

## Studies

### [Validation and selection of criteria for evaluating apps for managing depression: a Delphi study](#)

By prioritising criteria relating to data safety and clinical effectiveness, participants in this study emphasised that the assessment of apps for depression management must take both these aspects into full consideration. Despite some limitations of the study (eg, lack of participant sociodemographic data and its implications for generalisation, not face-to-face inter-round), the results of this study will enable the EvalDepApps project to develop an assessment tool for depression management apps that incorporates the most relevant criteria.

### [A modified Delphi consensus to reframe and prioritise the management of chronic insomnia in UK primary care](#)

The study identifies systemic barriers to effective insomnia care and calls for chronic insomnia to be prioritised in UK primary care. The resulting consensus recommendations aim to reduce the burden of untreated insomnia, improve patient outcomes, enhance healthcare delivery and increase economic productivity.

### [Reporting of side-effects in clinical trials of psilocybin-assisted psychotherapy for psychiatric conditions: systematic review](#)

Side-effects reporting in Psilocybin-assisted psychotherapy (PAP) trials is inconsistent but is improving over time. Existing evidence has a high risk of bias. Future trials should align with best-practice guidelines for side-effects reporting. Discussions with patients should prioritise findings from high-quality studies and emphasise the current uncertainty regarding PAP side-effects.

### [Personal recovery in mental health difficulties in people with experience of homelessness: qualitative systematic review](#)

SECURED offers a transdiagnostic framework to support understanding of mental health personal recovery in the context of homelessness. Findings support the Housing First model of service provision. However, findings also highlight that housing alone is not sufficient and that the other processes must also be supported.

### [Self-directed digital interventions for the improvement of emotion regulation – acceptability and feasibility for adolescents: systematic review](#)

Six out of 9049 studies met the eligibility criteria and included preliminary evidence on self-directed digital interventions that target emotion regulation, in a pooled sample of 1271 adolescents. All interventions identified were brief (most <1 month) and included different components to target emotion regulation (e.g. mindfulness, mood monitoring). Most interventions demonstrated benefits for emotion regulation and were acceptable for use by an adolescent population.

### [From pills to people: the rise of social prescribing](#)

Can we reduce our reliance on medication by prescribing nature walks, art classes and community groups instead? Two new 2025 studies shed light on who's getting referred to social prescribing, and who isn't.



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### [Is it a gut feeling? How the microbiome may shape perinatal mental health in women with higher body weight](#)

What if perinatal mental health started in the gut? New research from Finland suggests certain bacteria may be associated with depressive and anxiety symptoms during pregnancy and after birth, raising questions about inflammation, causality, and the future of microbiome-based screening and treatment.

### [Inside the diagnostic grey zone: using machine learning to separate bipolar and major depression](#)

High misdiagnosis rates between bipolar and major depressive disorder cause real harm to patients and services. This new neuroimaging study tested whether brain connectivity and machine learning could do a better job of telling the two apart, with interesting but limited results.

## News

### [Teenage boys using 'personalised' AI for therapy and romance, survey finds](#)

The "hyper-personalised" nature of AI bots is drawing in teenage boys who now use them for therapy, companionship and relationships, according to research. A survey of boys in secondary schools by Male Allies UK found that just over a third said they were considering the idea of an AI friend, with growing concern about the rise of AI therapists and girlfriends.

### [Mind responds to the Mayfield "Keep Britain Working" review](#)

Mind responds to a [review](#) on approaches to better support mental health in the workplace.

### ['Young people are falling through the gaps'](#)

Leading mental health charity Mind has published a new report on the state of children and young people's mental health in 2025. The report, '[Care before Crisis](#)', calls on the government to scale up its network of early intervention mental health hubs ahead of the Budget. More than half a million young people are currently on a waiting list for support.

### ['Understanding anhedonia is very complex' - the value of lived experience](#)

A new [paper](#) suggests that the brain chemical dopamine could play a role in anhedonia - a symptom of depression which involves people being unable to experience joy or pleasure.

### [Bridging the gap](#)

Centre for Mental Health's Bridging the gap evaluates Barnardo's Inner Resilience and Development (BIRD) service. BIRD is a holistic, child focussed intervention that offers timely, tailored care and support to children and young people with mental health problems. It primarily supports those who arrive at emergency departments and do not meet the thresholds to be able to access crisis support from Children and Adolescent Mental Health Services (CAMHS).

### [Take part in in the largest ever study on anxiety and depression](#)

The GLAD study is looking for individuals who have experienced depression and/or anxiety and individuals who have never experienced a mental health disorder for comparison.

