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➤ **FDA warning highlights Mefloquine's mental health risks**

Mefloquine (formerly marketed under Lariam), an antimalarial drug that has a long history of adverse psychiatric side effects has got a tougher warning label from the Food and Drug Administration in the United States. It is particularly harmful to patients with a history of seizures or psychiatric disorders. Its neurologic side effects include dizziness, loss of balance or ringing in the ears. Its psychiatric side effects include feeling anxious, mistrustful, depressed or having hallucinations.

Levin, A. FDA warning highlights Mefloquine's mental health risks. Psychiatric News.

Full text article can be accessed here:

<http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=1736819&RelatedNewsArticles=true>

➤ **Hygiene and the world distribution of Alzheimer's disease**

This report highlights that people living in sanitised environments may be at a greater risk of getting Alzheimer's. It uses the data from WHO's Global Burden of Disease report published in 2009 to compare the rate of Alzheimer's in different countries in view of the countries' historical and contemporary pathogen prevalence, sanitation and urbanisation. It finds that countries that are less urbanised, have more pathogens and a lower degree of sanitation have lower rates of Alzheimer's.

Fox, M., Knapp, L., Andrews, P. & Fincher, C. Hygiene and the world distribution of Alzheimer's disease. Evolution, Medicine, and Public Health Advance.

Full text article can be accessed here:

<http://emph.oxfordjournals.org/content/early/2013/08/11/emph.eot015.full.pdf+html>

➤ **Young mums together: Promoting young mothers' wellbeing**

Young mothers face a higher risk of postpartum depression associated with feelings of isolation and low self-esteem. If unchecked it can have long-term consequences for the mother and her child. It can negatively affect parenting practices and the mother's ability to bond with the child. The United Kingdom has a higher rate of teenage pregnancies compared to Europe. This report documents the Young Mum's project that developed a group of young mothers who would facilitate access to mental health services and practical support. It provides a peer support network, weekly one-to-one support with the facilitators and access to extended professional services.

Jenkins, K. Young mums together: Promoting young mothers' wellbeing. Mental Health Foundation.

Full text article can be accessed here:

<http://www.mentalhealth.org.uk/content/assets/PDF/publications/young-mums-together-report.pdf?view=Standard>

➤ **Perceived control's influence on wellbeing in residential care versus community dwelling older adults**

Maintaining a sense of control as one gets older is a psychological factor identified as a strong predictor of successful ageing. Usually, as people age, their control capacity is reduced and they accept secondary perceived control to help them maintain normative levels of wellbeing. This study compares the link between perceived control and eight domains of satisfaction in 101 elderly living in the community and 101 elderly living in residential aged-care. It finds that the stability in satisfaction comes in part from growing acceptance of what cannot be changed. Despite assumptions that old age is associated with low primary control especially while living in an aged-care facility the study did not indicate that primary perceived control was suppressed. However, satisfaction and acceptance took more of a prime position in low control situations in later life.

Broadbent, J., Quadros-Wander, S. & McGillivray, J. Perceived control's influence on wellbeing in residential care versus community dwelling older adults. Journal of Happiness Studies.

Full text article can be accessed here:

<http://link.springer.com/content/pdf/10.1007%2Fs10902-013-9452-9.pdf>

➤ **Getting on...with life: Baby boomers, mental health and ageing well – A review**

This report explores whether the lives baby boomers (the people born between 1946 and 1955) lived and their generational attitudes and behaviours have any implication for their mental health and any mental illness experiences that they may have as they grow older. It provides recommendations for policy and action in key areas such as health and mental health services; ageism; protecting mental capital; better information about dementia; addressing inequality; improving employment practices; financial policies; social care; tackling loneliness; and involving baby boomers in shaping their future.

Grant, J. (2013, May). Getting on...with life: Baby boomers, mental health and ageing well – A review. Mental Health Foundation.

Full text article can be accessed here:

<http://www.mentalhealth.org.uk/content/assets/PDF/publications/getting-on-full-report.pdf?view=Standard>

➤ **Proximity to terror and post-traumatic stress: A follow-up survey of governmental employees after the 2011 Oslo bombing attack**

Not much was known about how workplace-directed terror affected the mental health of employees, especially government ones. Hence, this paper assessed the prevalence of post-traumatic stress disorder (PTSD) symptoms among Norwegian Government employees following the bombing in Oslo on 22 July 2011. It also examined if the proximity of the bomb explosion was an important predictor of PTSD. Data was collected 10 months after the bombing from 1,927 out of 3,520 employees from 14 out of 17 ministries. Two hundred and seven out of 1,881 (11 percent) of government employees who responded to the survey were at work when the bomb exploded. The study revealed that the prevalence of PTSD was high among those who were present when the bomb exploded. The risk of PTSD was low and independent of proximity to the terror scene among those who were not at the scene. The authors recommend that when a workplace terror attack occurs, psychosocial interventions should be targeted towards employees present at work during the time of the attack.

Hansen, M.B., Nissen, A., & Heir, T. Proximity to terror and post-traumatic stress: A follow-up survey of governmental employees after the 2011 Oslo bombing attack. BMJ Open.

Full text article can be accessed here:

<http://bmjopen.bmj.com/content/3/7/e002692.full.pdf>

➤ **Predicting progression to dementia in elderly subjects with mild cognitive impairment using both cognitive and neuroimaging predictors**

This study assesses the predictive accuracy of targeted neuroimaging and neuropsychological measures to detect the incipient dementia in individuals with mild cognitive impairment. It also examines the potential benefits of examining both classes of measures. It found that for the cognitive predictors, deficits in both free recall and recognition episodic memory tasks were highly suggestive of progression to dementia. It uses both classes of measures to predict more accurate predictions than those based on neuroimaging or cognitive measures alone.

Peters, F., Villeneuve, S. & Belleville, S. Predicting progression to dementia in elderly subjects with mild cognitive impairment using both cognitive and neuroimaging predictors. Journal of Alzheimer's Disease. 38:307-318.

Full text article can be accessed here:

<http://iospress.metapress.com/content/b231wj3vx47073l5/fulltext.pdf>

➤ **Clinical effectiveness of a manual based coping strategy programme (START, STrAtegies for RelaTives) in promoting the mental health of carers of family members with dementia: Pragmatic randomised controlled trial**

This report explores whether a manual based coping strategy compared with treatment as usual reduces depression and anxiety symptoms in carers of family members with dementia. It conducted a randomised study on 260 carers of family members with dementia, across three mental health community services and one neurological outpatient dementia service in London and Essex, U.K. The manual- based coping intervention consisted of eight sessions of psychoeducation about: dementia; carers' stress; getting emotional support; understanding behaviour of family member with dementia; behavioural management techniques; changing unhelpful thoughts; promoting acceptance; assertive communication; relaxation; planning for the future; increasing pleasant activities; and maintaining skills learnt. These sessions were delivered by supervised psychology graduates. This strategy was found effective in reducing affective symptoms and case level depression in carers of family members with dementia and improve their quality of life.

Livingston, G., et. al. Clinical effectiveness of a manual based coping strategy programme (START, STrAtegies for RelaTives) in promoting the mental health of carers of family members with dementia: Pragmatic randomised controlled trial. BMJ.

Full text article can be accessed here:
<http://www.bmj.com/content/347/bmj.f6276>

➤ **“No health without mental health”: Mental health dashboard**

This mental health dashboard serves as a reference guide for use by those working in the care and support system. It seeks to provide a clear and concise picture of mental health outcomes. The topics contained therein included information on: mental health services; the physical wellbeing of people with mental health issues; and experiences of being stigmatised and discriminated against. A technical appendix to the dashboard is available.

“No health without mental health”: Mental health dashboard. Department of Health, U.K.

Full text article can be accessed here:
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/265388/Mental_Health_Dashboard.pdf

➤ **Healthy midlife diet may prevent dementia later**

This article highlights that a healthy diet in midlife may prevent dementia later on. Those who ate the healthiest diets at the age of 50 had an almost 90 percent lower risk of dementia in a 14-year follow up study than those whose diets were least healthy. Foods such as vegetables, berries and fruits, fish and unsaturated fats from milk products and spreads were classified as healthy, while sausages, eggs, sugary drinks, salty fish and saturated fats from milk products and spreads were classified as unhealthy. A high intake of saturated fats was linked to poorer cognitive and memory functions and to an increased risk of mild cognitive impairment; a higher saturated fat intake was associated with an increased risk of dementia among those carrying a genetic risk factor for Alzheimer's disease; and those consuming three to five cups of coffee daily had a smaller risk of dementia than those consuming less or more. Components of this research were previously published in these papers: Midlife healthy-diet index and late-life dementia and Alzheimer's disease; Midlife coffee and tea drinking and the risk of late-life dementia: A population-based CAIDE study; and Fat intake at midlife and cognitive impairment later in life: A population-based CAIDE study.

Bowers, L. Healthy midlife diet may prevent dementia later. Long-Term Living.

Full text article can be accessed here:

<http://www.ltltmagazine.com/news-item/healthful-midlife-diet-may-prevent-dementia-later>

➤ **Role of nutrition in the prevention of cognitive decline**

Due to the growing number of people living with neurodegenerative diseases and their social and economic repercussions, prevention strategies that may delay the onset of these disorders are imperative. This article examines current published scientific literature to understand the role of specific nutrients in the prevention and progression of dementia. It finds that nutritional interventions, including the use of various vitamins, carotenoids, and polyphenols, have demonstrated positive results in the reduction of cognitive neurodegenerative disease pathophysiology associated with dementia and Alzheimer's disease. However, there is insufficient evidence for the benefits of specific vitamins and supplements that mitigate normative cognitive decline or dementia in humans.

Frechette, J. & Marraccini, M. Role of nutrition in the prevention of cognitive decline. Annals of Long-Term Care: Clinical Care and Aging. 22(2): 41-48.

Full text article can be accessed here:

<http://www.annalsoflongtermcare.com/article/role-nutrition-prevention-cognitive-decline>

➤ **Preventing loneliness and social isolation in older people**

The elderly in Scotland have to put up with loneliness and isolation, to the detriment of their health and wellbeing. Loneliness can occur through events such as retirement, bereavement and a shrinking social network. Even

becoming a carer increases the risk of loneliness. Hence, tackling these two issues would delay or avoid the need for more intensive support. Flexible support, ideally based within the community, and developed with the involvement of older people is effective. Group activities are especially helpful. Some of the measures health and social care practitioners can take are: be aware of the issue and the range of supports available; involve older people in planning of services; be adaptable; enhance personal independence rather than providing a service; workforce development; and documenting and sharing successes.

Colins, E. Preventing loneliness and social isolation in older people. Institute for Research and Innovation in Social Services Insights, No. 25.

Full text article can be accessed here:

<http://www.iriss.org.uk/resources/preventing-loneliness-and-social-isolation-older-people>

➤ **Feeling down: Improving the mental health of people with learning disabilities**

This practical manual helps promote positive mental health by offering information, case studies and real-life experiences of people with learning disabilities and their carers in England and their strategies for enhancing their mental wellbeing. People with learning disabilities often have to explain that their mental health is unrelated to their learning disability and just like the general population, they are at risk of experiencing mental health problems. Based on reflections and discussions of people with learning disabilities and their carers the report concludes with nine recommendations. Some of them are: regular audits should be conducted to ensure that service providers demonstrate compliance with the Equality Act and Mental Capacity Act; and each clinical Commission Group should appoint a specialist learning disabilities clinical lead to advice and champion the cause. The 'Feeling down: Looking after my mental health' report is an interactive follow-up report that includes tools to help people speak to their general practitioners about their mental health, a diary to record moods, how to get help, among other things.

Burke, C. Feeling down: Improving the mental health of people with learning disabilities. Foundation for People with Learning Disabilities.

Full text article can be accessed here:

<http://www.learningdisabilities.org.uk/content/assets/pdf/publications/feeling-down-report-2014.pdf?view=Standard>

➤ **Hearing loss – Undiagnosed and undertreated**

Although hearing loss can occur at any age, older adults are at a greater risk of facing it. The ageing process largely damages the inner ear (cochlea) that cannot be treated with medical intervention. Studies at Johns Hopkins Medical Center found that people with untreated hearing loss have a greater risk of developing dementia than individuals who have no hearing loss. Dementia and

hearing impairment shared several overlapping symptoms including social isolation, decreased comprehension, discrimination, inappropriate word use, and difficulty following conversations. Properly fitted devices such as hearing aids in patients diagnosed with Alzheimer's was effective in helping with their communication skills and significantly reduced the patient's behavioural problems and caregiver stress.

Monahan, R. & Sieminski, L. Hearing loss – Undiagnosed and undertreated. Today's Geriatric Medicine, 7(3): 14.

Full text article can be accessed here:

<http://todaysgeriatricmedicine.com/archive/052714p14.shtml>

➤ **Preventing the development of depression at work: A systematic review and meta-analysis of universal interventions in the workplace**

This study says that depression is a major public health problem among working-age adults and that the workplace is potentially an important location for interventions aimed at preventing the development of depression. A systematic search was conducted in relevant databases to identify randomised controlled trials of workplace interventions aimed at universal prevention of depression. Nine workplace-based randomised controlled trials were identified and the majority of the included studies utilised cognitive behavioral therapy (CBT) techniques. The study found evidence that universally-delivered workplace mental health interventions can reduce the level of depression symptoms among workers. There was more evidence for the effectiveness of CBT-based programmes than other interventions. Hence, the study concludes that evidence-based workplace interventions should be a key component of efforts to prevent the development of depression among adults.

Tan, L., Wang, M., Modini, M., Joyce, S., Mykletun, A., Christensen, H. & Harvey, S. Preventing the development of depression at work: a systematic review and meta-analysis of universal interventions in the workplace. BMC Medicine 2014, 12:74.

Full text article can be accessed here:

<http://www.biomedcentral.com/content/pdf/1741-7015-12-74.pdf>

➤ **A relaxation technique enhances psychological well-being and immune parameters in elderly people from a nursing home: A randomized controlled study**

The ageing process leads to a decline in immune functioning and renders the elderly more vulnerable to disease. It is thus important to diminish the risk of disease, promote independence and augment psychological well-being and quality of life of the aged in residential care. This study evaluates a relaxation technique based on Benson's relaxation response that is implemented as a

two-week intervention programme and a three-month follow-up. It found that the programme was effective in enhancing psychological well-being and modulating immune parameters of the elderly residents.

Reig-Ferrer, A. A relaxation technique enhances psychological well-being and immune parameters in elderly people from a nursing home: A randomized controlled study. BMC Complementary & Alternative Medicine, 14 (311).

Full text article can be accessed here:

<http://www.biomedcentral.com/content/pdf/1472-6882-14-311.pdf>

➤ **Recognising and responding to deterioration in mental state: A scoping review**

This report explores the current knowledge base for recognising and responding to deterioration in the mental health of inpatients in acute settings; gaps that can be addressed; and whether and how the existing Australian National Consensus Statement: Essential Elements for Recognising and Responding to Clinical Deterioration (Consensus Statement) could be applied to deterioration in a person's mental state. It found only a small number of tools that had been developed to recognise and track deteriorating mental states. A person's mental state was affected by: medication, the environment of the ward; the person's personal relationships and events occurring inside and outside the hospital; clinical practice; and communication between staff. It suggests possible actions such as identifying key adverse events associated with deteriorating mental health and developing nationally-agreed sets of markers of deterioration in mental health, among others.

Recognising and responding to deterioration in mental state: A scoping review. Australian Commission on Safety and Quality in Health Care.

Full text article can be accessed here:

<http://www.safetyandquality.gov.au/wp-content/uploads/2014/07/Recognising-and-responding-to-deterioration-in-mental-state.-A-scoping-review.pdf>

➤ **Mental health matters: Social inclusion of youth with mental health conditions**

This report provides insights on youth mental-health conditions to start a global conversation regarding strategies for addressing the challenges faced by young people in order to foster economic and social integration. It highlights mental health conditions of youth as an emerging global concern. It details risk factors contributing to the development of mental health conditions among youth such as bullying and peer rejection; adverse and traumatic events in children and youth; conflict and post-conflict mental health; and mental health conditions of low- and middle-income countries. It explores service utilisation and help-seeking behaviour among young people.

Bradshaw, C., Nguyen, A., Kane, J. & Bass, J. Mental health matters: Social inclusion of youth with mental health conditions. *United Nations*.

Full text article can be accessed here:

<http://www.un.org/esa/socdev/documents/youth/IYD2014/reportsocialinclusionofyouthwithmentalhealth.pdf>

➤ **Addressing gaps in mental health care for new mothers**

Depression and anxiety are the most common mental problems during pregnancy that affects up to 20 percent of women in the first year after childbirth. Pregnant women and new mothers in half of the United Kingdom do not have access to specialist perinatal mental health services. This potentially leaves them and their babies at risk. Only three percent of Clinical Commissioning Groups have a strategy for commissioning perinatal mental health services and most do not have plans to develop one. The updated Antenatal and Postnatal Mental Health: Clinical Management and Service Guidance discusses how pregnancy and childbirth might affect mental health problems including the risk of relapse. It also explains how the treatment might affect the woman, the baby and parenting.

Tanday, S. Addressing gaps in mental health care for new mothers. National Institute for Health and Care Excellence.

Full text article can be accessed here:

<https://www.nice.org.uk/news/article/address-gaps-in-mental-health-care-for-new-mothers>

➤ **Lifestyle factors, demographics and medications associated with depression risk in an international sample of people with multiple sclerosis**

People with multiple sclerosis (MS) encounter depression as the most common co-morbidity and it has a great impact on their quality of life. Modification of lifestyle risk factors for people with MS has significant potential to prevent and treat depression. This study seeks to understand the association between lifestyle risk factors, medication and depression risk. It found that poor diet, low levels of exercise, obesity, smoking, marked social isolation and taking interferon were associated with greater depression risk. Participants who supplemented with omega 3s, particularly flaxseed oil, had frequent fish consumption, supplemented with vitamin D, meditated, and had moderate alcohol consumption had significantly reduced depression risk.

Taylor, K., Hadgkiss, E., Jelinek, G., Weiland, T., Pereira, N., Marck, C. & Meer, D. Lifestyle factors, demographics and medications associated with depression risk in an international sample of people with multiple sclerosis. BMC Psychiatry, 14.

Full text article can be accessed here:

<http://www.biomedcentral.com/content/pdf/s12888-014-0327-3.pdf>

➤ **Teens who mature early at greater risk of depression**

A new study conducted at the University of Illinois suggests that youth who entered puberty ahead of their peers are at heightened risk of depression, although the disease develops differently in girls than in boys. They had poorer self-images; greater anxiety; social problems, including conflict with family members and peers; and tended to befriend peers who were prone to getting into trouble. Pubertal changes caused girls to feel badly about themselves, cope less effectively with social problems, affiliate with deviant peers, enter riskier and more stressful social contexts, and experience disruption and conflict within their relationships. Boys experienced negative self-image, anxiety, social problems and interpersonal stress. The study found that only some teens were vulnerable to the effects of early maturation, particularly those with more disruption in their families and less supportive peers.

Teens who mature early at greater risk of depression. Science Daily.

Full text article can be accessed here:

<http://www.sciencedaily.com/releases/2014/11/141119142209.htm>

➤ **Investing in children's mental health**

In the United Kingdom, nearly 10 percent of children aged 5-16 suffer from clinically diagnosable mental health conditions but only a minority receive effective interventions. This untreated childhood mental health problems have a strong tendency to persist into later life. This report presents evidence on the effectiveness and value for money of interventions for children and adolescent mental health problems. Most of the common conditions are conduct disorder (severe behavioural problems), anxiety, depression and attention deficit hyperactive disorder (ADHD) and can be treated through effective interventions that are also good value for money.

Khan, L., Parsonage, M. & Stubbs, J. Investing in children's mental health. Centre for Mental Health.

Full text article can be accessed here:

http://www.centreformentalhealth.org.uk/pdfs/investing_in_childrens_mental_health.pdf

➤ **The social and cultural determinants of mental health**

These five shortlisted essays from the Gavin Mooney Memorial Essay Competition look at mental health from a variety of perspectives. The late Professor Gavin Mooney was a health economist who was a tireless advocate for social justice in local, national and international arenas. The essays address issues such as housing security and mental health; mental health in the age of austerity; schizophrenia; among others. They cover themes of collective responsibilities, individualism, austerity and entitlements.

Gibbs, E., Forbes, M., Hibbitt, O., Jeffs, S., Leggatt, M. & Wright, S. *The social and cultural determinants of mental health*. Sydney School of Public Health.

Full text article can be accessed here:

http://apo.org.au/files/Resource/gavinmooneyessays2014_4.pdf

➤ **Domestic violence also harms mental health**

A study published in the journal *Depression and Anxiety* found that women who were victims of domestic violence were at a greater risk of mental health problems in addition to their physical injuries. A team of researchers from the King's College London in England, the Institut Universitaire en Santé Mentale de Montréal (IUSMM), and the University of Montreal, say that these problems could include issues such as depression and psychotic symptoms. The risk doubled for women who were also victims of childhood abuse.

Nauert, R. Domestic violence also harms mental health. PsychCentral.

Full text article can be accessed here:

<http://psychcentral.com/news/2015/04/01/domestic-violence-also-harms-mental-health/83023.html>

➤ **How poor sleep might shape mental health later in life**

A new study found that heavy snoring and sleep apnea may signal to earlier memory and thinking decline. Those who suffered from sleep apnea or heavy snoring were likely to have cognition problems around 10 years earlier than those without sleep-breathing troubles. Patients with cognitive issues who also had sleep-disordered breathing started showing signs of mild cognitive impairment at an average age of 77, while those without breathing troubles at an average age of 90. Those with sleeping-disordered breathing were also seen to get Alzheimer's disease earlier, at an average age of 83, while those who did not have breathing issues, suffered from Alzheimer's at an average age of 88. The study found that treating abnormal breathing patterns with continuous positive airway pressure reduces the risk of developing cognitive issues earlier.

Jones, M. How poor sleep might shape mental health later in life. Huffington Post.

Full text article can be accessed here:

http://www.huffingtonpost.com/2015/04/18/sleep-apnea-mental-health_n_7087564.html?ncid=fbklnkushpmsg00000063

➤ **New study finds that creativity and mental illness are genetically linked**

A new study has found a genetic link between creativity and the development of two psychiatric disorders: schizophrenia and bipolar disorders. People with these psychiatric disorders share common gene variants with otherwise healthy creative people. The scientists defined a creative person as anyone involved in the arts as a professional or as a member of an artistic society and carried out

the study within the Icelandic population. They used a method called polygenic risk score to predict a person's risk of developing a certain disease. Then they looked for an association between the group of gene variants and levels of creativity in people who were not diagnosed with either condition.

Jex, C. New study finds that creativity and mental illness are genetically linked. Science Nordic.

Full text article can be accessed here:

<http://sciencenordic.com/new-study-finds-proof-creativity-and-mental-illness-are-genetically-linked-0>

➤ **Picky-eating kids are at risk of mental problems**

According to a study published in the journal *Pediatrics*, children who are picky eaters are in danger of suffering from mental problems. Children between ages 2 and 6 with highly selective eating habits have double the risk of depression as normal eaters. "Moderate" pickiness could be linked to a certain degree of depression and anxiety. Limited eating choices of children could cause serious problems that affect the child's health, growth, social functioning and the parent-child relationship. There is a need to start helping parents and doctors to know when and how to intervene.

Acevedo, C. Picky-eating kids are at risk of mental problems. The Science Times.

Full text article can be accessed here

<http://www.sciencetimes.com/articles/7019/20150803/picky-eating-kids-are-at-risk-of-mental-problems.htm>

➤ **Fitter legs linked to a 'fitter' brain**

A study by researchers at King's College London found that muscle fitness as measured by power in the legs is strongly associated with an improved rate of ageing in the brain. Simple interventions such as increased levels of walking to improve leg power in the long term may have an impact on healthy cognitive ageing. Researchers measured leg force and speed of 324 healthy female twins aged 43 to 73 and found that those who had more leg power at the start of the study thought, learned and remembered better. They also had fewer brain changes associated with ageing when measured after 10 years.

Fitter legs linked to a 'fitter' brain. King's College London.

Full text article can be accessed here:

<https://www.kcl.ac.uk/newsevents/news/newsrecords/2015/November/Fitter-legs-linked-to-a-fitter-brain.aspx>

➤ Take childhood bullying by the horns

Childhood bullying is recognised as a major global public health problem as it can lead to suicide, long-term psychological problems, academic performance issues, psychosocial problems and involvement in violent behaviour. Two large surveys of 13 to 15 year olds across 66 countries found that around 32.1 percent to 37.4 percent were victimised and bullied at least once in the past two months. School nurses and psychologists can work together to prevent or at least limit the damage. Psychologist can train staff on positive behavioural interventions, assess bullies and counsel victims, while nurses can identify at-risk children and potential bullies, provide a safe haven, and educate parents, staff, and community members about the dangers of bullying.

Take childhood bullying by the horns. Johns Hopkins Nursing.

Full text article can be accessed here:

<http://magazine.nursing.jhu.edu/2015/10/take-childhood-bullying-by-the-horns/>

➤ Mental health risk for new dads

Researchers have found that anxiety before and after the arrival of a new baby is just as common as postnatal depression, and the risks for men are nearly as high as for women. The problem for men can be compounded as they do not seek help because they think the pregnancy and childbirth is more about the mother than them. The causes of anxiety and depression around the arrival of a new baby are poorly understood. The anxiety symptoms include worrying or feeling keyed up most of the time, feeling irritable, and fears for the baby's safety. Physical symptoms can include a racing heart, feeling sweaty, poor sleep and poor appetite.

Mental health risk for new dads. Science Daily.

Full text article can be accessed here:

<http://www.sciencedaily.com/releases/2015/11/151124112134.htm>