



LKS Current Awareness Bulletin Child & Adolescent Mental Health

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Social and emotional wellbeing in primary and secondary education

You can now comment on the draft scope on [Social and emotional wellbeing in primary and secondary education](#).

Over a third of local areas in England reduce real terms spending on low level children’s mental health services

Anne Longfield, the Children’s Commissioner for England, [has published a report](#) looking at the amount spent on “low-level” mental health support for children in England. “Low-level” mental health services are preventative and early intervention services for treating problems like anxiety and depression or eating disorders, such as support provided by school nurses or counsellors, drop-in centres or online counselling services. These services are vital for offering early help to children suffering from mental health problems and can often prevent conditions developing into much more serious illnesses.

Ask children about social media use, psychiatrists urged

Psychiatrists are being urged to ask children with mental health issues [how long they spend online and what they use social media for](#).

Engaging with all parents and carers booklet launched to school staff

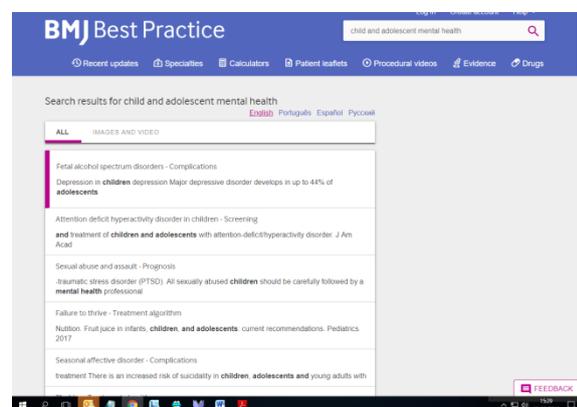
The Anna Freud Centre [has launched](#) *Supporting mental health and wellbeing in schools: engaging with all parents and carers*. This free booklet has been developed by teachers, clinicians and parents and carers, including the Centre’s Parent Champions, to explore a range of innovative ways that schools can help children by successfully engaging with parents and carers. It includes tips as well as case studies that show both parents’ and schools’ perspectives.

MPs call for tax on social media companies to protect young social media users from health harms

The All Party Parliamentary Group on Social Media and Young People’s Mental Health and Wellbeing [has published its report on the Group’s Inquiry](#).

Read the report [here](#).

BMJ Best Practice



BMJ Best Practice is a decision-support tool published by the BMJ Group and is a single source of evidence based medicine, which combines the latest research evidence, guidelines and expert opinion – providing essential learning on prevention, diagnosis, treatment and prognosis. BMJ Best Practice is of use to all staff - Doctors, Nurses and Midwives, HCAs, Patients, Volunteers, Admin.

The website also has a CME/CPD activity tracking tool which logs your searches and active hours and allows users to create activity certificates to support revalidation and CME/CPD.



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16. Associations between intimate partner violence profiles and mental health among low-income, urban pregnant adolescents.

Author(s) Thomas, Jordan L.; Lewis, Jessica B.; Martinez, Isabel; Cunningham, Shayna D.; Siddique,

Source BMC Pregnancy & Childbirth; Apr 2019; vol. 19 (no. 1)

Publication Date Apr 2019

Background: Intimate partner violence (IPV) during pregnancy is associated with adverse maternal and child health outcomes, including poor mental health. Previous IPV research has largely focused on women's victimization experiences; however, evidence suggests young women may be more likely to engage in bilateral violence (report both victimization and perpetration) or perpetrate IPV (unilateral perpetration) during pregnancy than to report being victimized (unilateral victimization). This study examined prevalence of unilateral victimization, unilateral perpetration, and bilateral violence, and the association between these IPV profiles and mental health outcomes during pregnancy among young, low-income adolescents. Methods: Survey data were collected from 930 adolescents (14-21 years; 95.4% Black and Latina) from fourteen Community Health Centres and hospitals in New York City during second and third trimester of pregnancy. Multivariable regression models tested the association between IPV profiles and prenatal depression, anxiety, and distress, adjusting for known predictors of psychological morbidity. Results: Thirty-eight percent of adolescents experienced IPV during their third trimester of pregnancy. Of these, 13% were solely victims, 35% were solely perpetrators, and 52% were engaged in bilateral violence. All women with violent IPV profiles had significantly higher odds of having depression and anxiety compared to individuals reporting no IPV. Adolescents experiencing bilateral violence had nearly 4-fold higher odds of depression (OR = 3.52, 95% CI: 2.43, 5.09) and a nearly 5-fold increased likelihood of anxiety (OR = 4.98, 95% CI: 3.29, 7.55). Unilateral victims and unilateral perpetrators were also at risk for adverse mental health outcomes, with risk of depression and anxiety two- to three-fold higher, compared to pregnant adolescents who report no IPV. Prenatal distress was higher among adolescents who experienced bilateral violence (OR = 2.84, 95% CI: 1.94, 4.16) and those who were unilateral victims (OR = 2.21, 95% CI: 1.19, 4.12). Conclusions: All violent IPV profiles were associated with adverse mental health outcomes among pregnant adolescents, with bilateral violence having the most detrimental associations. Comprehensive IPV screening for both victimization and perpetration experiences during pregnancy is warranted. Clinical and community prevention efforts should target pregnant adolescents and their partners to reduce their vulnerability to violence and its adverse consequences. Trial Registration: ClinicalTrials.gov, NCT00628771 . Registered 29 February 2008.

Association between anxiety and aggression in adolescents: a cross-sectional study.

Author(s) Chung, Jee Eun; Song, Gonjin; Kim, Kitai; Yee, Jeong; Kim, Joo Hee [et al.](#)

Source BMC Pediatrics; Apr 2019; vol. 19 (no. 1)

Publication Date Apr 2019

Background: The purpose of this study was to investigate the relationship between anxiety proneness and aggressive behaviour in adolescents. Methods: A quantitative, large scale cross-sectional study was conducted in Korea. The survey questionnaire included general health behaviour and scales for assessing anxiety (Revised Children's Manifest Anxiety Scale; RCMAS) and aggressive behaviour (The Aggression Questionnaire; AQ) in adolescents. Results: A total of 2432 students participated in the survey, and 1933

individuals completed the questionnaire, indicating a response rate of 79.5%. Based on RCMAS, 163 (8.4%) subjects were classified as the anxiety group. Aggressive behaviour was significantly associated with higher anxiety scores. In particular, among four subdomains of aggression, anger and hostility had a stronger relationship with anxiety than did physical and verbal aggression. Multivariate analysis demonstrated that anxiety was independently associated with gender, age, headache, constipation, asthma, and aggression score. Adolescents with total aggression scores of 69 or higher showed a 9-fold (AOR = 9.00, CI = 6.33-13.51) higher risk of anxiety compared to those with under 69. Conclusion: Aggression and anxiety are important aspects of mental health in adolescents. Our results demonstrated that higher risk of anxiety was associated with total aggression scores. In particular, indirect aggression (i.e. anger and hostility) was more closely associated with anxiety than direct aggression.

Correlates of physical activity and sedentary behaviour in the Thai population: a systematic review.

Author(s) Liangruenrom, Nucharapon; Craike, Melinda; Biddle, Stuart J. H.; Suttikasem, Kanyapat; Pedisic, Zeljko

Source BMC Public Health; Apr 2019; vol. 19 (no. 1)

Publication Date Apr 2019

Background: Given the importance of knowing the potential impediments and enablers for physical activity (PA) and sedentary behaviour (SB) in a specific population, the aim of this study was to systematically review and summarise evidence on individual, social, environmental, and policy correlates of PA and SB in the Thai population. Methods: A systematic review of articles written in Thai and English was conducted. Studies that reported at least one correlate for PA and/or SB in a healthy Thai population were selected independently by two authors. Data on 21 variables were extracted. The methodological quality of the included studies was assessed using the Newcastle-Ottawa Scale. Results: A total of 25,007 records were screened and 167 studies were included. The studies reported associations with PA for a total of 261 variables, mostly for adults and older adults. For most of the variables, evidence was available from a limited number of studies. Consistent evidence was found for individual-level and social correlates of PA in children/adolescents and adults and for individual-level correlates of PA in older adults. Self-efficacy and perceived barriers were consistently associated with PA in all age groups. Other consistently identified individual-level correlates in adults and older adults included self-rated general health, mental health, perceived benefits, and attitudes towards PA. Consistent evidence was also found for social correlates of PA in adults, including social support, interpersonal influences, parent/family influences, and information support. The influence of friendship/companionship was identified as a correlate of PA only in children/adolescents. A limited number of studies examined SB correlates, especially in older adults. The studies reported associations with SB for a total of 41 variables. Consistent evidence of association with SB was only found for obesity in adults. Some evidence suggests that male adults engage more in SB than females. Conclusions: More Thai studies are needed on (i) PA correlates, particularly among children/adolescents, and that focus on environment- and policy-related factors and (ii) SB correlates, particularly among older adults. Researchers are also encouraged to conduct longitudinal studies to provide evidence on prospective and causal relationships, and subject to feasibility, use device-based measures of PA and SB.

New research finds increases in suicidal attempts among younger children.

Author(s) Canady, Valerie A.

Source Mental Health Weekly; Apr 2019; vol. 29 (no. 15); p. 1-3

Language English

Publication Date Apr 2019

Research about the mental health care needs of children and adolescents continues to mount. A new study published April 8 in JAMA Pediatrics has found that suicidal thoughts and suicide attempts are sending more young children to the emergency room.

Evaluating the use of responsive art therapy in an inpatient child and adolescent mental health services unit.

Author(s) Nielsen, Fran; Isobel, Sophie; Starling, Jean

Source Australasian Psychiatry; Apr 2019; vol. 27 (no. 2); p. 165-170

Publication Date Apr 2019

Objectives: We describe the use of responsive art therapy in an inpatient child and adolescent mental health services unit, including its acceptability rated through a satisfaction questionnaire. **Methods:** A patient satisfaction questionnaire was developed to collect feedback from 46 adolescents. Images from therapy were photographed and collated looking for patterns across diagnoses and stages of treatment. **Results:** Adolescents reported that art therapy helped them learn how to express themselves safely (80%) and understand how their thoughts related to their feelings (78%). **Conclusions:** Responsive art therapy was a useful strategy to support the safe expression of distress and was seen as a positive experience by adolescents in inpatient mental health care.

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Young people, mental health and significant loss

Elaine Tabony

British Journal of School Nursing Volume 14, Issue 3 02 Apr 2019

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