2016

A Report on Mental Health in Wellington, Dufferin and Guelph





- depression in patients with advanced cancer. Clin Oncol (R Coll Radiol). 2012 Mar; 24(2):139-48. doi: 10.1016/j.clon.2011.05.003
- 28. Wang J, Williams J, Lavorato D, Schmitz N, Dewa C, Patten SB. The incidence of major depression in Canada: the National Population Health Survey. J Affect Disord. 2010 Jun; 123(1-3):158-63. doi:
- 29. Butler-Jones D. The chief public health officer's report on the state of public health in Canada: youth and young adults- life in transition. 2011. Available from: http://www.phac-aspc.gc.ca/cphorsphc-respcacsp/2011/cphorsphc-respcacsp-06-eng.php
- 30. National Collaborating Centre for Mental Health (UK) commissioned by the National Institute for Clinical Excellence. Self Harm. The short term psychical and psychological management and secondary prevention of self-harm in primary and secondary care. Leicester, UK: British Psychological Society, 2004.
- 31. Welch SS. A review of the literature on the epidemiology of parasuicide in the general population. Psychiatric Services. 2001; 52(3): 368-375.
- 32. Statistics Canada. The 10 leading causes of death, 2011. Health Fact Sheets. 2014 Jan [Accessed 2015 Oct]: 82-625-X. Available from: http://www.statcan.gc.ca/pub/82-624-x/2012001/article/11696-eng.htm
- 33. Power J, Brown SL. Self-injurious behavior: A review of the literature and implications for corrections. Correctional Service Canada; 2010)
- 34. Navaneelan T. Suicide rates: an overview. Health at a Glance [Internet].2012 July: 82-624-X. Available from Statistics Canada: http://www.statcan.gc.ca/pub/82-624-x/82-624-x2012001-eng.htm
- 35. Statistics Canada. Suicides and suicide rate, by sex and by age group. Summary Tables. 2014 Jan [Accessed 2015 Oct]. Available from: http://www.statcan.gc.ca/tables-tableaux/sum-som/l01/cst01/hlth66e-eng.htm
- 36. Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. Prev Chronic Dis [serial online] 2005 Jan [Oct 2015]. Available from: URL: http://www.cdc.gov/pcd/issues/2005/jan/04_0066.htm.
- 37. Goodwin RD, Pagura J, Cox B, Sareen J. Asthma and mental disorders in Canada: impact on functional impairment and mental health service use. J Psychosom Res. 2010 Feb; 68(2):165-73. doi: 10.1016/j.jpsychores.2009.06.005
- 38. Kok BE, Coffey KA, Cohn MA, Catalino LI, Varcharkulksemsuk T, Agloe AB, Brantly M, Fredrickson BL. How positive emotions build physical health: perceived positive social connections account for the upward spiral between positive emotions and vagal tone. Psychological Science. 2013; 24(7): 1123-1132.
- 39. Fuller-Thomson E, Milinovich JL, Merighi JR. Lifetime prevalence of comorbid mood disorders in a representative sample of Canadians with type 1 diabetes. J

- Diabetes Complications. 2010 Sep-Oct; 24(5):297-300. doi: 10.1016/j.jdiacomp.2009.04.002
- 40. Canadian Mental Health Association. The relationship between mental health, mental illness and chronic physical conditions. Brackrounder. Canadian Mental Health Association. 2008 Dec: Ontario. Available from http://ontario.cmha.ca/public_policy/the-relationship-between-mental-health-mental-illness-and-chronic-physical-conditions/#.VjDUC9KrSHs
- 41. Bennett, H.A., Einarson, A., Taddio, A., Koren, G. & Einarson, T. R. Prevalence of depression during pregnancy: A systematic review. Obstet Gynecol. 2004 Apr.; 103(4):698-709.
- 42. Marcus SM. Depression during pregnancy: Rates, risks and consequences. Can J Clin Pharmacol. 2009 Jan; 16(1): e15-e22.
- 43. Montanaro C, Larose A. Prebirth clinic research study. Guelph: Wellington-Dufferin-Guelph Public Health; 2012.
- 44. Mammen G, Faulkner G. Physical activity and the prevention of depression: a systematic review of prospective studies. Am J Prev Med. 2013; 45: 649-657.
- 45. Richardson CR, Faulkner G, McDevitt J, Skrinar GS, Hitchison DS, Piette JD. Integrating physical activity into mental health services for persons with serious mental illness. Psych Serv. 2005; 56: 324-331.
- 46. Ahn S, Fedewa AL. A meta-analysis of the relationship between children's physical activity and mental health. J Pediatr Psychol. 2011; 36: 385-397.
- 47. Biddle SJ, Asare M. Physical activity and mental health in children and adolescents: a review of reviews. Brit J Sport Med. 2011; 45: 886-895.
- 48. Akbaralay TN, Brunner EJ, Ferrie JE, Marmot MG, Kivimaki M, Singh-Manoux A. Dietary pattern and depressive symptoms in middle age. Bri J Psychiat. 2009; 195(5): 408-413.
- 49. McMartin S, Jacka FN, Colman I. The association between fruit and vegetable consumption and mental health disorders: evidence from five waves of a national survey of Canadians. Preventative Medicine. 2013; 56(3): 225-230.
- 50. McMartin SE, Kuhle S, Coleman I, Kirk SFL, Veugelers PJ. Diet quality and mental health in subsequent years among Canadian youth. Public Health Nutrition. 2012 March; 15(12): 2253-2258.
- 51. Jane-Llopis E, Matytsina I. Mental health and alcohol, drugs and tobacco: a review of the comorbity between mental disorders and the use of alcohol, tobacco and illicit drugs. Drug and Alcohol Rev. 2006 Jun; 25: 515-536.
- 52. Morisano, D., Babor, T. F., & Robaina, K. A. (2014). Co-occurrence of substance use disorders with other psychiatric disorders: Implications for treatment services. *Nordic Studies on Alcohol and Drugs*, 31(1), 5-25.

- 53. Cranford JA, Eisenberg D, Serras AM. Substance use behaviors, mental health problems, and use of mental health services in a probability sample of college students. Addictive Behaviors. 2009; 34: 134-145.
- 54. Cheung JT, Mann RE, Ialomiteanu A, Stoduto G, Chan V, Ala-Leppilampi K, Rehm J. Anxiety and mood disorders and cannabis use. Am J Drug Alcohol Abuse. 2010 Mar;36(2):118-22.
- 55. Dumais A, De Benedictis L, Joyal C, Allaire JF, Lesage A, Côté G. Profiles and mental health correlates of alcohol and illicit drug use in the Canadian population: an exploration of the J-curve hypothesis. Can J Psychiatry. 2013 Jun; 58(6):344-52.
- 56. Caron J, Liu A. A descriptive study of the prevalence of psychological distress and mental disorders in the Canadian population: comparison between low-income and non-low-income populations. Chronic Dis Can. 2010 Jun; 30(3):84-94.
- 57. Aglipay M, Colman I, Chen Y. Does the healthy immigrant effect extend to anxiety disorders? Evidence from a nationally representative study. J Immigr Minor Health. 2013 Oct; 15(5):851-7. doi: 10.1007/s10903-012-9677-4.
- 58. Stafford M, Newbold BK, Ross NA. Psychological distress among immigrants and visible minorities in Canada: a contextual analysis. Int J Soc Psychiatry. 2011 Jul;57(4):428-41. doi: 10.1177/0020764010365407

Fergus Office

474 Wellington Road #18, Suite 100

Guelph Office

160 Chancellors Way

Mount Forest Office

311 Foster St.

Orangeville Office

71 Broadway

Shelburne Office (Mel Lloyd Centre)

167 Centre St.

