

Studies

[Anxiety–depression interaction and somatic symptoms in functional gastrointestinal disorders: a retrospective cross-sectional study from gastroenterology outpatient clinics](#)

Among patients with FGIDs in this single-centre outpatient sample, anxiety symptoms were strongly associated with higher somatic symptom burden. Depressive symptoms modified the association between anxiety and somatic symptoms in the interaction model. However, interpretation is limited by the cross-sectional design, possible symptom-scale overlap and residual confounding. These findings support further prospective studies and suggest that assessment of co-occurring anxiety and depressive symptoms may be clinically relevant in FGID care.

[Delays and disparities in access to secure psychiatric services in England: national study of referrals and access assessments](#)

Access to SPS remains inconsistent, with substantial variation in acceptance and widespread delays across referral pathways. Despite faster processing of prison referrals, national assessment and admission standards were rarely met, particularly for this group. These findings highlight gaps between policy expectations and practice, indicating a need for improved adherence to national timeframes, greater standardisation of decision-making and enhanced system oversight, to reduce inequities in access.

[Psychotropic prescribing in UK primary care during the COVID-19 pandemic: national interrupted time-series analysis](#)

Psychotropic prescribing increased during the COVID-19 period, but largely reflected continuation of pre-existing trends rather than immediate effects of lockdown restrictions.

[Can a circadian rhythm app stop depression and bipolar relapse?](#)

The findings are promising: the CRM app reduced recurrence compared with a closely matched sham intervention, and the effect remained after a conservative sensitivity analysis. However, the study does not establish why the intervention worked. Benefits may have resulted from improved circadian stability, changes in sleep-related behaviours, increased self-monitoring, or other pathways. Future studies will need to identify the mechanisms underlying the effect.

[How prevalent is perinatal depression around the globe?](#)

The study found a lower MDD prevalence rate compared to previous studies, which reveals a potential overestimation of MDD prevalence in existing literature due to inconsistencies in estimate methods, due to inconsistent definitions of MDD, use of symptom scales instead of diagnostic interviews, and variations in sampling strategies.

Blogs

[The research we could not find](#)

David Woodhead reflects on a failed literature search that revealed a deeper problem: interdisciplinary mental health research often goes unindexed and uncited.

[Representing real lives: the case for better mental health reporting](#)

Grace Ward, an expert by experience, argues that media coverage of mental health continues to sideline the voices of those who live it.

[Podcast: Leading with lived experience to support better mental health for all](#)

Andy Bell welcomes Deborah Williams, Christopher Egan and Sarah Rouse to explore how to tackle mental health inequalities from the perspective of people with lived experience.

News

[Excessive time spent online linked to stress and worse mood](#)

Spending excessive time online is associated with higher stress levels, worse mood, and greater neglect of other activities, according to analysis. The new [study](#) by academics at the University of Duisburg-Essen published in the journal PLOS One, surveyed 900 German adults in 2025 who reported engaging in gaming, pornography use, social network use, or online shopping at least once in the last year.

[Urgent inquiry required as decade of fragmentation in Scotland's mental health services impacting patient safety, says RCPsychiS](#)

The [Royal College of Psychiatrists in Scotland \(RCPsychiS\)](#) has published a [new report highlighting serious concerns about Scotland's integrated health and social care system](#).

[Time to reflect critical for the safety of patients and mental health workforce, says RCPsych](#)

The Royal College of Psychiatrists (RCPsych) is calling for reflective practice – led by trained facilitators – to be mandated for staff across mental health services to improve clinical practice, patient safety and outcomes.

[Mind publishes new resources on impact of generative AI on mental health](#)

New research commissioned by Mind found people are using AI chatbots to support their mental health and wellbeing instead of more formal support like talking therapies. Among the 1 in 5 people who had used AI chatbots to support their mental health in the last 12 months, 3 in 5 had used chatbots in place of more formal support like NHS talking therapies.