



# British Columbia Teachers' Federation

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## BCTF Wellness List

### Journal Article Review

#### **Interventions to improve return to work in depressed people**

This Cochrane Collaboration review evaluated the effectiveness of interventions aimed at reducing work disability in employees with depressive disorders. The review included 23 studies and 5,996 participants with major depressive disorders or high level of depressive symptoms. The study found moderate quality evidence that adding a work-directed intervention (modified work, workplace support) to a clinical intervention (pharmacological, psychological) reduced sick leave compared to clinical intervention alone. In addition, moderate quality evidence supported the finding that online or telephone CBT was more effective in reducing sickness absence than usual primary or occupational care. Aerobic exercise was also found to be no more effective in reducing absences than relaxation or stretching.

#### Article Reference

Nieuwenhuijsen K, Faber B, Verbeek JH, Neumeyer-Gromen A, Hees HL, Verhoeven AC, van der Feltz-Cornelis CM, Bültmann U. Interventions to improve return to work in depressed people. *Cochrane Database Syst Rev.* 2014 Dec 3;12:CD006237. doi: 0.1002/14651858.CD006237.pub3.

### Journal Article Review

#### **The Role of Mindfulness and Psychological Capital on the Well-Being of Leaders**

Roche, Haar, and Luthans studied the direct effects of mindfulness on the mental well-being of leaders. The study included four samples including CEOs/presidents, middle managers, junior managers, and entrepreneurs. Mindfulness was inversely related to dysfunctional outcomes such as anxiety, depression, negative affect, and burnout. Analysis showed that leaders' positive psychological capital (PsyCap) acted as a partial mediator between their mindfulness and dysfunctional outcomes. The authors suggest additional research is needed on guidelines for mindfulness training. Such training should be brought into the workplace and evaluated for its effectiveness in organizational leadership.

#### Article Reference

Roche M, Haar JM, Luthans F. The role of mindfulness and psychological capital on the well-being of leaders. *J Occup Health Psychol.* 2014 Oct;19(4):476-89. doi:10.1037/a0037183.

### Pharmacists' Letter Article Review

#### **Natural Medicines in the Clinical Management of Colds and Flu**

At present, there is a lack of evidence to show the effectiveness of echinacea, vitamin C and zinc in preventing colds. There is some evidence that shows taking *Panax ginseng* can improve response to influenza immunizations.

With respect to treating colds, andrographs seems to reduce the duration and severity of cold symptoms while evidence for echinacea is contradictory.

Taking elderberry seems to lessen the severity of flu symptoms, but there's higher quality evidence for conventional medicines in flu treatment.

Saline nasal irrigation can be effective in reducing symptoms, if used appropriately. High doses of vitamin C might reduce duration of cold symptoms by less than a day, while evidence for zinc lozenges and nasal sprays is contradictory.

#### Article Reference

*canadianpharmacistsletter.therapeuticresearch.com/ce/ceCourse.aspx?ceid=UBC-LEEA1979&cs=UBC~CEPDA&s=PLC&pm=2&pc=12-108*

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