

Studies

[Discriminability of the Beck Depression Inventory and its Abbreviations in an Adolescent Psychiatric Sample](#)

The use of brief and user-friendly questionnaires such as the BDI-PC or BDI-6 is recommended to ensure optimal depression screening and minimize the administrative burden, especially in primary care settings where clinical decision-making and referrals often need to occur within a limited time frame.

[The effect of curcumin on postpartum depression and anxiety in primiparous women: a double-blind randomized placebo-controlled clinical trial](#)

In summary, our study highlights the potential of curcumin as a promising adjunctive therapy for managing postpartum anxiety and depression in primiparous women. The significant reductions observed in anxiety and depression scores highlight the therapeutic benefits of curcumin in promoting maternal well-being during the postpartum period. Moving forward, future clinical trials should delve deeper into the mechanisms of action underlying curcumin's therapeutic effects and explore its long-term safety and efficacy in diverse populations. Such endeavors will not only enhance our understanding of curcumin's role in postpartum mental health but also inform evidence-based guidelines for its clinical use.

[A review on exploration–exploitation trade-off in psychiatric disorders](#)

Psychiatric disorders affect the exploration–exploitation balance in subtle yet related ways, reflecting wider cognitive and brain-based challenges. By grouping these conditions into addiction-like, mood-psychiatric, and neurological categories, this review offers a cohesive model that ties together varied findings and tackles research inconsistencies. We showed the importance of uncertainty handling in the brain and disorders as a key to understand exploration–exploitation balance in disorders. Uncertainty is represented by dopamine and norepinephrine and their modulation impacts the exploratory behavior. This common theme across studies provides insights that open doors to refining personalized therapies, connecting basic research with clinical practice, and enhancing our grasp of decision-making in mental health.

[Impact of childhood psychological abuse on the trajectory of adolescent depressive symptoms: a latent growth modeling approach](#)

The results highlight the detrimental effects of childhood psychological abuse and suggest the feasibility of interventions targeting early secondary school students, providing insights into strategies to mitigate the impact of depressive symptoms among adolescents.

[Involvement of common risk factors in the associations between lifetime unemployment exposure, major health outcomes and mortality: a retrospective and prospective study in a large population-based French cohort Open](#)

These analyses show that common risk factors such as smoking, alcohol consumption, depressive symptoms, leisure-time physical inactivity and blood triglycerides mediate up to 10% of the associations of lifetime unemployment exposure with cardiovascular disease, cancer and mortality rates when tested separately and approximately 20% when tested all together. This highlights the existence of other major mediating pathways that have yet to be identified.

[Informal care provision for mental versus somatic disorders in the Netherlands: a cross-sectional investigation of caregiving context and quality of life outcomes](#)

Our findings established that informal caregivers of individuals with mental disorders not only provide care and support in more burdensome caregiving contexts, but also suffer from a worse quality of life compared with informal caregivers of individuals with somatic disorders. Particularly, the impact on care-related quality of life was concerning, with the presence of a mental disorder in the care recipient found to be directly associated with a significantly worse outcome.

[Probiotics for bipolar disorder and schizophrenia](#)

Explores a recent randomised controlled trial of probiotic formulations for patients with bipolar disorder or schizophrenia spectrum disorder.

[Trauma-informed practice in youth justice](#)

Evaluates an umbrella review on trauma-informed clinical practice in forensic youth settings, which finds that trauma-specific treatments show promise, but they need to be supported by trauma-informed organisations.

[Neigh to PTSD: can horses help veterans heal?](#)

Reviews a study on equine-assisted services (EAS) for military veterans with PTSD. The research shows EAS may help reduce symptoms, highlights barriers to care, and looks at the quality of evidence in this growing field.

[Cost-effective therapy for postnatal depression in British South Asian Mothers](#)

Considers recent studies in psychological interventions, to support affordable healthcare for South Asian women with postnatal depression.

[Culturally adapted CBT may lead to recovery from postnatal depression in British South Asian women](#)

Explores the ROSHNI-2 trial of a culturally adapted CBT programme for postnatal depression in British South Asian women.

Editorial

[The era of digital mental health interventions: we know they can be effective but are they also safe?](#)

This Editorial reflects on a Delphi study by Taher and colleagues that explored the regulation of DMHs and generated ten safety recommendations. We discuss these recommendations in the context of existing relevant literature and provide suggestions for further steps to advance research and policy on DMHs in the UK and globally. Further dialog is needed, including the views and experiences of all key stakeholders, and particularly of people with lived experience, to ensure DMHs are not only an acceptable and potentially effective treatment approach, but also safe for those that use them.



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Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Personal well-being, loneliness and what people in Great Britain felt were important issues; indicators from the Opinions and Lifestyle Survey (OPN).

News

[Nasal spray similar to ketamine to be added to PBS for treatment-resistant depression](#)

Spravato, derived from a popular club drug and also known as esketamine, offers hope to tens of thousands of Australians living with chronic mental illness.

