

## Studies

### [Immersive virtual reality for the treatment of mental health disorders: anxiety leads the way](#)

Blogs about a systematic review and meta-analysis investigating the effectiveness of immersive virtual reality treatments for mental health disorders.

### [Thinking outside the box: alternatives to standard inpatient mental health care](#)

Summarises a new typology of alternatives to standard inpatient care produced by the NIHR Policy Research Unit in Mental Health, which suggests there are multiple alternatives to 'traditional' inpatient mental health care, which planners and commissioners should consider.

### ["How do I see a doctor?" Implementing the Refugee Health Screener-13 in Sweden](#)

Considers the best ways to screen for mental health problems in refugees, exploring a recent Swedish paper evaluating the Refugee Health Screener-13 tool.

### [Bidirectional associations among positive affect, anhedonia and meaning in life during major depressive episode: ecological momentary assessment study in unipolar and bipolar individuals and healthy controls](#)

Individuals with major depressive episode (MDE)/bipolar disorder, but not major depressive disorder (MDD), had less self-reported meaning in life (MIL) from positive affect and pleasure. There is little evidence that emotional experience alone characterises the pathophysiology between MDD and MDE/bipolar disorder; such investigation may be limited by within-group heterogeneity. Our findings provide a new perspective on using a time-series approach beyond bimodal measures in ecological momentary assessment (EMA) to differentiate bipolar disorder/MDE and MDD.

### [Recovery, completion and further referral after Improving Access to Psychological Therapies in Norfolk and Waveney](#)

Younger people and those living in deprived areas have lower recovery and completion rates. Those who have completed treatment and not recovered have higher rates of further referrals.

### [Alterations of cerebral intrinsic activity in first-episode, drug-naïve patients with major depressive disorder](#)

This study demonstrates early-stage amplitude of low-frequency fluctuation (ALFF) alterations in drug-naïve MDD patients, particularly in brain regions implicated in cognitive and emotional regulation. These findings suggest potential neuroimaging biomarkers for the early diagnosis and intervention of MDD.

### [Cost-effectiveness analysis of depression case finding followed by alerting patients and their GPs among older adults in northern England: results from a regression discontinuity study](#)

Screening + GP was dominated by standard of care (SoC) in northern England. However, subgroup analyses suggested it could be cost-effective if patients with more balanced baseline characteristics were analysed. Economic evaluations alongside randomised controlled trials are warranted to validate these findings.

[Differences in electrode placements between consensual and nonconsensual electroconvulsive therapy: retrospective chart review study](#)

Significantly more participants in the nonconsensual ECT group received bitemporal ECT rather than right unilateral or bifrontal ECT compared with those in the consensual group. As bitemporal ECT is associated with more cognitive impairment, this choice of electrode placement in vulnerable patients who lack capacity to consent raises ethical considerations in the practice of ECT.

## Cochrane Reviews

[Hospital Anxiety and Depression Scale Anxiety subscale \(HADS-A\) for detecting anxiety disorders in adults](#)

We identified 67 studies, encompassing data from 18,467 participants that were available for the analyses. Fifty-four studies contributed to the analyses of HADS-A for detecting AAD, 35 for GAD, and 10 for panic disorder. The median prevalence of AAD, GAD and panic disorder was 17%, 7% and 6%, respectively. The included studies showed a wide spectrum of clinical and methodological differences.

[Brexanolone, zuranolone and related neurosteroid GABAA receptor positive allosteric modulators for postnatal depression](#)

This review provides moderate-certainty evidence that zuranolone probably improves depression response and remission but also increases maternal adverse events compared to placebo. There may be little or no difference in depression response and remission and probably little or no difference in maternal adverse events with intravenous neurosteroid GABAA positive allosteric modulators such as brexanolone, compared to placebo. Evidence from this review, alongside current clinical guidelines and reference to evidence from the general adult population, could be used to inform an individualised risk-benefit discussion with women seeking treatment for postnatal depression. However, it is difficult to make recommendations about the use of neurosteroid GABAA receptor positive allosteric modulators for the treatment of postnatal depression as no studies have compared them to active treatment.

## Survey Data

[Adult Psychiatric Morbidity Survey: Survey of Mental Health and Wellbeing, England, 2023/4](#)

The Adult Psychiatric Morbidity Survey (APMS) series provides data on the prevalence of both treated and untreated psychiatric disorder in the English adult population (aged 16 and over). This survey is the fifth in a series and was conducted by the National Centre for Social Research, in collaboration with the University of Leicester and City St George's, University of London, for NHS England.



## Blogs

[Searching, unpacking and naming research into subjective experiences: the SUNRISE study. A new dawn for subjective experiences research](#)

How do we include people's real experiences of depression, anxiety and psychosis in research? The SUNRISE project explores why subjective experiences remain undervalued, how we might integrate them more fully, and what this means for mental health science. Join the conversation and complete the survey.

[Tackling social determinants will reduce the global mental health burden: mega-blog of current prevention strategies](#)

Summarise a recent narrative review exploring the social determinants of mental health and associated prevention strategies.

## News

[SANE fears NHS 10-year health plan will fail to deliver revolution needed to reform mental health services](#)

The government has announced a 10-year plan that is says will kickstart a major shift of care out of hospitals and into local communities. Under the proposals millions of patients are set to be treated and cared for closer to their home by new teams of health professionals, as the government's Plan for Change heralds a 'brand-new era for the NHS' and aims to deliver 'one of the most seismic shifts in care in the history of the health service'.

[Ten-year health plan misses the mark for mental health](#)

Centre for Mental Health responds to the Government's ten-year health plan, calling for a more ambitious vision to transform the nation's mental health.

[NHS App could offer AI-driven mental health support](#)

Patients will get better access to mental health support through the NHS App under the 10 year health plan, the Department of Health and Social Care (DHSC) has announced. In a [press release](#), published on 27 June 2025, DHSC said that people will be able to self-refer for talking therapies without the need for a GP appointment. It adds that the NHS App will offer a free service "built by trusted clinicians to help give all mental health patients the care they need", laying the foundation for patients to access mental health support and advice 24 hours a day, seven days a week through the app.

[Boost to mental health services from thousands of extra staff](#)

More than 6,700 extra mental health workers have been recruited since July, latest data shows, as the government prepares to announce fundamental reforms to patient support in its 10 Year Health Plan.

[Harnessing digital innovation for children's mental health](#)

Learn how NICE healthtech guidance helped East London NHS Foundation Trust tackle rising demand for children's mental health services.



[One in four young people in England have mental health condition, NHS survey finds](#)

Sharp rises in rates of anxiety, depression and other disorders have led to one in four young people in England having a common mental health condition, an [NHS survey](#) shows, with young women more likely to report them than young men. The study found that rates of such conditions in 16- to 24-year-olds have risen by more than a third in a decade, from 18.9% in 2014 to 25.8% in 2024.

[Young people in England's coastal towns three times more likely to have a mental health condition](#)

Young people living in the most deprived stretches of England's coastline are three times more likely to be living with an undiagnosed mental health condition than their peers inland, according to new research. This "coastal mental health gap" means that young people in these towns, which include areas of Tendring on the east coast and Blackpool and Liverpool to the west, are suffering disproportionately, often alone and with no help, said the researchers who conducted the study.

[Parkinson's drug effective in treating persistent depression](#)

In the largest clinical trial to date, pramipexole was found to be substantially more effective than a placebo at reducing the symptoms of treatment resistant depression (TRD) over the course of nearly a year, when added to ongoing antidepressant medication. The trial, supported by National Institute for Health and Care Research (NIHR) and [published in The Lancet Psychiatry](#), included 150 patients with treatment resistant depression, with equal numbers receiving 48 weeks of pramipexole or a placebo, alongside ongoing antidepressant medication.