

Studies

[Body clocks and mental health: patients set the research agenda](#)

For the first time, people with lived experience, carers and clinicians have identified the top 10 research priorities for body clocks and mental health.

[Do school smartphone bans actually save schools money?](#)

Schools spend the equivalent of three full-time staff managing phone use, whether or not students are allowed to have phones in school. This new study asks if banning smartphones actually improves pupils' wellbeing or saves money for schools.

[Could CBT be a feasible treatment for Depersonalisation-Derealisation Disorder?](#)

DDD affects around 2% of people but has no approved treatment. A new feasibility trial asks whether CBT-f-DDD could change that.

[Sleep diary-derived parameters and sleep measures mediate the efficacy of transdiagnostic sleep and circadian intervention for depression](#)

In conclusion, this study explored the mediating effects of sleep diary-derived parameters on the relationships between TSC and sleep measures, as well as the serial mediations involving the effects of sleep diary-derived parameters and sleep measures on psychological outcomes. The results highlighted that the effects of TSC on sleep measures were mediated by sleep diary-derived parameters, particularly SE, SOL, SQ, and RF. Furthermore, the sleep diary-derived parameters and sleep measures serially mediated the effects of TSC on psychological outcomes. These findings contribute to a deeper understanding of the underlying mechanisms of transdiagnostic sleep- and circadian-targeted intervention, while also offering valuable insights for future research and clinical applications.

[Extending the ecological model of distress to social functioning among refugees and asylum-seekers](#)

This study conceptually and empirically extended the ecological model of refugee distress to social functioning by highlighting the dual influences of conflict-related traumatic experiences. The findings provide a springboard for advancing research and practice in the mental health and psychosocial field.

[Maternal communication and attachment following a group singing intervention for postnatal depression: findings from the SHAPER-PND trial](#)

Group singing enhanced maternal communication and perceived attachment in mothers with PND. Findings support community-based, arts-informed interventions as accessible approaches to strengthen early relational health and complement perinatal mental healthcare.

[The interplay of multimorbidity and depressive symptoms: mediation role of functional dependence](#)

The study revealed bi-directional links between multimorbidity and depressive symptoms among Chinese adults. Functional dependence was a significant pathway in the cycle of multimorbidity and depressive symptoms, especially for cardiometabolic diseases. These insights suggest that interventions aimed at preventing functional dependence may be beneficial in mitigating the risk of coexisting mental and physical disorders.



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[Subtypes of postpartum depressive symptoms and the association with subsequent psychiatric care: latent class analysis](#)

Distinct subtypes of postpartum depressive symptoms were associated with varying risks of subsequent psychiatric care, depending on both symptom severity and symptom type. These findings underscore the importance of systematic screening and tailored follow-up, even for women with mild to moderate symptoms.

[Associations between five forms of child maltreatment and depression: a multilevel meta-analytic comparison](#)

By modeling effect size dependence and reducing between-samples confounds, this study provides clearer evidence that emotional maltreatment – particularly emotional abuse – is most strongly linked to depression. These findings underscore the need for greater clinical and prevention focus on emotional forms of maltreatment.

[Triglyceride–glucose index, genetic predisposition, and incident depression: a prospective cohort study from the UK Biobank](#)

A higher TyG index was associated with increased risk of incident depression, independent of genetic predisposition.

Review

[Independent review into mental health conditions, ADHD and autism: interim report](#)

Interim report outlining progress on the independent review into the prevalence and support for mental health conditions, ADHD and autism. [RCPsych comments](#)

Blog

["Ever Trying". Mental health and suicide prevention services in Sweden](#)

Dr Chris Hanvey explores what the UK can learn from Sweden's national strategy for mental health and suicide prevention, from psychiatric ambulances to specialist helplines.

News

[New mental health pathway for primary school children reduces anxiety problems – study shows](#)

A new way of supporting primary age children's mental health via schools has been shown to be highly effective in reducing anxiety problems, according to a [new trial](#).

[Community mental health care is struggling to meet people's needs, CQC survey shows](#)

While experiences of mental health care are improving, many are still facing significant barriers to appropriate care, the Care Quality Commission's (CQC) [annual community mental health survey 2025](#) has revealed. [SANE responds](#)

