

# Health & Wellbeing

## Current Awareness Bulletin

April 2021

This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of health & wellbeing-related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.



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## Evidence, Research and Reviews



### [Smoking cessation for improving mental health](#)

Gemma MJ Taylor, Nicola Lindson, Amanda Farley, Andrea Leinberger-Jabari, Katherine Sawyer, Rebecca te Water Naudé, Annika Theodoulou, Naomi King, Chloe Burke, Paul Aveyard  
9 March 2021

aken together, these data provide evidence that mental health does not worsen as a result of quitting smoking, and very low- to moderate-certainty evidence that smoking cessation is associated with small to moderate improvements in mental health. These improvements are seen in both unselected samples and in subpopulations, including people diagnosed with mental health conditions.

### [Interventions to support the resilience and mental health of frontline health and social care professionals during and after a disease outbreak, epidemic or pandemic: a mixed methods systematic review](#)

Alex Pollock, Pauline Campbell, Joshua Cheyne, Julie Cowie, Bridget Davis, Jacqueline McCallum, Kris McGill, Andrew Elders, Suzanne Hagen, Doreen McClurg, Claire Torrens, Margaret Maxwell  
5 November 2020

Free access

There is a lack of both quantitative and qualitative evidence from studies carried out during or after disease epidemics and pandemics that can inform the selection of interventions that are beneficial to the resilience and mental health of frontline workers.

1. [Mental health and wellbeing during the transition to fatherhood: a systematic review of first time fathers' experiences. \(Full text\)](#)

The aim of this systematic review was to identify and synthesize the best available evidence on first time fathers' experiences and needs in relation to their mental health and wellbeing during their transition to fatherhood.

[Full text: YDH](#)

2020 [JBI database of systematic reviews and implementation reports](#) [PubMed abstract](#)

2. [Impact of Crisis Line Volunteering on Mental Wellbeing and the Associated Factors: A Systematic Review. \(Full text\)](#)

Crisis line services, operated by volunteers, have been proven to be effective in decreasing psychological pain and preventing suicidality.

3. [Evidence for Environmental Noise Effects on Health for the United Kingdom Policy Context: A Systematic Review of the Effects of Environmental Noise on Mental Health, Wellbeing, Quality of Life, Cancer, Dementia, Birth, Reproductive Outcomes, and Cognition \(Full text\)](#)

This systematic review commissioned by the UK Department for the Environment, Food and Rural Affairs (Defra), considers how the evidence base for noise effects on health has changed following the recent reviews undertaken for the WHO Environmental Noise Guidelines.

[Full text: YDH](#)

2020 [International journal of environmental research and public health](#) [PubMed abstract](#)

4. [Characteristics of successful programmes targeting gender inequality and restrictive gender norms for the health and wellbeing of children, adolescents, and young adults: a systematic review. \(Full text\)](#)

In the context of the Sustainable Development Goals and the shifting global burden of disease, this systematic review analyses the evidence from rigorously evaluated programmes that seek to transform the gendered social norms undermining the health and wellbeing of children, adolescents, and young adults.

[Full text: YDH](#)

2020 [The Lancet. Global health](#) [PubMed abstract](#)

5. [A systematic review and meta-analysis of the effectiveness of interventions to improve psychological wellbeing in the parents of children with cerebral palsy. \(Abstract\)](#)

Caregivers of children with cerebral palsy (CP) face unique demands and challenges, with potential negative impact on psychological wellbeing and consequences for both caregiver and child. Timely support could improve parental wellbeing.

[Full text: YDH](#)

2020 [Research in developmental disabilities](#)

6. [The Effects of Green Exercise on Physical and Mental Wellbeing: A Systematic Review. \(Full text\)](#)

We aimed to examine the evidence for the proposed additive effect of exercise in the presence of nature (green exercise) by systematically reviewing studies that investigated the effects of outdoor or virtual green exercise compared with indoor exercise. Our review updates an earlier review, whose searches were conducted in April 2010.

[Full text: YDH](#)

2020 [International journal of environmental research and public health](#) [PubMed abstract](#)

7. [A systematic review protocol examining workplace interventions that aim to improve employee health and wellbeing in male-dominated industries. \(Full text\)](#)

The workplace environment potentially provides access to a large population who are employed, and it is an employer's responsibility to provide appropriate conditions for its employees. Whilst the aetiology of cardiovascular disease is multifactorial, it is generally acknowledged that working conditions, gender and age are involved in its development.

[Full text: YDH](#)

2020 [Systematic reviews PubMed abstract](#)

8. [The relationship between organisational stressors and mental wellbeing within police officers: a systematic review. \(Full text\)](#)

Occupational stressors in police work increase the risk for officer mental health morbidities. Officers' poor mental wellbeing is harmful to the individual, can affect professionalism, organisational effectiveness, and public safety. While the impact of operational stressors on officers' mental wellbeing is well documented, no review has systematically investigated organisational accomplishment.

[Full text: YDH](#)

2020 [BMC public health PubMed abstract](#)

9. [No straight lines - young women's perceptions of their mental health and wellbeing during and after pregnancy: a systematic review and meta-ethnography. \(Full text\)](#)

Young mothers face mental health challenges during and after pregnancy including increased rates of depression compared to older mothers. While the prevention of teenage pregnancy in countries such as the United States and the United Kingdom has been a focus for policy and research in recent decades, the need to understand young women's own experiences has been highlighted.

[Full text: YDH](#)

2020 [BMC women's health PubMed abstract](#)

10. [The Benefits of emotion Regulation Interventions in Virtual Reality for the Improvement of Wellbeing in Adults and Older Adults: A Systematic Review. \(Full text\)](#)

The impact of emotion regulation interventions on wellbeing has been extensively documented in literature, although only in recent years virtual reality (VR) technologies have been incorporated in the design of such interventions, in both clinical and non-clinical settings.

[Full text: YDH](#)

2020 [Journal of clinical medicine PubMed abstract](#)

11. [Systematic Review of Self-Report Measures of General Mental Health and Wellbeing in Adolescent Mental Health. \(Full text\)](#)

Systematic Review of Self-Report Measures of General Mental Health and Wellbeing in Adolescent Mental Health. The assessment of general mental health and wellbeing is important within child and adolescent mental health services (CAMHS) for both clinicians and policy makers. Measurement tools are routinely relied upon to aid assessment and to monitor and evaluate treatment and service effectiveness.

[Full text: YDH](#)

2020 [Clinical child and family psychology review PubMed abstract](#)

12. [Indoor Nature Interventions for Health and Wellbeing of Older Adults in Residential Settings: A Systematic Review. \(Full text\)](#)

Having contact with nature can be beneficial for health and wellbeing, but many older adults face barriers with getting outdoors. We conducted a systematic review of quantitative studies on health and wellbeing impacts of indoor forms of nature (both real and simulated/artificial), for older adults in residential settings..

[Full text: YDH](#)

2020 [The Gerontologist PubMed abstract](#)

13. [Blue care: a systematic review of blue space interventions for health and wellbeing. \(Full text\)](#)

There is increasing interest in the potential use of outdoor water environments, or blue space, in the promotion of human health and wellbeing. However, therapeutic nature-based practices are currently outpacing policy and the evidence base for health or wellbeing benefits of therapeutic interventions within blue space has not been systematically assessed. This systematic review aims to address the gap assessed.

[Full text: YDH](#)

2020 [Health promotion international PubMed abstract](#)

14. [Promoting wellbeing and health through active participation in music and dance: a systematic review. \(Full text\)](#)

Purpose: This review aims to reveal how music and dance participation relates to key social determinants of health, and acts as population wellbeing and health promotion and preventive tools for people without pre-existing health issues in diverse social groups.

[Full text: YDH](#)

2020 [International journal of qualitative studies on health and well-being PubMed abstract](#)

15. [Health, wellbeing and lived experiences of adults with SMA: a scoping systematic review. \(Full text\)](#)

Health, wellbeing and lived experiences of adults with SMA: a scoping systematic review. Spinal muscular atrophy (SMA) is a neurodegenerative disease that has a substantial and multifaceted burden on affected adults. While advances in supportive care and therapies are rapidly reshaping the therapeutic environment, these efforts have largely centered on pediatric populations.

[Full text: YDH](#)

2020 [Orphanet journal of rare diseases PubMed abstract](#)

16. [Mental health and wellbeing of medical students in Nigeria: a systematic review. \(Full text\)](#)

Mental health and wellbeing of medical students in Nigeria: a systematic review. In addition to the stresses common to medical school training, medical students in Nigeria face additional peculiar contemporary social problems due to income inequality, poverty, insecurity and political instability. These have a direct impact on their mental health and wellbeing.

[Full text: YDH](#)

2020 [International review of psychiatry \(Abingdon, England\) PubMed abstract](#)

17. [Trans\\* Community Connection, Health, and Wellbeing: A Systematic Review. \(Abstract\)](#)

Purpose: Transgender and nonbinary (trans\*) people are affected disproportionately by discrimination and violence, contributing to gender minority stress and negative health effects. Transgender community connection (TCC), defined as (i) emotional connectedness (internal sense of belonging) to the trans\* community and/or (ii) behavioral participation in the trans\* community (observable interaction with other trans\* people, in person, online, or through media) may moderate these negative effects on health.

[Full text: YDH](#)

2020 [LGBT health](#)

If you would like help obtaining any of the articles, please contact the Library.

## NICE Healthcare Databases

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### [1. 'High Trust' and 'Low Trust' Workplace Settings: Implications for Our Mental Health and Wellbeing.](#)

Author(s) Hungerford ; Cleary, Michell

Source Issues in Mental Health Nursing; May 2021; vol. 42 (no. 5); p. 506-514

Language English

Publication Date May 2021

DOI [10.1080/01612840.2020.1822480](https://doi.org/10.1080/01612840.2020.1822480)

ISSN 01612840

Database CINAHL

### [2. Cross-sectional trend analysis of the NCHA II survey data on Canadian post-secondary student mental health and wellbeing from 2013 to 2019.](#)

Author(s) Linden ; Boyes, Randall; Stuart, Heather

Source BMC Public Health; Mar 2021; vol. 21 (no. 1); p. 1-13

Language English

Publication Date Mar 2021

DOI [10.1186/s12889-021-10622-1](https://doi.org/10.1186/s12889-021-10622-1)

ISSN 14712458

Database CINAHL

- [Available in full text at BMC public health from BioMed Central](#)
- [Available in full text at BMC public health from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

### [3. The role of accommodation environments in student mental health and wellbeing.](#)

Author(s) Worsley ; Harrison, Paula; Corcoran, Rhiannon

Source BMC Public Health; Mar 2021; vol. 21 (no. 1); p. 1-15

Language English

Publication Date Mar 2021

DOI [10.1186/s12889-021-10602-5](https://doi.org/10.1186/s12889-021-10602-5)

ISSN 14712458

Database CINAHL

- [Available in full text at BMC Public Health from BioMed Central](#)
- [Available in full text at BMC Public Health from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

#### [4. Exploring the association between mental wellbeing, health-related quality of life, family affluence and food choice in adolescents.](#)

Author(s) Davison ; Stewart-Knox, Barbara; Connolly, Paul; Lloyd, Katrina; Dunne, Laura [et al.](#)

Source Appetite; Mar 2021; vol. 158

Language English

Publication Date Mar 2021

DOI [10.1016/j.appet.2020.105020](#)

ISSN 01956663

Database CINAHL

Young people choose energy-dense, nutrient-poor diets, yet understanding of potential determinants is limited. Associations between food choices, mental wellbeing, health-related quality of life (HRQoL) and family affluence were explored to identify targets for intervention to promote dietary health and wellbeing in young people. Adolescents were recruited via post-primary schools in the UK and surveyed at two time-points when aged 13-14 years and 15-16 years.

- [Available in full text at Appetite from Unpaywall](#)

#### [5. IMPROVING MENTAL HEALTH AND WELLBEING DURING THE PANDEMIC.](#)

Author(s) Wheeler, Julia

Source Dermatological Nursing; Mar 2021; vol. 20 (no. 1); p. 58-58

Language English

Publication Date Mar 2021

ISSN 14773368

Database CINAHL

#### [6. VeCHAT: a proof-of-concept study on screening and managing veterans' mental health and wellbeing.](#)

Author(s) Goodyear-Smith ; Darragh, Margot; Warren, Jim

Source Journal of Primary Health Care; Mar 2021; vol. 13 (no. 1); p. 75-83

Language English

Publication Date Mar 2021

DOI [10.1071/HC20070](#)

ISSN 11726164

Database CINAHL

Capacity of Veterans' Affairs to respond if their engagement with veterans increases and employment of VeCHAT is scaled up, is unknown. Work is needed to assess how introducing VeCHAT as a standard procedure might influence Veterans' Affairs case management processes.

- [Available in full text at Journal of Primary Health Care from Unpaywall](#)

## [7. CBT-Vaccination: A Public Health Approach to Support the Impact of COVID-19 on Mental Health and Wellbeing.](#)

Author(s) Carrey ; Uygun, Duygu; Dursun, Serdar

Source Journal of the Canadian Academy of Child & Adolescent Psychiatry; Feb 2021; vol. 30 (no. 1); p. 49-50

Language English

Publication Date Feb 2021

ISSN 17198429

Database CINAHL

The article offers information on mental health echo-pandemic is unfolding as the short and long term physical and mental health effects of the COVID-19 pandemic continue unabated across the globe. Topics include the mental health effects are felt at the general population level through COVID's impact on the education and healthcare systems.

- [Available in full text at Journal of the Canadian Academy of Child and Adolescent Psychiatry = Journal de l'Academie canadienne de psychiatrie de l'enfant et de l'adolescent from PubMed](#)
- [Available in full text at Journal of the Canadian Academy of Child and Adolescent Psychiatry = Journal de l'Academie canadienne de psychiatrie de l'enfant et de l'adolescent from PubMed Central](#)

## [8. Developing a whole-school mental health and wellbeing intervention through pragmatic formative process evaluation: a case-study of innovative local practice within The School Health Research network.](#)

Author(s) Gobat ; Littlecott, Hannah; Williams, Andy; McEwan, Kirsten; Stanton, Helen [et al.](#)

Source BMC Public Health; Jan 2021; vol. 21 (no. 1); p. 1-16

Language English

Publication Date Jan 2021

DOI [10.1186/s12889-020-10124-6](#)

ISSN 14712458

Database CINAHL

Formative, pragmatic process evaluations can support researchers, policy-makers and practitioners in developing robust scientific evidence-bases for acceptable and feasible local innovations that do not already have a clear evidence base. The case of a whole-school restorative approach provides a case example of how such an evaluation may be undertaken.

- [Available in full text at BMC public health from BioMed Central](#)
- [Available in full text at BMC public health from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

### [9. Evaluating the impact of Archway: a personalized program for 1st year student success and mental health and wellbeing.](#)

Author(s) Kwan ; Brown, Denver; MacKillop, James; Beaudette, Sean; Van Koughnett, Sean [et al.](#)

Source BMC Public Health; Jan 2021; vol. 21 (no. 1); p. 1-7

Language English

Publication Date Jan 2021

DOI [10.1186/s12889-020-10057-0](#)

ISSN 14712458

Database CINAHL

Findings have the potential to inform future efforts to support students and protect their mental health and wellbeing through the use of virtual and remote platforms and mechanisms that meet their increasingly diverse needs and circumstances.

- [Available in full text at BMC public health from BioMed Central](#)
- [Available in full text at BMC public health from Europe PubMed Central - Open Access](#)
- [More full-text links...](#)

### [10. MENTAL HEALTH AND WELLBEING.](#)

Source Dental Health; Jan 2021; vol. 60 (no. 1); p. 9-9

Language English

Publication Date Jan 2021

ISSN 00118605

Database CINAHL

### [11. Relative food insecurity, mental health and wellbeing in 160 countries.](#)

Author(s) Elgar ; Pickett, William; Pförtner, Timo-Kolja; Gariépy, Geneviève; Gordon, David [et al.](#)

Source Social Science & Medicine; Jan 2021; vol. 268

Language English

Publication Date Jan 2021

DOI [10.1016/j.socscimed.2020.113556](#)

ISSN 02779536

Database CINAHL

The findings underscore the negative health consequences of material deprivation and unfavourable social comparisons. Consistent with relative deprivation theory, individuals who live with constant worries about not getting enough food, have to skip meals, or face chronic hunger are deprived of material and social resources that support mental health and wellbeing, especially in settings where food insecurity is less common and potentially more stigmatised.

- [Available in full text at Social science & medicine \(1982\) from Unpaywall](#)

[12. Searching for the HERO in Youth: Does Psychological Capital \(PsyCap\) Predict Mental Health Symptoms and Subjective Wellbeing in Australian School-Aged Children and Adolescents?](#)

Author(s) Finch ; Farrell, Lara J.; Waters, Allison M.

Source Child Psychiatry & Human Development; Dec 2020; vol. 51 (no. 6); p. 1025-1036

Language English

Publication Date Dec 2020

DOI [10.1007/s10578-020-01023-3](#)

ISSN 0009398X

Database CINAHL

- [Available in full text at Child psychiatry and human development from Unpaywall](#)

[13. The impact of moving to a 12h shift pattern on employee wellbeing: A qualitative study in an acute mental health setting.](#)

Author(s) Suter ; Kowalski, Tina; Anaya-Montes, Misael; Chalkley, Martin; Jacobs, Rowena [et al.](#)

Source International Journal of Nursing Studies; Dec 2020; vol. 112

Language English

Publication Date Dec 2020

DOI [10.1016/j.ijnurstu.2020.103699](#)

ISSN 00207489

Database CINAHL

Against a backdrop of increasing demand for mental health services, and difficulties in recruitment and retention of mental health staff, employers may consider implementation of 12 h shifts to reduce wage costs. Mixed evidence regarding the impact of 12 h shifts may arise because research is conducted in divergent contexts. Much existing research is cross sectional in design and evaluates impact during the honeymoon phase of implementation. Previous research has not examined the impact of 12 h shifts in mental health service settings.

- [Available in full text at International journal of nursing studies from Unpaywall](#)

[14. The impact of COVID-19 pandemic on mental health & wellbeing among home-quarantined Bangladeshi students: A cross-sectional pilot study.](#)

Author(s) Khan ; Sultana, Mst. Sadia; Hossain, Sahadat; Hasan, M. Tasdik; Ahmed, Helal Uddin [et al.](#)

Source Journal of Affective Disorders; Dec 2020; vol. 277 ; p. 121-128

Language English

Publication Date Dec 2020

DOI [10.1016/j.jad.2020.07.135](#)

ISSN 01650327

Database CINAHL

This COVID-19 outbreak imposes psychological consequences on people to a great extent which requires attention from the concerned authorities to cope with this situation mentally. The perception about the outbreak can also play a big role in psychological impact.

- [Available in full text at Journal of affective disorders from Unpaywall](#)

[15. Standing up for health - improving mental wellbeing during COVID-19 isolation by reducing sedentary behaviour.](#)

Author(s) Diamond ; Byrd, Erin

Source Journal of Affective Disorders; Dec 2020; vol. 277 ; p. 232-234

Language English

Publication Date Dec 2020

DOI [10.1016/j.jad.2020.07.137](#)

ISSN 01650327

Database CINAHL

At a time in which our mental and physical health needs are more critical than ever, the relationship between sedentary behaviour and low mood is of particular importance. The current situation represents a good opportunity for us all to change habits to implement a less sedentary lifestyle, for now and the future. This can start with changes we can make at home during lockdown.

- [Available in full text at Journal of affective disorders from Unpaywall](#)

[16. A Proposed Framework Based on Literature Review of Online Contextual Mental Health Services to Enhance Wellbeing and Address Psychopathology During COVID-19.](#)

Author(s) Tanhan ; Yavuz, K. Fatih; Young, J. Scott; Nalbant, Ahmet; Arslan, Gökmen [et al.](#)

Source Electronic Journal of General Medicine; Nov 2020; vol. 17 (no. 6); p. 1-11

Language English

Publication Date Nov 2020

DOI [10.29333/ejgm/8316](#)

ISSN 25163507

Database CINAHL

Based on the preliminary analysis, most of the online, phone based, or face-to-face mental health services introduced in this manuscript were highly recommended by the participants to be provided to general public during and after COVID-19. Mental health professionals and authorities can use the proposed framework and interventions to develop interventions and research in order to alleviate pandemic-based biopsychosocial spiritual and economic issues and enhance wellbeing.

- [Available in full text at Electronic Journal of General Medicine from Unpaywall](#)

### ['Staggering rise' in mental health issues among NHS staff since Covid-19](#)

30 April, 2021

Mental health problems quadrupled in NHS staff during the first wave of Covid-19, according to the largest survey carried out into the psychological effect of the pandemic on UK health workers. Being female, single, young, working on the frontline, and a manager, were all associated with severe psychiatric symptoms. "Our...

### [Study to assess support systems in place for hospital nurses during Covid-19](#)

15 April, 2021

A new research study is set to explore the experiences of nurses working in hospitals during the coronavirus pandemic, in a bid to ensure that the psychological, practical and educational support in place "is fit for purpose". Funded by Aberdeen's Robert Gordon University, the study will be based on the experiences...

### [NHS England funds places for nurses on wellbeing leadership programme](#)

12 April, 2021

A nurse wellbeing and leadership programme that has been in high demand since its launch in response to Covid-19 has received funding from NHS England to expand its reach. The Nightingale Frontline: Leadership Support Service was set up by the Florence Nightingale Foundation in April 2020 when the pandemic was...

### [Opportunities to support nurse wellbeing 'have been missed', finds report](#)

09 April, 2021

There has been a "persistent failure" to act on previous recommendations around supporting the mental health and wellbeing of nurses, according to a new report informed by nursing and health leaders. The report, from health charity C3, highlighted that the biggest cause of nurse sickness and absence from work in...

### [Storytelling project supports community nurse wellbeing amid Covid-19](#)

07 April, 2021

Community nurses in Scotland have harnessed the power of storytelling to help them deal with the emotional demands of working during the coronavirus pandemic and have launched a new video to share their experiences. When the pandemic first hit the UK more than a year ago, the Queen's Nursing Institute...

### [Pioneering service supporting nurse mental health across five trusts](#)

31 March, 2021

A nurse has told how the coronavirus pandemic has prompted her region to put in place a previously missing safety net for NHS staff struggling with mental health problems. Diane Hegley, a specialist occupational health nurse, works as part of a multidisciplinary team at the new Cambridge-based staff mental health...

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This current awareness bulletin contains an inexhaustive selection of information that has not been critically appraised by library staff. It is therefore the responsibility of the reader to appraise this information for accuracy and relevance.

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