

PEARLS

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Practical Evidence About Real Life Situations**Mental Health update**

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PEARLS are succinct summaries of Cochrane Systematic Reviews for primary care practitioners—developed by Prof. Brian McAvoy for the Cochrane Primary Care Field (www.cochraneprimarycare.org), New Zealand Branch of the Australasian Cochrane Centre at the Department of General Practice and Primary Health Care, University of Auckland (www.auckland.ac.nz/uo), funded by the Ministry of Health (www.health.govt.nz), and published in NZ Doctor (www.nzdoctor.co.nz).

- Primary care consultation liaison effective for mental disorders
- Therapist-supported internet CBT effective for adult anxiety disorders
- Limited evidence for light therapy as preventive treatment for seasonal affective disorder
- Short-term psychodynamic psychotherapies can benefit common mental disorders
- CBT plus tapering dose reduces benzodiazepine use in short term
- Crisis intervention effective in severe mental illness

DISCLAIMER: PEARLS are for educational use only and are not meant to guide clinical activity, nor are they a clinical guideline.

