

Studies

[Is intolerance of uncertainty in preschool children a risk factor for later anxiety?](#)

Do preschoolers who struggle with tolerating uncertainty get more anxious as they grow older? This longitudinal study followed preschool children across three timepoints, and found that the two are strongly related, but the rest of the picture is not as clear cut.

[Unsafe, unsupported, unseen: The hidden mental health costs of poor housing for people seeking asylum](#)

Housing matters for everyone's mental health, but for people seeking asylum, the stakes are even higher. This new systematic review explores how poor housing conditions exacerbate mental distress and what must change.

[Weighing the risks: new review ranks antidepressants by their physical health side effects](#)

Antidepressants can help millions of people recover from depression and anxiety, but how do they affect physical health? A review in [The Lancet](#) compared 30 antidepressants to see which ones are most (and least) likely to increase our risk of heart disease, stroke, diabetes etc.

[Mindfulness-based cognitive therapy proves cost-effective for hard-to-treat depression](#)

What happens when talking therapies or antidepressants don't work? This new RCT tested whether mindfulness-based cognitive therapy (MBCT), delivered via Zoom, could help people with hard-to-treat depression, and whether it's worth the cost. The results will interest NHS decision-makers.

[Out at work? A systematic review of LGBTQ+ mental health in the workplace](#)

Depression, anxiety, and suicidality are higher among LGBTQ+ workers, especially in hostile or unsupportive workplaces. But are research and policy keeping up? This new review sets out the case for change.

[One more tool in the toolbox: an umbrella review of single-session interventions for mental health problems](#)

Single-session interventions represent a low-cost, one-off, scalable intervention that may help to bridge the treatment gap for mental health problems. But are they actually effective, and how do they compare to typical, multi-session interventions? This umbrella review indicates that they are an important tool to have in our toolbox of treatment options.

[Clinical effectiveness, implementation effectiveness and cost-effectiveness of a community singing intervention for postnatal depressive symptoms, SHAPER-PND: randomised controlled trial](#)

Melodies for Mums (M4M) had a long-lasting effect on symptoms of PND and was perceived to be more suitable than existing activities; thus, M4M represents a worthwhile investment for healthcare systems as an intervention for mothers experiencing symptoms of PND.

[The effect of Withania somnifera \(Ashwagandha\) on mental health symptoms in individuals with mental disorders: systematic review and meta-analysis](#)

We found evidence supporting the effectiveness of Withania somnifera in treating anxiety symptoms. Future trials should replicate this finding in larger samples and further clarify a possible Withania somnifera role in depression and insomnia treatment.



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[The association between financial strain, psychological distress and subsequent depression: findings from a Norwegian national study](#)

Financial strain was associated with increased risk of major depressive episode (MDE) one year later, although much of the association was explained by baseline distress. Policies should address both financial and psychological vulnerabilities through strengthened financial support, alignment with living costs and targeted measures such as financial counselling and housing assistance.

[Beyond vision: economic toll of untreated mental health disorders in ophthalmic patients](#)

Findings underscore the urgent need for integrating mental health services into ophthalmic care. Policy interventions should focus on financial support, stigma reduction and improved interdisciplinary care models to enhance mental health outcomes for visually impaired individuals.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance August 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.

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

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

Blogs

[Understanding psychological distress in healthcare workers in Europe](#)

New research from the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London has established that healthcare workers across Europe face substantial levels of psychological distress, with burnout and moral distress emerging as particular areas of concern.

[Turning around the public's declining mental health](#)

The nation's mental health has been deteriorating over the last decade. While we've seen evidence of this worrying trend for some time, data published this year has set out starkly the extent of that decline. The big question that raises is, why? And what can be done to turn it around? In this year's [Big Mental Health Report](#), published today by Mind in partnership with Centre for Mental Health, we have explored that and looked at the available evidence about what is driving the worsening of the public's mental health in England and Wales.





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News

[Restless Britain: new survey reveals average UK adult has only three days a week with good quality sleep](#)

New research from the Mental Health Foundation reveals that millions of people across the UK aren't getting the sleep they need for good mental health.

[Experts urge rethink on young people's involvement in mental health science](#)

Published in Nature Mental Health, researchers from the University of Oxford and University College London (UCL) argue that while involving young people in research is vital, without a clear framework, these efforts - however well-intentioned - may risk doing more harm than good. The team is calling for a more rigorous approach to patient and public involvement in child and adolescent mental health research, with clear conceptual and methodological foundations.

[GP mental health appointments in Wales fail 1 in 3 respondent's needs, survey finds](#)

More than a third of respondents in Wales (36%) have said their last GP mental health appointment failed to meet their needs, research released by Mind Cymru shows. Only half (52%) came away from their most recent appointment feeling hopeful and a similar amount (50%) reported having been treated unfairly in the past 12 months when seeking help for their mental health. This is despite the vast majority (85%) feeling like their GP listened carefully to what they had to say during their last appointment.

['Alarming rise' in mental health stigma in England, research shows](#)

The number of people in England who are frightened of living near people with mental health problems has nearly doubled to one in seven, which experts warn reflects an "alarming rise in stigma". Even if the mentally ill person had recovered, one in 10 people said they would be unwilling to live next to them, according to new research from the mental health charity Mind. The survey, by the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) at King's College London, found that only 63% of people were comfortable about mental health services operating in their community instead of in psychiatric units, down from 70% in 2015.

[SANE comments on CQC State of Care report warning of mounting pressure across mental health services](#)

The health and social care system remains fragmented and under severe strain as it prepares for a major shift from hospital to community care, the Care Quality Commission (CQC) has warned in its annual State of Care [report](#).

