

Information needs and sources of information among people with depression and anxiety: a scoping review

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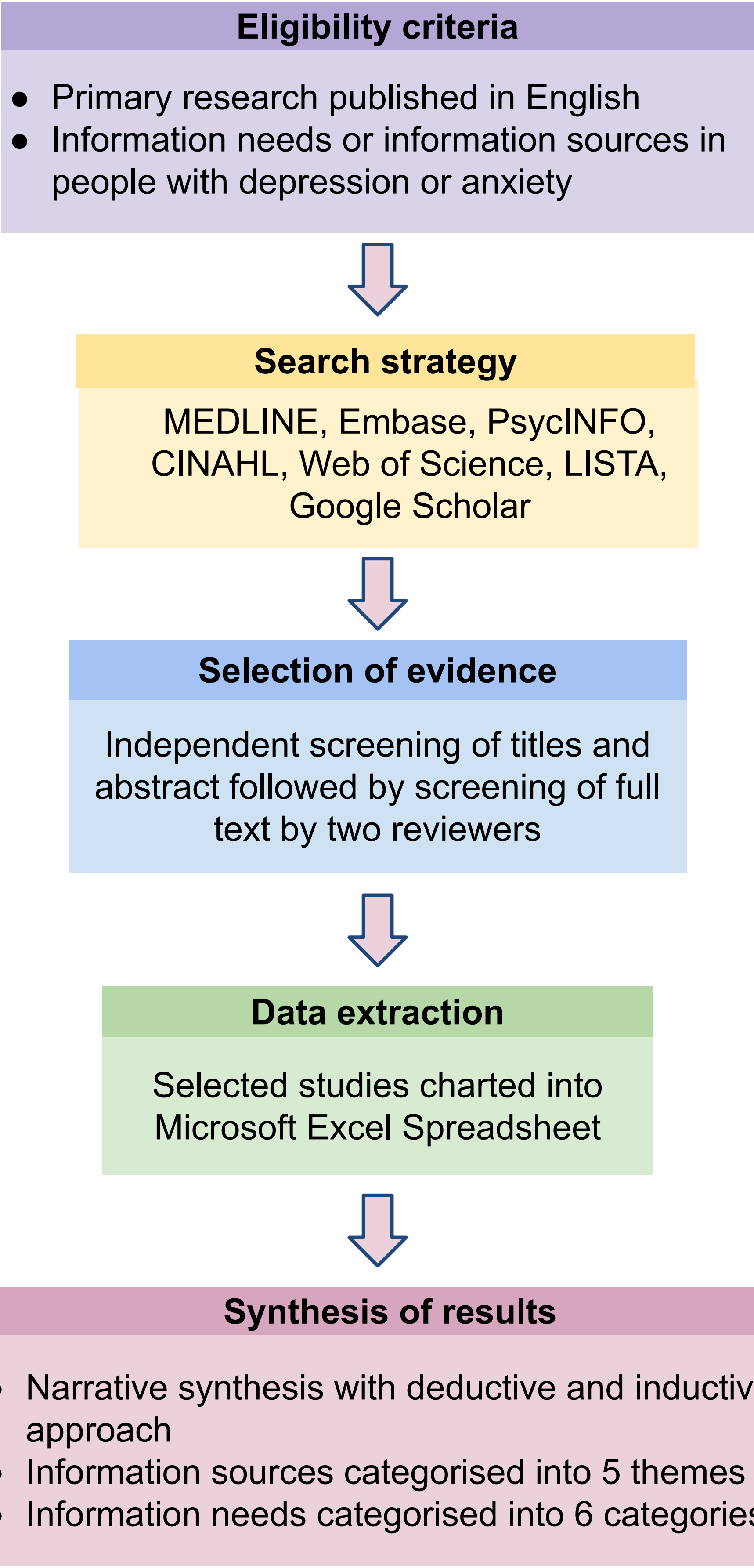
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Background

Depression and anxiety are among the most common psychiatric disorders, but few people seek mental health services or receive follow-up care. The provision of appropriate health information and patients’ actions to access and engage with this information are two key components of high-quality mental healthcare. There is a need to advance our understanding of information needs in people with depression and anxiety, in order to enable more patient-centred mental health care and more effective health communication strategies.

Methods



Results

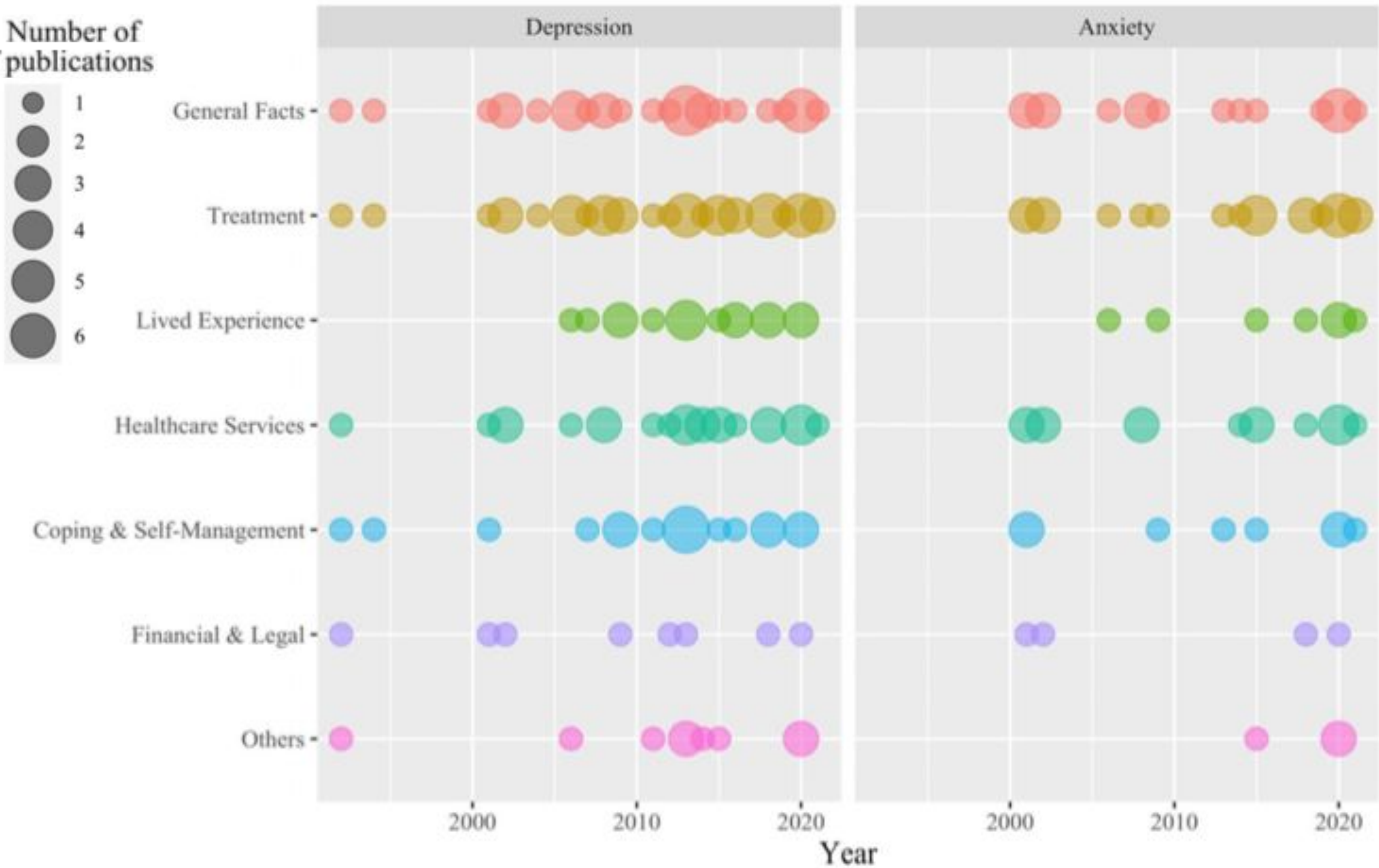


Fig.2 Publication frequency, by year, of included studies reporting each theme of information needs

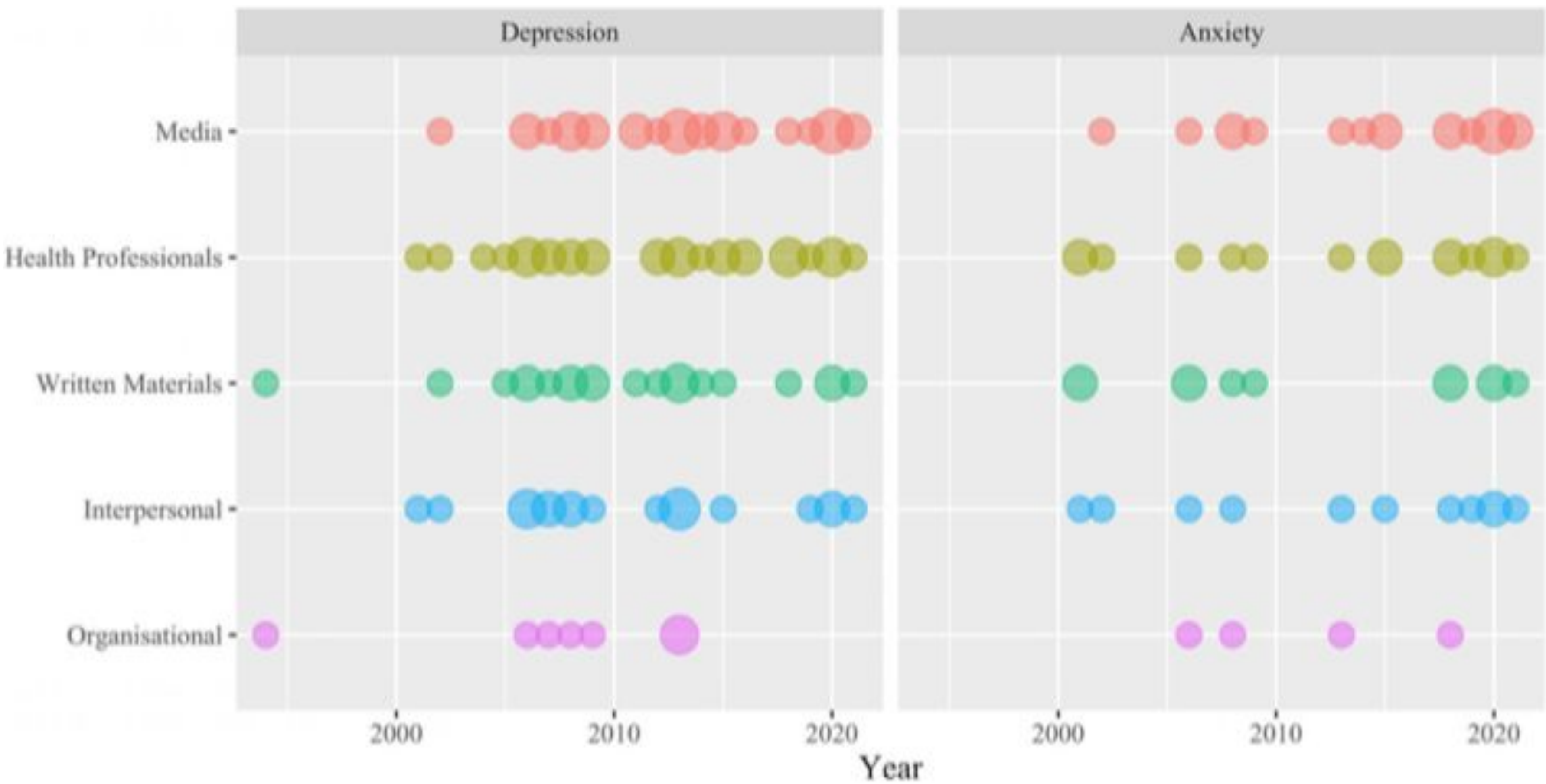


Fig 3. Publication frequency, by year, of included studies reporting each category of information sources

Discussion

Information Needs

- General facts**
- Unwanted information causes worry
 - Information complexity should match literacy
- Lived experience, coping & self management**
- Provides hope, reassurance & practical guidance
 - Peer-delivered self management intervention should be considered

Information Sources

- Media**
- Concerns regarding credibility
 - Lack of consolidation of information
- Healthcare professionals**
- More trusted
 - GPs preferred to mental health professionals

Conclusion

The most frequently mentioned information needs were treatment information, general facts about the condition, and available healthcare services. Media and healthcare professionals were the two most frequently used information sources. Preliminary evidence showed that information needs and sources may differ depending on symptoms severity, depression subtypes, age and sex. Future research should aim to explore information needs at various stages of depression/anxiety and treatment course, determine patients’ preferred format and platform for information delivery, and attempt to develop personalised information provision strategies.

References

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