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Make just one stop for mental health guidance, news and library resources; visit the Mental Health Subject Collection.
Selected Articles from LPFT’s Print Journals:

**Alcohol and substance abuse**

Recreational cannabis legislation: details will determine mental health effects
Hill K
Lancet Psychiatry 3 (9) 798-799 (8 references)
And
Why it is probably too soon to assess the public health effects of legalisation of recreational cannabis use in the USA
Hall W, Lynskey M
Lancet Psychiatry 3 (9) 900-906 (75 references)

**Bereavement**

None this month

**Child and Adolescent Issues**

Inside the fragile world of eating disorders
Steering troubled teenagers to recovery makes unique demands on nurses, but is richly rewarding
Sadler, C
Nursing Standard 30 (49) 20-22

Psychopathy in childhood: why should we care about grandiose-manipulative and daring-impulsive traits?
Salekin R
BJPsych 209 (3) 189-191 (15 references)

**Dementia and Alzheimer's disease**

From togetherness to loneliness: supporting people with dementia
Article shows how the District Nursing service is central in initiating collaborative developments between health, social care and the third sector.
Ryder, E
British Journal of Nursing 21 (9) 464-468 (21 references)

Memory test showed value of keeping it local
The results of a pilot memory assessment service showed the value of delivering dementia services within primary care, as Lindsay Hadley and Martin Packwood explain.
Hadley L, Packwood M
Health Service Journal 126 (6496) 18-19

Language lessons to help protect against dementia
Could learning a second language delay the onset of dementia?
Bak, T
BMJ 354 (8074) 442-443
Alzheimer's disease ‘more difficult to diagnose in men’
This is a short report of conference presentation.
Nursing standard 31 (1) 16

Antipsychotic use and dementia: a toolkit
Rajagopal, M et al
Geriatric Medicine 46 (9) 15-20 (13 references)

Study to detect early signs of Alzheimer’s disease
This is a short news item about research to be carried out by 9 universities, Alzheimer’s society and biopharma companies.
Geriatric Medicine 46 (9) 7

**Depression**

Further research needed for severe and chronic depression in specialist mental health services
Lewis G
Lancet Psychiatry 3 (9) 792-793 (7 references)
and
Efficacy and cost-effectiveness of a specialist depression service versus usual specialist mental health care to manage persistent depression: a randomised controlled trial
Morris R et al
Lancet Psychiatry 3 (9) 821-831 (42 references)

Efficacy of omega-3 highly unsaturated fatty acids in the treatment of depression
Hallahan B et al
BJPsych 209 (3) 192-201 (81 references)

**Disorders and Syndromes**

Clinical status of comorbid bipolar disorder and borderline personality disorder
Parker G et al
BJPsych 209 (3) 209-24 references

Combining escitalopram and cognitive-behavioural therapy for social anxiety disorder: randomised controlled fMRI trial
Selective serotonin reuptake inhibitors (SSRIs) and cognitive-behavioural therapy (CBT) are often used concomitantly to treat social anxiety disorder (SAD) but few studies have examined the effect of this combination.
Gingnell M et al
BJPsych 209 (3) 229-235 (48 references)

Chronic fatigue syndrome: comparing outcomes in White British and Black and minority ethnic patients after cognitive-behavioural therapy
Ingman T et al
BJPsych 209 (3) 251-256 (37 references)
**LGBT issues**

**A gender incongruence diagnosis: where to go?**
De Cuypere G, Winter S
Lancet Psychiatry 3 (9) 796-797 (8 references)
And:
**Removing transgender identity from the classification of mental disorders: a Mexican field study for ICD-11**
Robles R et al
Lancet Psychiatry 3 (9) 850-859 (38 references)

**Intellectual Disabilities**

None this month

**Miscellaneous**

Mental health of prisoners: prevalence, adverse outcomes, and interventions
Fazel S et al
Lancet Psychiatry 3 (9) 871-881 (84 references)

Using health psychology to help patients: theories of behaviour change
This article outlines the 5 well established theories of behaviour change.
Barley, E et al
British Journal of Nursing 25 (16) 924-927 (21 references)

Using health psychology to help patients; common mental health disorders and psychological distress
This article provides an overview of how health psychology can be used by nurses to help patients suffering from common mental health disorders and psychological distress.
Barley, E et al
British Journal of Nursing 25 (17) 966-974 (44 references)

The following 5 articles are from a themed issue – thus you may request as many as you like. The theme is Mental health and Well Being later in life

- **Sustaining the self in the “forth age”. a case study**
  Tanner, D
  Quality in aging and older adults 17 (3) 157-167

- **Understanding and alleviating loneliness in later life: perspectives in older people**
  Sullivan, M et al
  Quality in aging and older adults 17 (3) 168-178

- **Improving mental health in later life: the role of service user involvement**
  Crepaz-Keay, D
  Quality in aging and older adults 17 (3) 179-188
Hospital discharge: lost opportunities to promote or maintain older people’s mental health
Macmillan, T
Quality in aging and older adults 17 (3) 189-197

The role and influence of micro-cultures in long-term care on the mental health and wellbeing of older people: a scooping review of evidence
Mikelyte, R et al
Quality in aging and older adults 17 (3) 198-

Professional

None this month

Schizophrenia

None this month

Self-harm and Suicide

Locked doors or therapeutic relationships?
Burns T
Lancet Psychiatry 3 (9) 795-796 (9 references)

Suicide risk and absconding in psychiatric hospitals with and without open door policies: a 15 year, observational study
Huber C et al
Lancet Psychiatry 3 (9) 842-849 (29 references)

Therapies

Gardening your way to health
Patients with many different physical and mental conditions can benefit from finding peace, company and a sense of purpose in growing things.
Mason, M
Nursing Standard 30 (49) 23-26

Impact of personality status on the outcomes and cost of cognitive-behavioural therapy for health anxiety
Wang D et al
BJPsych 209 (3) 244-250 (49 references)