Collaborative Care Intervention May Improve Depression in Teens

Among adolescents with depression seen in primary care, a collaborative care intervention that included patient and parent engagement, as well as education, resulted in greater improvement in depressive symptoms at 12 months than usual care, according to a study published in the *Journal of the American Medical Association*.

Researchers randomly assigned 101 adolescents (ages 13 to 17) at Group Health Cooperative who had screened positive for depression to either a 12-month collaborative care intervention or usual care. The intervention included an education and engagement session, during which perspectives on symptoms were elicited, depression education was provided, and active treatment participation of adolescents and parents was encouraged. During the session, a depression care manager helped the youth and parent(s) choose and initiate treatment with antidepressant medication, brief cognitive-behavioral therapy, or both. The intervention youth then received ongoing follow up, with care provided in the primary care clinic.

In the usual care group, youth received depression screening results and could access mental health services through Group Health.

Intervention youth (n = 50), compared with those who received usual care (n = 51), experienced greater decreases in depressive symptoms by 12 months. Sixty-eight percent of intervention youth had a 50% or greater reduction in depressive symptoms compared to 39% among control youth.

The overall rate of depression remission at 12 months was 50.4% for intervention youth and 20.7% for control youth.

**Study Shows How REM Sleep May Affect PTSD Treatment**

The effectiveness of posttraumatic stress disorder (PTSD) treatment may hinge significantly on sleep quality, according to a study published in the *Journal of Neuroscience*.

Researchers investigated the impact of fear conditioning and safety signal learning (i.e., cues that predict the non-occurrence of an aversive event) on human rapid eye movement (REM) sleep using 42 healthy volunteers tested over 3 consecutive days and nights.

Researchers found that increased safety signaling was associated with increased REM sleep consolidation at night and that the quality of overnight REM sleep was related to how well volunteers managed fear conditioning.

Furthermore, stimuli representing safety increased human REM sleep, which helps humans distinguish threatening stimuli from safe stimuli the next day. Therefore, although animal studies focused on learning and unlearning a threat, the current study showed that REM sleep in humans is more related to learning and remembering safety.

According to researchers, these findings encourage further investigation, eventually into human PTSD populations in which fear, safety, and sleep are ongoing and paramount concerns among military Veterans and others.

**Survey Shows That One in Five New Nurses Leaves First Job Within a Year**

A study in *Policy, Politics & Nursing Practice* has revealed that an estimated 17.5% of newly licensed RNs leave their first nursing jobs within the first year, and one in three (33.3%) leave within 2 years. Researchers also found that turnover for this group is lower at hospitals than other health care settings.

The study, which synthesized existing turnover data and reported turnover data from a nationally representative sample of RNs, was conducted by the RN Work Project, a longitudinal study of new RNs’ turnover rates, intentions, and attitudes, including intent, satisfaction, organizational commitment, and preferences about work, in the United States.

The study draws on data from nurses in 34 states, covering 51 metropolitan areas and nine rural areas. Specifically, the data come from surveys of three cohorts of newly licensed RNs conducted since 2006.

In addition, project data include all organizational turnover (i.e., voluntary and involuntary) but do not include position turnover if the RN stayed at the same health care organization.
Yoga May Improve Emotional and Cognitive Symptoms in Individuals With Bipolar Disorder

Individuals with bipolar disorder who do yoga believe their yoga practice has significant mental health benefits, according to a survey study published in the Journal of Psychiatric Practice.

Researchers recruited 109 individuals who identified themselves as having bipolar disorder and being yoga practitioners. Participants were asked to complete an online survey concerning their yoga practice and its impact on their mood disorder symptoms. Of 86 individuals with usable responses, 70 had positive results on a screening questionnaire for manic (or less severe hypomanic) symptoms.

Participants reported practicing yoga for an average of 6 years; they attended a yoga class twice per week and practiced yoga at home three times per week, on average. Two thirds of respondents said they practiced yoga to exercise, improve flexibility, and reduce stress and anxiety.

Most participants believed that yoga had benefits for their mental health. Two thirds said that yoga positively affected their depressive, manic, or hypomanic symptoms at least some of the time.

They also reported positive emotional effects of yoga, such as reduced anxiety and worry; positive cognitive effects, especially in terms of increased mindfulness; and positive physical effects, such as weight loss, increased energy, and improved sleep. Fifteen respondents said that yoga had been “significantly life-changing.”

However, approximately one fourth of respondents reported some type of negative effect related to yoga. The most common negative effects were physical pain or injury.

In addition, 9% of respondents reported that yoga had negatively affected their bipolar disorder symptoms at some time. Some gave examples of yoga practices (e.g., rapid/energetic breathing or heated yoga) that they believed increased agitation or manic symptoms. Others said that yoga (e.g., slow and meditative practice) had, at times, led to increased depression or lethargy.

At least one participant raised concerns about possible heat intolerance during hot yoga in patients taking antipsychotic medications or lithium.