Randomised Controlled Trial
Ayahuasca-induced increases in brain-derived neurotrophic factor (BNDF) associated with reduced depression
This post summarises a recent RCT, which looks at how a single dose of the psychedelic Ayahuasca may help people with severe depression who have not benefited from more traditional treatment.

Systematic Review
New research provides insights into the distress experienced by transgender adults
This systematic review of adults with gender dysphoria confirms that many experience significant distress. The review explored the causes of distress and how different types of distress interact. It revealed a complex relationship between an individual’s feelings about their body, their gender identity, how they express their gender, and how other people interact with them.

Information
Stopping antidepressants
This information, produced by the Royal College of Psychiatrists is designed for anyone who wants to know more about stopping antidepressants. It describes symptoms that may occur when stopping an antidepressant and some ways to reduce or avoid these symptoms.

Study
Twelve-Month Follow-Up to a Fully Automated Internet-Based Cognitive Behavior Therapy Intervention for Rural Adults With Depression Symptoms: Single-Arm Longitudinal Study
The Thrive intervention was effective at reducing depression and anxiety symptom severity and improving functioning and resilience among a population of adults from mostly rural communities in the United States. These gains were maintained at 1 year.

Review
Should European cities be going green for our mental health?
This post from the Mental Elf summarises a recent scoping review on the impact that green spaces can have on the mental health of people living in urban settings.

News
Mental health experts warn Big Tech about image-editing apps aimed at children
The Mental Health Foundation, University of Birmingham and the Cochrane Common Mental Disorders Group – alongside a group of another 12 organisation representatives and experts by experience – are calling for the introduction of guidelines to protect children from image-editing technology.

New recruitment drive to help 10,000 people with serious mental illness
£27 million has been announced for mental health charity Think Ahead to expand their mental health social work graduate programme.