

Studies

[Healing takes time: Can cognitive therapy for PTSD help young people in CAMHS? Insights from DECRYPT](#)

PTSD in young people is common, complex, and often entangled with depression, anxiety, and multiple traumatic experiences. A major new UK trial (DECRYPT) tested whether a structured form of trauma-focused cognitive therapy (CT-PTSD) can work in real CAMHS settings for those with the most severe difficulties.

[Can preventing childhood maltreatment reduce depression?](#)

Researchers pulled together evidence from more than half a million people to test a simple but important idea: if childhood maltreatment raises the risk of adult depression, could reducing maltreatment help prevent it? The answer, as always, is more complicated than it first appears.

[How childhood trauma affects our ability to understand minds: a systematic review of mentalisation in clinical populations](#)

What happens when childhood trauma disrupts our ability to understand what others think and feel? This systematic review pulls together 29 studies across psychiatric diagnoses to explore how early neglect and abuse shape mentalisation, and what that means for prevention, assessment, and care.

[Predicting psychiatric hospitalisation using routinely-collected measures](#)

Psychiatric hospitalisation can save lives, but it also carries major personal and economic costs. Could early warning scores help predict who's most at risk, allowing for earlier, more targeted support? This new BMJ Mental Health study by Taquet and colleagues explores the potential.

[Mind the age gap: Young adults may benefit less from NHS psychological therapies](#)

If NHS Talking Therapies work so well, why are recovery rates lower for young adults? Saunders and colleagues analysed data from 1.5 million people to find out, and the results show an urgent need to rethink how we support young people in distress.

[How to deliver trauma-informed perinatal mental healthcare](#)

One in four women experience mental health difficulties during the perinatal period, yet trauma often goes unrecognised. This new review highlights eight clear recommendations for trauma-informed care and reminds us that creating safe, compassionate spaces may matter more than any new intervention.

[Bundle of joy, bundle of nerves: What do we really know about postpartum anxiety?](#)

Postpartum anxiety affects more than 1 in 10 new mothers worldwide, yet researchers still can't agree on how to define or measure it. This new review in The Lancet Psychiatry takes stock of what we know so far and why the field urgently needs consensus.

[Who seeks help? Characteristics of doctors accessing mental health support in England: 4-year national review](#)

The findings highlight a significant mental health burden among self-referring doctors, particularly for females and doctors in non-general practice specialities. Tailored and easily accessible support strategies that account for both demographic and professional contexts are essential to address the diverse mental health needs of the medical workforce.



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[What can administrative registers tell us about the widening in life expectancy gap in people with mental disorders?](#)

In an article published in BJPsych Open, a study by Fleetwood and colleagues used Scottish administrative registers to show that not only have people with severe mental illnesses a profoundly reduced average life expectancy compared with the general population, but that the life expectancy gap had been further widening for those with schizophrenia and bipolar disorder over the past 20 years. This study has substantial clinical and public health importance, providing robust evidence to help in evaluation and planning of healthcare services in Scotland. Furthermore, this work raises important questions concerning the study of premature mortality in people with mental disorders per se, as well as the utility of administrative registers to study this phenomenon, which we highlight in this Editorial.

[Examining the social mechanism linking excessive video gaming and depressive symptoms among adolescents: interplay of friend support and parenting quality](#)

The relationship between frequent video gaming and depressive symptoms in adolescents is complex and may depend on the levels of peer and parental support. Lacking support from both parents and peers can increase adolescents' risk of depression associated with frequent video gaming.

Policy

[Men's Health Strategy for England](#)

This document sets out the government's 10-year strategy for men's health in England. It details the:

- government's vision for men's health (including mental health) over the next 10 years
- actions we are taking now to improve the health and wellbeing of all men and boys in England

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance September 2025 and Quarter 2 2025/26 data](#)

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.

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

This survey screened for a range of mental health conditions, including common mental health conditions (using the CIS-R), attention deficit hyperactivity disorder (ADHD, ASRS), posttraumatic stress disorder (PTSD, PCL-C), signs of dependence on drugs and alcohol (AUDIT), gambling harms (PGSI), personality disorder (SAPAS, SCID-II Q) and bipolar disorder (MDQ). Clinical examinations assessed autism (ADOS), psychotic disorders (SCAN) and eating disorders (SCAN ED). See the relevant chapters for further details on each condition or health behaviour and how it was examined.





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

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

News

[Study gives insight into mental health and wellbeing of thousands of teenagers](#)

Initial findings have been published in a [proof-of-concept paper](#) in the journal PLOS One and come from the first phase of the [BrainWaves](#) study, led by the University of Oxford in partnership with The Day News and Media and Swansea University. Adolescent mental health and wellbeing is of growing concern globally, with an estimated one in four young people having a mental health condition in England. The sample data supports existing evidence that certain lifestyle factors are associated with mental health and wellbeing.

[Clinical use of nitrous oxide could help treat depression, major study shows](#)

Patients with major depressive disorder, including those who have not responded to first-line antidepressants, may benefit from short-term nitrous oxide treatment, a major meta-analysis led by the University of Birmingham has found. The new paper published in [eBioMedicine](#) has assessed the best available clinical information to show how clinically administered nitrous oxide (N2O) can offer fast-acting depressive symptom relief for adults with major depressive disorder (MDD) and treatment-resistant depression (TRD).

[Millions to benefit from new health and wellbeing quiz](#)

Millions of Brits could boost their mood by spending 5 minutes taking a Healthy Choices Quiz launched by the government and the NHS.

[MHRA and NICE receive £2 million from Wellcome to improve safety and effectiveness of digital mental health technologies](#)

People across the UK will have better access to high quality, safe and effective digital mental health support, thanks to extended funding for clearer regulation and evaluation of these technologies.

[Review launched into mental health, ADHD and autism services](#)

Government launches independent review to look at rising demand for mental health, ADHD and autism services and what is driving it.

[Two-thirds of nurses in UK work while unwell, says union](#)

Nurses across the UK are working while unwell in understaffed hospitals, with stress as the leading cause of illness, according to research. A survey by the [Royal College of Nursing](#) (RCN) of more than 20,000 nursing staff found that 66% had worked when they should have been on sick leave, up from 49% in 2017.

['Social pressures harming men' say Samaritans as charity reveals two in five men fake interests to seem more 'masculine'](#)

New Samaritans research reveals that more than two thirds of men (68%) would live differently if they were free from social judgement, including taking up singing, painting or dancing.



[The Self-Care Forum's award winners and new resource launched](#)

The Self-Care Forum has been celebrating its annual award winners and has launched a new resource all about staying well by moving more.

[ChatGPT-5 offers dangerous advice to mentally ill people, psychologists warn](#)

ChatGPT-5 is offering dangerous and unhelpful advice to people experiencing mental health crises, some of the UK's leading psychologists have warned. Research conducted by King's College London (KCL) and the Association of Clinical Psychologists UK (ACP) in partnership with the Guardian suggested that the AI chatbot failed to identify risky behaviour when communicating with mentally ill people.

[Prozac 'no better than placebo' for treating children with depression, experts say](#)

Clinical guidelines should no longer recommend Prozac for children, according to experts, after [research showed](#) it had no clinical benefit for treating depression in children and adolescents.

[Electroconvulsive therapy may have more adverse effects than thought](#)

Electroconvulsive therapy could be causing a wider range of adverse effects when used to treat depression than previously understood, according to a [paper](#) that calls for the practice to be suspended pending more robust research. Although short- and long-term memory loss is widely known to result from ECT, the research identified 25 further concerning side effects, which included cardiovascular problems, fatigue and emotional blunting.

[Govt risks missing golden opportunity to transform mental health services, Health Committee says](#)

A new Health and Social Care Committee report urges the Government not to miss a golden opportunity to dramatically improve England's mental health services.

[Child Poverty Strategy tackles key driver of poor mental health - but must just be the start](#)

[The UK government has released its flagship Child Poverty Strategy](#), which it estimates will lift 550,000 children out of poverty. There are currently 4.5 million children in poverty across the UK. Research from the Mental Health Foundation shows that a person experiencing poverty is much more likely to experience a mental health problem, and vice versa. [Findings by the charity also suggest household finances are one of the biggest opportunities for the UK government to reduce unequal mental health outcomes.](#)

[Rules on single-sex spaces pose risk to trans people's mental health, UK charities say](#)

New rules on access to single-sex spaces could pose a significant risk to the mental health of trans and non-binary people, according to 15 of the UK's most respected mental charities. Organisations including Samaritans, Mind, Centre for Mental Health and the Royal College of Psychiatrists have written to the equalities minister, Bridget Phillipson, to express their "deep concern" about guidance from the Equality and Human Rights Commission (EHRC) that is awaiting approval from the government.