

Studies

[Interventions for smoking cessation in inpatient psychiatry settings](#)

People receiving inpatient psychiatry treatment may be more likely to have successfully stopped smoking six months after the inpatient intervention when offered smoking cessation counselling plus nicotine replacement therapy with continued post-discharge support, compared with usual care, but the certainty of the evidence is low. There was insufficient evidence to determine the effectiveness of other smoking cessation interventions initiated in the psychiatry inpatient setting. More randomised controlled trials, especially those evaluating pharmacological interventions, are needed to strengthen conclusions about treatment effects.

[Values and preferences of patients with severe mental illness regarding smoking cessation interventions: a systematic review with best-fit framework synthesis](#)

Patient-centred care for people with severe mental illness should leverage behavioural and pharmacological strategies for smoking cessation. Flexibility, accessibility and ongoing support appeared important for addressing stress, withdrawal symptom interpretation and relapse vulnerability in this population.

[Randomised controlled feasibility trial of an intervention to increase activity and reduce sedentary behaviour in people with severe mental illness: Walking FOR Health \(WORTH\) study](#)

The results of this study support the feasibility of the WORTH intervention in adults with SMI, and findings will be used to optimise the design of a definitive RCT.

[Case Report : Ongoing Delirium and Hypercalcaemia in a Patient With Bipolar Disorder Receiving Long Term Lithium Therapy](#)

Lithium toxicity should be considered in patients with bipolar disorder who develop persistent delirium, particularly when dehydration and acute kidney injury are present. Near-therapeutic serum lithium levels do not exclude clinically significant neurotoxicity. Early review of psychotropic medication and renal function is essential to prevent delayed diagnosis and avoidable morbidity.

[Anxiety and Depression in Patients with Graves Disease: A Systematic Review](#)

These findings highlight a population that may benefit from early psychiatric assessment. The higher prevalence of anxiety and depression observed in GD patients, including those who are euthyroid, reflects the complex interplay between autoimmune, endocrine and psychological processes underpinning the relationship between GD and mental health conditions. This pattern emphasises the need for a multidisciplinary, integrated and holistic approach when managing and treating GD patients. Future research establishing the mechanisms responsible for this increased prevalence could facilitate the development of targeted interventions and preventative treatments.

[Disparities in oral glucocorticoid prescribing among patients with mental disorders: nationwide cohort study](#)

Psychiatric patients are more likely to receive sustained glucocorticoid therapy, underscoring the need for cautious prescribing and monitoring in this vulnerable population.



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[Immersive VR therapy for young people: promising, but early days](#)

Immersive virtual reality is a hit with young gamers. A new meta-analysis asks whether VR-assisted psychotherapy can help children and adolescents too and finds promising but limited evidence across nine trials.

[Childhood spent behind bars: the impact of immigration detention centres on children's mental health](#)

A new systematic review pools data from 9,620 detained children across 8 countries and finds alarming rates of depression, PTSD and self-harm. The harm rises the longer and harsher the detention, and no form of it is safe.

[Sleep and rest-activity rhythms in depression relapse: can wearables see the storm coming?](#)

Irregular sleep and a weaker day-night activity contrast may flag depression relapse weeks before it happens. Could wrist-worn devices become part of relapse prevention?

[Young people with mental health conditions use social media differently](#)

Adolescents with mental health conditions spend more time on social media and engage with it differently, especially those with internalising conditions like anxiety or eating disorders. Let's avoid thinking of 'mental health' as one category when it comes to young people's lives on social media.

[WhySchool project: effects of a school-based mental health literacy programme on teachers and school health professionals](#)

The WhySchool resulted in observable improvements in teachers' and SHPs' MHL, including increased knowledge, reduced stigma, improved help-seeking attitudes and strengthened confidence to support students. The cascade model provides a viable and sustainable strategy for large-scale implementation, empowering educational communities to better support student mental health.

[Sustained mood improvement with laughing gas exposure \(SMILE\): a randomised, placebo-controlled pilot trial of nitrous oxide for treatment-resistant depression: commentary](#)

Nitrous oxide is being investigated as a treatment for therapy-resistant depression, yet its environmental implications as a potent greenhouse gas are largely unaddressed. A single 1 h treatment generates ~150 kg CO₂-equivalents, rising to ~7.8 t per patient-year, highlighting the need to incorporate environmental externalities into evaluation.

[Service Evaluation of a Specialist Inpatient Psychiatric Rehabilitation Unit: Activity, Outcomes, and Occupancy Trends at Maple House Rehabilitation Unit, 2018–2024](#)

The service delivers structured psychiatric rehabilitation for patients with complex needs, achieving clinical, functional and risk reduction outcomes largely within the intended treatment timeframe. Findings highlight areas for ongoing monitoring, including long-stay cases and occupancy pressures. This study is relevant considering the ongoing ACER study (Killaspy et al., 2021–2026) investigating the clinical and cost-effectiveness of in patient rehabilitation across the UK, reinforcing the need for further systematic evaluations in this area.





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[Is There an Association Between Poor Sleep and Worsened Mental Health Outcomes in Medical Students: A Systematic Review](#)

This review confirms a strong link between poor sleep and worsened mental health in medical students, highlighting the need for interventions within this population. However, longitudinal studies, biological assessments and intervention experiments are needed to establish causality, increase reliability and implement potential interventions to improve the overall wellbeing and performance of medical students who are the future of the healthcare workforce. Medical schools should prioritise sleep hygiene, education, workload adjustments and mental health support to improve student wellbeing throughout the course and prepare them for a career as a doctor.

[Evaluating Adherence to National Standards: A Two-Year Audit of Consent, Clinical Efficacy, and Longitudinal Monitoring in Electroconvulsive Therapy](#)

Findings show that while the service delivers clinically effective treatment with robust initial safeguarding, longitudinal monitoring remains inconsistent. Proposed interventions include the ECT team assuming responsibility for post-treatment monitoring to minimise variability driven by inpatient pressures/discharges to community teams during follow up, updates to local ECT documentation processes to minimise missing data, and establishing 'ECT Champions' within referring teams to improve communication and follow-up adherence.

Publication

[Unequal benefits, unequal harms](#)

Unequal benefits, unequal harms is a discussion paper on AI mental health chatbots, inequality and the risks of self-guided care. The [paper](#), by patient empowerment expert David Gilbert, who has sought help and advice from AI for his own mental health problems, assesses the research on how the huge growth in the use of AI mental health tools can put people at risk and increase inequality.

News

[England facing children's mental health 'crisis' as referrals hit 1 m](#)

More than 1 million children were referred to mental health services across England last year, with referrals up 10% from the year previous, according to a [report](#) by the children's commissioner, Rachel de Souza. She said the country faced a "crisis" in young people's mental health.

[Psychiatric workforce in NI at breaking point: 72% considering leaving amid burnout and lack of support](#)

A third (33%) of psychiatrists in Northern Ireland are experiencing work-related stress or burnout every week, according to a new membership survey from the [Royal College of Psychiatrists in Northern Ireland](#).

