimed to examine the relationship between mental health and internet access, particularly lack of access because of affordability issues. | Data from wave 14 of the Household, Income, and Labour Dynamics in Australia survey were used (n=15,596) in the analyses. Sample weights available in the survey were used to calculate the proportion of those with or without internet access for those with and without mental health problems and more severe long-term mental health conditions. These proportions were also calculated for those with and without internet access due, specifically, to affordability issues. Multinomial logistic regression analyses assessed the relationship between mental health status and internet access/affordability issues, adjusting for a range of covariates. | The regression models showed that even after adjusting for a broad range of covariates, people with mental ill health were significantly more likely to have no internet access because of unaffordability than those without mental ill health. | issues of equity and affordability need to be considered to ensure that those who most need support and assistance are not further disadvantaged. |  | Too, L. S., Leach, L., & Butterworth, P. (2020). Mental health problems and internet access: Results from an Australian national household survey. JMIR Mental Health, 7(5), e14825. https://doi.org/10.2196/14825 |
| 1) Dan Bilsker  Department of Psychiatry, Faculty of Medicine, University of British Columbia, British Columbia, Canada.  2) Andrea S Fogarty  Black Dog Institute, University of New South Wales, Sydney, Australia.  3) Matthew A Wakefield  Department of Psychology, Simon Fraser University, Burnaby, British Columbia, Canada.  Year: 2018 | This narrative review highlights key issues in men’s mental health and identifies approaches to research, policy and practice that respond to men’s styles of coping. | The methods that used in this research article is survey, data analysisanalysis and so on. | The main conclusion is that a high proportion of men in Western society have acquired psychological coping strategies that are often dysfunctional. There is a need for men to learn more adaptive coping approaches long before they reach a crisis point. | using these strategies excessively or rigidly leaves men vulnerable to a wide range of negative consequences and less able to access the health buffering effects of diverse social support networks. |  | Bilsker, D., Fogarty, A. S., & Wakefield, M. A. (2018). Critical Issues in Men's Mental Health. Canadian journal of psychiatry. Revue canadienne de psychiatrie, 63(9), 590–596. https://doi.org/10.1177/0706743718766052 |
| 1. S L Wagner, C Koehn, M I White  School of Health Sciences; University of Northern British Columbia, Prince George, BC, Canada. wagners@unbc.ca.  Year: 2016 | To determine the level of evidence supporting mental health interventions as valuable to work outcomes. | Databases were searched for systematic reviews between 2000 and 2012: Medline, EMBASE, the Cochrane Database of Systematic Reviews, DARE, CINAHL, PsycINFO and TRIP. Grey literature searches included health-evidence.ca, Rehab+, National Rehabilitation Information Center (NARIC), and Institute for Work and Health. The assessment of articles for inclusion criteria and methodological quality was conducted independently by two or more researchers, with differences resolved through consensus. | The search resulted in 3363 titles, of which 3248 were excluded following title/abstract review, with 115 articles retrieved for full-text review. 14 articles finally met the inclusion criteria and are summarized in this synthesis. | Limited Evidence Carroll, et al,28 completed a systematic review of 10 articles regarding the value of workplace involvement for workers on sick leave due to musculoskeletal injury or back pain. In their review, these authors found only a single study which specifically addressed mental health intervention, a Swedish study that combined cognitive-behavioral therapy and exercise. This single study concluded to a positive effect for CBT and exercise with respect to workplace outcomes for women, but not for men. |  | White, M., Dionne, C., Wärje, O., Koehoorn, M., Wagner, S., Schultz, I., Koehn, C., Williams-Whitt, K., Harder, H., Pasca, R., Hsu, V., McGuire, L., Schulz, W., Kube, D., & Wright, M. (2016). Physical activity and exercise interventions in the workplace impacting work outcomes: A stakeholder-centered best evidence synthesis of systematic reviews. The International Journal of Occupational and Environmental Medicine, 7(2), 61-74. https://doi.org/10.15171/ijoem.2016.739 |