

Studies

[The impact of loneliness on healthcare costs and service utilisation and the cost-effectiveness of loneliness interventions: systematic review](#)

Findings on the impact of loneliness on the healthcare system and economic evaluations of loneliness interventions were varied. Therefore, we cannot derive confident conclusions from this review. To address evidence gaps, future research relating to social care, younger populations, direct healthcare costs of loneliness and randomised controlled trials with long-term follow-ups should be prioritised.

[Effect of exercise on mental health and alcohol consumption in individuals with alcohol use disorder: a systematic review and meta-analysis](#)

Exercise-based interventions are effective in improving mental health in individuals with AUD, particularly in alleviating anxiety, depression and stress. Although effects on alcohol consumption were not statistically significant, consistent trends suggest potential benefits, influenced by geography, intervention duration and exercise modality. Tailored exercise programmes may enhance AUD treatment outcomes.

[Treatment preferences and their determinants among adults with depression or anxiety in out-patient mental healthcare: systematic review](#)

Our review synthesised evidence on treatment preferences and related determinants in out-patient mental healthcare. Results showed considerable heterogeneity regarding preference types, determinants and statistical methods. We highly recommend to develop and use standardised instruments to assess treatment preferences. Care providers should consider preference variance among patients, and provide individualised care.

[Unguided self-help to bridge waiting time for face-to-face therapy in a university student mental health service: interrupted time series analysis](#)

In the absence of a control group, no causal inferences about intervention effects could be drawn. DWM should be studied as a promising candidate for bridging waiting time for face-to-face treatment.

[Ketamine for treatment-resistant post-traumatic stress disorder: double-blind active-controlled randomised crossover study](#)

We provide preliminary support for the efficacy and tolerability of intramuscular ketamine in a community sample of individuals with PTSD. Further work is required to establish the optimal dosing regimen and longer-term role of ketamine in treatment of PTSD, but our findings are encouraging given the well-known of treatments in this area.

[Participant and facilitator perspectives on a psychoeducational intervention for individuals at risk of bipolar disorder](#)

PREP-BD shows promise as a psychoeducational intervention for individuals at high risk for bipolar disorder. To enhance the programme's effectiveness, future iterations should incorporate more nuanced content, provide additional practical guidance and address the limitations of the virtual setting. Continued evaluation and optimisation are crucial for ensuring the programme's effectiveness as a tool for early intervention in bipolar disorder.



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[Spotting the storm before it breaks: mapping the prodrome of severe mental illness](#)

People with severe mental illness often face years of poor health before diagnosis. A new study uses machine learning and clinical notes to map the early warning networks of symptoms that could help us intervene earlier.

[From menstruation to menopause: how sex-steroids shape women's mental health across the life course](#)

Sex and gender differences in mental health are real; the mechanisms are under-explored. This review pulls together evidence on sex-steroids, brain development, neuroinflammation, and the social world to show where practice and policy must catch up.

[Peer support has UPSIDES for global mental health](#)

The UPSIDES trial demonstrates that peer support is effective across diverse global contexts, from high-income to low-income countries. While overall social inclusion scores didn't reach significance, participants showed reduced isolation and increased empowerment and hope. This landmark study proves peer support can be successfully adapted to different cultural settings while maintaining core recovery-oriented principles.

[Adolescent versus adult depression: Is risk of recurrence the same?](#)

Is teenage depression more likely to come back later in life? A new population study challenges assumptions and finds similar recurrence risks in both adolescents and adults.

[Circle of Security under scrutiny: NHS trial finds no added benefit for perinatal mental health](#)

A large NHS trial found that the Circle of Security parenting programme did not outperform treatment-as-usual for parents experiencing perinatal mental health difficulties. But does this mean we should stop offering it?

[Quantifying cross-sectional and longitudinal associations in mental health symptoms within families: network models applied to UK cohort data](#)

Investigating family mental health using network models highlights mothers' central role. The longitudinal relationship between maternal feelings of being overwhelmed and children's anxiety, and the subsequent feedback into maternal anxiety, indicates a promising target for intervention.

Blog

[Climate change is a mental health issue](#)

Climate change doesn't just affect whether we're anxious; it also affects how our brains actually function. Prolonged heat exposure has been linked to irritability, aggression, and even increased suicide rates. It is reported that for every 1°C rise in monthly average temperature, there's a measurable increase in suicide rates.



News

[£50 million boost for groundbreaking mental health research](#)

Up to £50 million will be delivered over the next 5 years, under the Government's [Mental Health Goals](#) programme, which was set up to speed up the pace at which new mental health medicines, technologies and therapies can be tested, proven, and then put to work. The Medical Research Council, part of UK Research and Innovation, will deliver investments enhancing mental health research data and digital infrastructure.

[Look out for number one! Selfish self-help books are booming – but will they improve your life?](#)

Self-help book sales in the UK grew every year between 2015 and 2023, [according to Nielsen](#). And that's just the overt titles, not counting "stealth-help" (memoir, nature writing, bibliotherapy – poems and what's considered likely to cheer you up). But the books shifting the most units in recent years are a very specific tranche of self-help: the idea that you help yourself by only looking out for number one. Some are about stopping trying to please other people; others say stop thinking about them altogether.

[Study links greater inequality to structural changes in children's brains](#)

Scientists have linked the impact of living in an unequal society to structural changes in the brains of children – regardless of individual wealth – for the first time. A study of more than 10,000 young people in the US discovered altered brain development in children from wealthy and lower-income families in areas with higher rates of inequality, which were also associated with poorer mental health. The data was gathered from the Adolescent Brain Cognitive Development study and [published in the journal Nature Mental Health](#).

[Netflix's Steve demonstrates crisis in young people's mental health today](#)

Mind is working with Netflix to promote upcoming film Steve, to highlight the crisis in young people's mental health. The film, based on the novella Shy, by Max Porter, demonstrates how cuts to youth services in the 1990s impacted a generation already experiencing poverty, trauma and discrimination.

[How to prevent exposure to relentless bad news harming our mental health](#)

Rolling news updates, rapidly updated social media feeds, and insights into global events are readily available at our fingertips 24/7, giving us the ability to be more informed than any generation before us. Yet this constant stream of information comes at a cost. Mental Health Foundation is taking the opportunity to provide advice on how to deal with overwhelm from relentless bad news and protect our mental health.

[BPS calls for better mental health and wellbeing support in the workplace in new IOSH report](#)

The BPS has long advocated for better mental health and wellbeing support in the workplace. In this new report from the Institution of Occupational Safety and Health (IOSH) entitled [Fixing Sick Britain](#), BPS President Dr Roman Raczka outlines the importance of having mental health and wellbeing support in the workplace.

