

Health & Wellbeing

Current Awareness Bulletin

December 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.



In order to get the most from this bulletin, you will need an OpenAthens username and password. This will grant full text access to many of the listed resources. To register for an OpenAthens account go to: openathens.nice.org.uk.

Evidence, Research and Reviews



Mindfulness-based psychological interventions for improving mental well-being in medical students and junior doctors

Praba Sekhar, Qiao Xin Tee, Gizem Ashraf, Darren Trinh, Jonathan Shachar, Alice Jiang, Jack Hewitt, Sally Green, Tari Turner
10 December 2021

The effectiveness of mindfulness in our target population remains unconfirmed. There have been relatively few studies of mindfulness interventions for junior doctors and medical students. The available studies are small, and we have some concerns about their risk of bias. Thus, there is not much evidence on which to draw conclusions on effects of mindfulness interventions in this population. There was no evidence to determine the effects of mindfulness in the long term.



[Promoting children and young people's mental health and wellbeing](#)

Evidence Based Synopses

2021 [Public Health England](#)

[Promoting the sexual health and wellbeing of people from a Black Caribbean background: an evidence-based resource](#)

Evidence Based Synopses

2021 [Public Health England](#)

[Promoting the sexual health and wellbeing of gay, bisexual and other men who have sex with men](#)

Evidence Based Synopses

2021 [Public Health England](#)

[Ministry of Health Stakeholder engagement: Long-term pathway to mental wellbeing](#)

Aus. & NZ Guidelines

2021 [NZ Ministry of Health guidelines](#)

[COVID-19: guidance for the public on mental health and wellbeing](#)

Evidence Based Synopses

2021 [Public Health England](#)

[COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

Evidence Based Synopses

2021 [Public Health England](#)

[Mental health and wellbeing year in review](#)

Evidence Based Synopses

2021 [NZ Ministry of Health evaluations and reviews](#)

[Volunteering and wellbeing in the pandemic Part II: Rapid evidence review](#)

Evidence Based Synopses

2021 [The Young Foundation](#)

[NHS health and wellbeing framework](#)

Evidence Based Synopses

2021 [NHS England](#)

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

NICE Healthcare Databases

**1. The use and impact of digital technologies for and on the mental health and wellbeing of Indigenous people:
A systematic review of empirical studies.**

Author(s): Li ; Brar, Amareen

Source: Computers in Human Behavior; Jan 2022; vol. 126

Publication Date: Jan 2022

Publication Type(s): Academic Journal

Abstract: This review provides insights for researchers, health professionals, and educators to develop and implement innovative eMH resources for Indigenous communities. • This review examined evidence of using digital technology to improve Indigenous mental health. • It included 27 studies that used both qualitative and quantitative methods. • An array of digital technologies was used to address Indigenous mental health issues. • e-Mental health interventions reported encouraging measurable outcomes. • Indigenous people's perspective indicated acceptability of e-Mental health.

Database: CINAHL

2. Understanding the potential and pitfalls of digital phenotypes to measure population mental health and wellbeing.

Author(s): Maggio ; Di Cara, Nina H; Tanner, Alastair; Haworth, Claire M A; Davis, Oliver S P

Source: Lancet; Nov 2021; vol. 398

Publication Date: Nov 2021

Publication Type(s): Academic Journal

Database: CINAHL

3. Yonder: Home visits, dentists' wellbeing, child mental health, and BetterBack.

Author(s): Rashid

Source: British Journal of General Practice; Nov 2021; vol. 71 (no. 712); p. 510-510

Publication Date: Nov 2021

Publication Type(s): Academic Journal

PubMedID: NLM34711563

Abstract: Child mental health Untreated mental health disorders in children and adolescents are related to adverse academic, social, and health outcomes, and these often persist to adulthood. Graph: Yonder: a diverse selection of primary care relevant research stories from beyond the mainstream biomedical literature Home visits Broadening the primary care workforce to reduce demand on GPs has been a clear policy target in the NHS for some years now, with mixed results.

Database: CINAHL

4. "Getting better at getting better": How Sharing Mental Health Stories Can Shape Young People's Wellbeing.

Author(s): Lindstrom ; Sofija, Ernesta; Riley, Tom

Source: Community Mental Health Journal; Nov 2021; vol. 57 (no. 8); p. 1604-1613

Publication Date: Nov 2021

Publication Type(s): Academic Journal

Abstract:Sharing lived-experience of mental ill-health is increasingly recognised as a promising youth mental health intervention. Thematic analysis revealed five themes: Getting better at getting better, Growing towards self-acceptance, Breaking the wall by talking about mental health, Increasing connectedness and Reaching out for support. The participants reported overall improved wellbeing, as a result of increased confidence, greater self-awareness, and an increased ability to talk safely about their mental illness. Findings suggested that the program led to a reduction of self-stigma and stigma.

Database: CINAHL

5. Women's Mental Health and Wellbeing in the Interconception Period.

Author(s): Leiferman ; Jewell, Jennifer S.; Huberty, Jennifer L.; Lee-Winn, Angela E.

Source: MCN: The American Journal of Maternal Child Nursing; Nov 2021; vol. 46 (no. 6); p. 339-345

Publication Date: Nov 2021

Publication Type(s): Academic Journal

Abstract:Purpose: Promoting women's health during the interconception period is critical for the health of future pregnancies. Findings are similar to national prevalence data on postpartum depression and anxiety. Nursing care during postpartum must include screening for depression and appropriate referral and treatment when identified.

Database: CINAHL

6. The impact of providing end-of-life care during a pandemic on the mental health and wellbeing of health and social care staff: Systematic review and meta-synthesis.

Author(s): Porter ; Zile, Amy; Peryer, Guy; Farquhar, Morag; Sanderson, Kristy

Source: Social Science & Medicine; Oct 2021; vol. 287

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Abstract: The analysis generated two superordinate themes: individual experience and organisational responsibilities. Individual experience comprised four themes: dignity in death, positive experiences, negative experience and support for staff. Organisational responsibilities comprised four themes: preparation, adaption, resources, and Personal Protective Equipment (PPE). No studies quantitatively measured the impact of providing end-of-life care on staff mental health and wellbeing, however qualitative studies described experiences in varied settings. Serious disease outbreaks and disasters can expose care staff to abnormally high levels of mortality and suffering. Health and social care systems need to proactively prepare for future events and enable peer support mechanisms that may help mitigate experiences of psychological distress in humanitarian crises.

Database: CINAHL

7. 'Fix the issues at the coalface and mental wellbeing will be improved': a framework analysis of frontline NHS staff experiences and use of health and wellbeing resources in a Scottish health board area during the COVID-19 pandemic.

Author(s): Clarissa ; Quinn, Sam; Stenhouse, Rosie

Source: BMC Health Services Research; Oct 2021; vol. 21 (no. 1); p. 1-11

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Available at [BMC Health Services Research](#) - from BioMed Central

Available at [BMC Health Services Research](#) - from Europe PubMed Central - Open Access

Available at [BMC Health Services Research](#) - from ProQuest (Health Research Premium) - NHS Version

Database: CINAHL

8. Mental Health, Wellbeing and Preventive Behaviors in 10 Western Pacific Countries during COVID-19...14th European Public Health Conference (Virtual), Public health futures in a changing world, November 10-12, 2021.

Author(s): Chen ; Wang, Y. J.

Source: European Journal of Public Health; Oct 2021; vol. 31

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Abstract: Psychological and behavioral responses to COVID-19 in the WP region varied widely. COVID-19-related negative impact on mental health and wellbeing was universal. A Global effort to tackle the aftermath of the pandemic is crucial. Key messages: The psychological and behavioral responses to COVID-19 in Western Pacific countries varied widely. Severe depression/anxiety and low levels of wellbeing were prevalent in Western Pacific Region.

Database: CINAHL

9. Mental wellbeing and engagement in health risk behaviours in German university students during the COVID-19 pandemic: Findings of a cross-sectional study...14th European Public Health Conference (Virtual), Public health futures in a changing world, November 10-12, 2021.

Author(s): Busse ; Fialho, P. M.; Stock, C.; Pischke, C. R.; Buck, C.; Spatafora, F.; Kühne, L.; Zeeb, H.; Wendt, C.; Helmer, S. M.

Source: European Journal of Public Health; Oct 2021; vol. 31

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Abstract: Engagement in HRBs remains at high level during the COVID- 19 pandemic among German students. Depressive symptoms were found to be associated with changes in HRBs. Efforts to promote student health and wellbeing are needed in times of the COVID-19 pandemic and thereafter to prevent longerterm consequences.

Database: CINAHL

10. Recreational Horseback Riding and Its Association with Physical, Mental, and Social Wellbeing and Perceived Health.

Author(s): Schwarzmüller-Erber ; Maier, Manfred; Stummer, Harald; Kundi, Michael

Source: Anthrozoos; Oct 2021; vol. 34 (no. 5); p. 685-706

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Abstract:Physical activity and its influence on wellbeing are evident. It is an open question if the recommended activity levels can be reached by middle-aged and older (45+ years) horseback riders. Mental wellbeing scores of riders were significantly higher compared with controls but not compared with dog owners. Horseback riding is a means to reach recommended physical activity levels. This activity is associated with greater physical and mental wellbeing, when compared with non-pet owning people, and is similar to that seen in dog owners.

Database: CINAHL

11. Social and Emotional Wellbeing (SEW) Intervention for Mental Health Promotion Among Resettled Bhutanese Adults in Massachusetts.

Author(s): Poudel-Tandukar ; Jacelon, Cynthia S.; Rai, Shan; Ramdam, Purna; Bertone-Johnson, Elizabeth R.; Hollon, Steven D.

Source: Community Mental Health Journal; Oct 2021; vol. 57 (no. 7); p. 1318-1327

Publication Date: Oct 2021

Publication Type(s): Academic Journal

Abstract: Preventative behavioral interventions aimed at reducing mental problems among refugees are limited. We assessed the effect of a Social and Emotional Wellbeing (SEW) intervention on health-promoting behaviors (coping, social-networking, and conflict-resolution) and health-outcomes (stress, anxiety, and depression) among resettled Bhutanese adults in Western Massachusetts. Our Bhutanese participants reported improvement in their mental health after attending SEW intervention.

Database: CINAHL

12. Supporting mental health and psychosocial wellbeing through social and emotional learning: A participatory study of conflict-affected youth resettled to the U.S.

Author(s): Stark ; Robinson, Mackenzie V.; Gillespie, Alli; Aldrich, Jeremy; Hassan, Wafa; Wessells, Michael; Allaf, Carine; Bennouna, Cyril

Source: BMC Public Health; Sep 2021; vol. 21 (no. 1); p. 1-14

Publication Date: Sep 2021

Publication Type(s): Academic Journal

PubMedID: NLM34488688

Available at [BMC public health](#) - from BioMed Central

Available at [BMC public health](#) - from Europe PubMed Central - Open Access

Available at [BMC public health](#) - from ProQuest (Health Research Premium) - NHS Version

Abstract: Findings reported illustrate limitations of the conventional, universal SEL model and shed light on how schools can adapt transformative SEL strategies to serve their students better, especially newcomers from conflict-affected countries.

Database: CINAHL

13. New graduate nurse wellbeing, work wellbeing and mental health: A quantitative systematic review.

Author(s): Jarden ; Jarden, Aaron; Weiland, Tracey J.; Taylor, Glenn; Bujalka, Helena; Brockenshire, Naomi; Gertz, Marie F.

Source: International Journal of Nursing Studies; Sep 2021; vol. 121

Publication Date: Sep 2021

Publication Type(s): Academic Journal

Abstract: Most studies focused on the nurses' intent to resign or stay and both psychological capital and work engagement positively predicted intent to stay whereas work stress positively predicted intent to resign. Resilience and group cohesion moderated the negative effects of some variables, thus may be potential enablers of work wellbeing. The standards of research reporting or design were generally sub-optimal according to quality indicators. Systematic review registration number: (CRD42020148812)

Database: CINAHL

14. The urban public realm and adolescent mental health and wellbeing: A systematic review.

Author(s): Fleckney ; Bentley, Rebecca

Source: Social Science & Medicine; Sep 2021; vol. 284

Publication Date: Sep 2021

Publication Type(s): Academic Journal

Abstract: Overall, we find little evidence of an effect of the urban public realm on adolescent mental health and wellbeing, which, we argue, reflects the difficulty of researching complex pathways between environments and health and highlights a challenge to the field. To address this challenge, we propose a research agenda that prioritises more and better data drawn from diverse study designs, and more and better theories developed from diverse epistemologies.

15. Mental health and wellbeing coordinators in primary schools to support student mental health: protocol for a quasi-experimental cluster study.

Author(s): Darling ; Dawson, G.; Quach, J.; Smith, R.; Perkins, A.; Connolly, A.; Smith, A.; Moore, C. L.; Ride, J.; Oberklaid, F.

Source: BMC Public Health; Jul 2021; vol. 21 (no. 1); p. 1-14

Publication Date: Jul 2021

Publication Type(s): Academic Journal

PubMedID: NLM34320975

Available at [BMC public health](#) - from BioMed Central

Available at [BMC public health](#) - from Europe PubMed Central - Open Access

Available at [BMC public health](#) - from ProQuest (Health Research Premium) - NHS Version

Available at [BMC public health](#) - from Unpaywall

Abstract: The current study will examine the implementation and effectiveness of having a trained Mental Health and Wellbeing Coordinator within primary schools. If the intervention increases teachers' confidence to support student mental health and wellbeing and builds the capacity of primary schools it will improve student mental health provision and inform large-scale mental health service reform.

Database: CINAHL

In the News



[Covid-19: Nurse wellbeing study expanded to 'identify more ways to help'](#)

29 November, 2021

A research project into the impact of Covid-19 on the mental health and wellbeing of nurses and colleagues is being extended to uncover the ongoing affect of the pandemic and identify further support measures for those in need.

[Staff wellbeing top priority 'now more than ever', says deputy CNO](#)

12 November, 2021

The senior nurse leading on workforce issues in England has urged nursing staff not to be afraid to ask for help, sharing that he personally had reached out for support during the "tough" pandemic.

[World's governments urged to listen to nurse staffing and wellbeing needs](#)

02 November, 2021

More must be done to protect, support and remunerate nurses across the globe as they continue to tackle the coronavirus pandemic, according to health leaders who have warned that Covid-19 is far from over.

[Nurse develops hospital gym to support wellbeing of colleagues and patients](#)

02 November, 2021

A neonatal nurse in London has spearheaded the opening of an outdoor gym at the hospital where she works as part of ongoing efforts to support staff wellbeing amid the coronavirus pandemic.

[Staffing and wellbeing concerns raised by critical care nurses at London trust](#)

08 October, 2021

Critical care nurses at Guy's and St Thomas' NHS Foundation Trust have said staff shortages are damaging their wellbeing and affecting patient safety.

[Staff health and wellbeing pledge made by Calderdale and Huddersfield](#)

17 September, 2021

Calderdale and Huddersfield NHS Foundation Trust has become the latest NHS provider to sign a pledge supporting the principles of the Nursing Times Covid-19: Are You OK? campaign.

[Study: Concern A&E nurses are 'putting work before own wellbeing'](#)

15 September, 2021

More than half of nurses working in urgent and emergency care are putting the demands of their work above their own wellbeing needs, according to researchers.

[Fresh concerns over mental health and wellbeing of care workforce](#)

15 September, 2021

More than two thirds of care workers say their mental health has declined and they have not been offered professional support during the pandemic, a new survey from Unison has revealed.

[School nurses to equip pupils with wellbeing 'toolbox' over summer break](#)

13 August, 2021

School nurses in Walsall have stressed that the work they do to support children and young people's mental health and wellbeing is just as vital during the holidays as it is during term times. The school nursing team at Walsall Healthcare NHS Trust is running a course this summer for...

[Workforce wellbeing to remain priority for NHS, pledges new chief](#)

03 August, 2021

Supporting the health and wellbeing of NHS staff will remain "central" to the health service's future and its recovery from Covid-19, the new chief executive of NHS England has pledged. Amanda Pritchard became the first woman to hold the top role at NHS England when she replaced Sir Simon Stevens...

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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