



20 January 2026

Studies

[Mental health admissions to medical wards: 65% increase in a decade for young people](#)

Mental health admissions to acute medical wards rose 65% for young people in England (2012-2022), with eating disorder admissions up 515% and anxiety admissions doubling in 10 years. Self-harm admissions accounted for more than half of the total. Adolescent girls by far the biggest group affected.

[Internet-delivered CBT for depression: real-world evidence shows similar benefits to face-to-face therapy](#)

This Finnish study of 5,834 healthcare records found therapist-guided internet CBT showed similar depression improvements to face-to-face therapy, providing real-world evidence beyond selective RCT populations.

[Trauma and homelessness: Can we address the impacts of trauma without ensuring the home?](#)

This co-produced systematic review of 27 studies found that homelessness involves traumatic experiences affecting mental health, substance use, and leading to desensitisation. However, lived experience reviewers question whether the findings are new knowledge and critique the limited scope, inadequate explanation of co-production processes, and failure to address housing policy as the root cause of homelessness.

[Is depression a cause or consequence? Using genetics to untangle causal relationships](#)

This study used Mendelian randomisation to test potential causal relationships between depression and 137 traits. Depression liability was linked to somatic diseases, inflammation, suicide risk, insomnia, lower cognitive function and functional impairments, though findings require validation.

[Mental health impacts of sexual violence in older adults: a qualitative study](#)

This qualitative study interviewed 15 older adults (aged 70+) who had experienced sexual violence during their lifetimes. Participants reported anxiety, guilt, shame, disrupted identity and interpersonal distrust, yet most did not associate mental health difficulties with their trauma.

[Childhood adversities and post-traumatic stress: predictive pathways through acute stress disorder](#)

Childhood emotional abuse was a strong predictor of both acute stress disorder (ASD) and PTSD. Screening for past childhood adversities is important, even in individuals without ASD, as they remain more vulnerable to later PTSD.

[Resilience and its external determinants: cross-sectional survey and network analysis of parenting, trauma and stress in college students](#)

This study found that learning pressure, emotional neglect and maternal care emerged as the most critical external correlates of resilience. Emotional abuse occupies the most central position in the external correlated network of resilience. Future longitudinal research should clarify the temporal impacts of these associations, and the key factors, in the dynamic resilience system.





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[Systematic review on relapse-prevention strategies following successful electroconvulsive therapy for major depressive disorder](#)

Pharmacotherapy with lithium and, separately, C-ECT combined with medication, showed the strongest evidence for relapse prevention following ECT. The evidence base is limited by heterogeneity, small sample sizes and few studies on novel or psychological strategies. More robust clinical studies are needed to identify optimal long-term strategies.

[Development of a personal recovery questionnaire for older adults with bipolar: a qualitative integrated knowledge translation approach](#)

An integrated knowledge translation approach successfully structured engagement with key stakeholders to allow for active and meaningful engagement. Collaboration of individuals with experience of bipolar, clinicians and academics allowed for the development of the first questionnaire of personal recovery specifically adapted for older adults with bipolar. Future research is needed to validate the BRQ-OA in older adult samples so that it can be used in mental health services and intervention studies.

[Exercise to treat depression yields similar results to therapy and antidepressants](#)

Exercise may reduce symptoms of depression to a similar extent as psychological therapy, according to an updated Cochrane review. When compared with antidepressant medication, exercise also showed a similar effect, but the evidence was of low certainty.

Policy

[Mental Health Act 2025: easy read](#)

Changes to the law that tells people what to do if they need to stay in hospital after a mental health crisis.

Statistics

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

News

[More than half of all Childline counselling sessions support children with mental health struggles](#)

More than half (52%) of all support provided by Childline last year was to children struggling with mental and emotional health issues. Between April 2024 and March 2025, we delivered 82,882 counselling sessions to young people about their mental wellbeing — an average of almost 230 sessions a day.





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[Train teachers to spot trauma and support refugee children, urges new guidance from Educational Psychologists](#)

Providing teacher training on how to recognise and respond to trauma in refugee and asylum-seeking children in order for them to feel safe in school is vital for society, according to new guidance from Educational Psychologists. The guidance, being presented at the British Psychological Society's Division of Educational and Child Psychology conference in Bath, also recommends developing a vulnerable learners register to enable the provision of ongoing support, which can include providing each pupil with a named adult and peer buddy system to reduce isolation.

[Physical activity helps teenagers cope during parental marital struggles, new research reveals](#)

Teenagers who take part in regular physical activity are better equipped to manage anxiety when their parents are experiencing marital difficulties, according to new psychological research.

