

## Studies

### [Feeding the mind: early signs that keto could help with bipolar disorder](#)

This pilot study explored how a ketogenic diet affects mood, metabolic health, and brain chemistry in people with bipolar disorder. The results are early, but they offer food for thought.

### [Do people with high inflammation react differently to immune stress? A new study explores anhedonia in depression](#)

Inflammation is a key factor in depression for many people. This new RCT used an experimental immune challenge to explore how individuals with high inflammation respond differently—shedding light on a distinct biological subtype of depression.

### [GLP-1 receptor agonists and the brain: could these medications boost more than metabolism?](#)

GLP1 drugs are already used to treat diabetes and support weight loss, but do they have any impact on mental health? This new meta-analysis looks at the evidence from 80 clinical trials.

### [Collaborative care for depression: what are the key components?](#)

Despite strong evidence, collaborative care remains underused in the NHS. This blog explores new findings that highlight which components of the model are most effective in reducing depression symptoms.

### [One therapy, many disorders: the strengths and limitations of CBT across mental health conditions](#)

CBT is a cornerstone of mental health care, but how well does it really work across different disorders? This massive new meta-analysis offers some answers and raises new questions.

### [GenAI chatbots can treat clinical level mental health symptoms](#)

With NHS services under strain, digital therapies are attracting more attention. This new study tested a generative AI chatbot in a national RCT and found significant clinical improvements. But are we ready for AI to join the therapy team?

### [Perinatal resilience: a protective factor or a misunderstood measure?](#)

More than 1 in 5 women experience mental health difficulties during pregnancy or after birth. Could boosting resilience help prevent mental health problems during and after pregnancy? This systematic review investigates the evidence, limitations, and implications for practice.

### [The rhythm of wellbeing: What nearly 1 million observations reveal about mood, time, and mental health](#)

Is there scientific truth behind the idea that things “feel better in the morning”? This new study analysed nearly 1 million responses from 49,000 people to find out how time of day, week, and year shape our mental health.

### [Will standardised questionnaires improve CAMHS care? New trial says: not necessarily](#)

Referrals to CAMHS have skyrocketed, but are we getting any better at diagnosing youth mental health problems? Could standardised diagnostic tools like the DAWBA help? A new RCT suggests the answer is more complicated than expected.

[Factors associated with drug-drug interactions involving citalopram in the UK Biobank](#)

The high frequency of DDIs with citalopram in fragile groups confirms the need for careful consideration before prescribing and periodic re-evaluation.

[Prevalence and correlates of prolonged grief disorder symptom severity in a large sample of Italian adults](#)

These findings contribute to the understanding of PGD symptomatology in bereaved individuals in Italy, although the results may not generalise to the entire Italian population.

[Transcutaneous vagal nerve stimulation for the treatment of trauma- and stressor-related disorders: systematic review of randomised controlled studies](#)

Although preliminary analyses provide evidence that transcutaneous VNS temporarily increases parasympathetic activity under specific conditions, these effects appear to be short-lasting, and the impact of repeated administration on long-term autonomic function remains unknown. Future randomised control trials should evaluate the therapeutic efficacy of VNS for treating TSRDs.

[Pubertal timing, body dissatisfaction and self-image: a prospective cohort study](#)

These findings highlight the need for targeted interventions for adolescent body dissatisfaction.

## Report

[Report highlights impact of rare diseases on mental health](#)

The Specialised Healthcare Alliance (SHCA) has published a [report](#) exploring the impact of rare diseases on mental health. SHCA says mental health challenges often arise as a direct or indirect consequence of a rare condition. The uncertainty of diagnosis, limited treatment options, fragmented care and social stigma all combine to impact mental wellbeing. However, despite mental health being an integral part of living well with a rare condition, it remains under-supported and under-prioritised across the rare disease pathway.

## Blog

[Black maternal mental health – interconnected issues at the heart](#)

The Motherhood Group has spent nearly a decade at the forefront of Black maternal mental health advocacy, co-creating spaces with Black mothers, listening to their stories, and challenging systems that too often fail them. Through peer-led support, therapeutic programmes, digital platforms, and national campaigns, we have engaged over 18,000 Black mothers across the UK. This blog draws on insights gathered through that work – including in-person focus groups, surveys, community engagement events, and digital conversations via the Blackmums App.



## News

### [Postnatal depression harming up to 85,000 new mums in England, warns RCPsych](#)

New and expectant mothers are at risk of postnatal depression and other mental illnesses from conception to a year after birth, which could be prevented or treated with the right support.

### [Surrogates at greater risk of new mental illness than women carrying own babies, study finds](#)

Surrogates have a greater chance of being newly diagnosed with a mental illness during and after pregnancy than women who carry their own offspring, [researchers have found](#). In addition, regardless of how they conceived, women with a previous record of mental illness were found to have a higher risk of being diagnosed with such conditions during and after pregnancy than those without.

### [AI chatbots are becoming popular alternatives to therapy. But they may worsen mental health crises, experts warn | Artificial intelligence \(AI\)](#)

Users may be led down conspiracy theory rabbit holes or into emotional harm by chatbots designed to maximise engagement and affirmation, some say.

### [NHS launches first ever review to tackle LGBT+ health inequalities](#)

The NHS has launched its first ever review to tackle health inequalities experienced by LGBT+ people, including access to mental health care, cancer screening and primary care services. The detailed work will help the NHS understand how it can do more to meet the needs of LGBT+ people, including understanding barriers to accessing healthcare and the impact of LGBT+ health inequalities on outcomes and patient safety.

