

Studies

[Targeting teenage worry: network analysis of anxiety symptoms over time](#)

Nervousness, irritability, excessive worry, uncontrollable worry... not all anxiety symptoms weigh the same at different ages. This new Chinese study shows how anxiety networks tighten as young people grow older, and where the best intervention targets may lie.

[Housing as care: Building recovery pathways for homeless women with severe mental illness](#)

Fragmented systems leave many homeless women with severe mental illness excluded from care, re-traumatised, and at risk. This study developed a gender-sensitive housing model that integrates tertiary care, transitional homes, and community reintegration; centring dignity, safety, and recovery.

[Pragmatic prescribing: why GPs offer beta-blockers for anxiety, despite guideline gaps](#)

Beta-blockers like propranolol are being prescribed more often for anxiety in UK primary care, even though they don't appear in national guidelines. This new qualitative study explores why GPs turn to them, and what that says about evidence, safety, and patient choice.

[Sustained mood improvement with laughing gas exposure \(SMILE\): a randomised, placebo-controlled pilot trial of nitrous oxide for treatment-resistant depression](#)

The findings support the feasibility and necessity of conducting a full-scale trial comparing nitrous oxide and midazolam in patients with TRD.

[Formal and informal mental health support in young adults with recurrently depressed parents](#)

Young adults accessed a range of formal (29%) and informal (56%) support. Among those with a psychiatric disorder, nearly half had not accessed formal support and a fifth had not accessed any support. Predictors of support included psychiatric disorder, severity indicators (e.g. self-harm/suicidal thoughts, impairment) and demographic factors (e.g. education, gender). Predictors varied by type of support. Most participants reported satisfaction with support.

[Music therapy for patients with depression: systematic review and meta-analysis of randomised controlled trials](#)

Despite the very low evidence level, music therapy may be recommended with weak strength for patients with depression, considering the results of the meta-analysis and the high accessibility and broad applicability of music.

[A different lens on diagnosis: value of the CFI in asylum seekers' psychiatric diagnostic assessment](#)

This study underscored the Cultural Formulation Interview (CFI) as a valuable tool in asylum seekers' diagnostic assessment. The CFI facilitated a shift towards a more holistic, recovery-oriented approach. It prompted conceptual reflections on psychopathology in asylum seekers. The CFI presents a promising yet underutilised tool for addressing diagnostic challenges in cross-cultural settings. The findings highlight its potential for broader clinical implementation.



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[The meaning of 'acceptance' of a psychiatric diagnosis: qualitative study of illness narratives with review of the literature](#)

Given the limited practical application of existing acceptance theories and our findings on contextual factors relevant to psychiatric diagnosis attitudes, the necessity of diagnosis acceptance as a stand-alone goal for positive outcomes should be questioned. Rather than imposing classifications, creating co-constructed narratives may be more effective. Researchers and clinicians are encouraged to adopt narrative approaches to better understand and support patients, thereby fostering reciprocal, patient-centred mental healthcare.

[Youth Med.Info: a case study in co-design of mental health medicines-information resources for children, young people and their parents/guardians](#)

Youth Med.Info addresses a gap in accessible, accurate mental health medicines-information by placing users – children, young people, parents/guardians and clinicians—at the centre of its design.

[Association between somatic symptoms and depression and anxiety in adolescents: a cross-sectional school-based study](#)

The associations between somatic symptoms, depression and anxiety urge attention from caregivers and educators on young individuals experiencing somatic symptoms. Our findings highlight the potential predictive effects of somatic symptoms on depression and anxiety among Chinese students.

[Exploring the trauma experiences of people working in homelessness: mixed-methods systematic review](#)

This review provides an important evidence base for future research, policy and practice, and discusses the need for psychologically informed practice, to prevent and alleviate trauma experiences across homelessness, along with nuanced, inclusive and consistent measurements of trauma.

[The effect of stress on delay discounting in female patients with early-onset bulimia nervosa and alcohol use disorder: functional magnetic resonance imaging study](#)

The results suggest that, in subjects with AUD, stress induces neurobiological changes that cause them to prefer more immediately available alcohol. However, the results observed in participants with bulimia nervosa suggest a more complex relation between stress and food.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance July 2025](#)

This statistical release makes available the most recent NHS Talking Therapies for anxiety and depression monthly data, including activity, waiting times, and outcomes such as recovery.





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Blog

['Stress is an inherent aspect of life, but it doesn't have to dominate you'](#)

Psychology student Fui Peng Wong shares why stress awareness and regulation are an important aspect of thriving as a psychology student.

News

[Centre for Mental Health unveils new strategy to build a mentally healthier future](#)

Centre for Mental Health has launched a new five-year strategy laying out its plan to create a mentally healthier future for the UK. [A mentally healthier future](#) sets out the charity's actions over the next five years to tackle mental health injustices within policies, systems and society.

[Digital CBTe: A promising digital treatment for binge eating](#)

An innovative digital treatment programme for binge eating, Digital CBTe, has shown significant benefits in multiple pilot studies. Patients who completed the programme reported statistically and clinically significant reductions in binge eating. The programme also reduced the impact of eating disorders on daily life and depressive symptoms.

[Young people in Wales feel 'isolated and hopeless' without access to mental health support](#)

Children and young people in Wales are not able to access mental health support when they need it, leaving them feeling 'isolated and hopeless', Mind Cymru has found. In 2018, the Welsh Government's Children, Young People and Education Committee identified a critical gap in mental health support for young people, described as the 'missing middle'. New research from Mind Cymru suggests that this issue persists, with many still falling into a space where their needs are too complex for universal services but don't meet the threshold for specialist support.

[Smart glasses and AI filter apps among new tech to transform the mental health of millions](#)

Smart glasses which help people struggling with severe depression to complete everyday tasks and AI filter apps making therapy for debilitating anxiety less daunting are among the cutting-edge tech projects being backed to deliver real-time mental health support across the UK.

[Parents could get alerts if children show acute distress while using ChatGPT](#)

Parents could be alerted if their teenagers show acute distress while talking with [ChatGPT](#), amid child safety concerns as more young people turn to AI chatbots for support and advice. The alerts are part of new protections for children using ChatGPT to be rolled out in the next month by OpenAI.

[Children detained under Mental Health Act held for hours in A&E departments](#)

Children as young as nine detained under the Mental Health Act are spending hours in NHS accident and emergency departments under police control rather than in specialist mental health assessment suites.





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[MBRACCE-UK report highlights need to improve care for new mothers, says RCPsych](#)

This report, the twelfth MBRRACE-UK annual report of the Confidential Enquiries into Maternal Deaths and Morbidity, includes surveillance data on 611 women who died during or up to one year after pregnancy between 2021 and 2023 in the UK. In addition, it includes confidential enquiries into the care of women who died between 2021 and 2023 in the UK and Ireland from hypertensive disorders of pregnancy, cardiac disease, mental health-related causes, homicides and accidents.

[School absence a big factor in child mental illness in England, data shows](#)

School absences "significantly contribute" to children's mental ill health, according to research backed by the Office for National Statistics that shows the risks increase the longer a child is absent. The [study](#), involving more than a million school-age children in England, found the relationship between absence and mental health was "a two-way street", with lengthy absences increasing the likelihood of later hospital treatment. It also found children with existing mental health problems took more time off school.

