

Studies

["It is Just Too Overwhelming and Constant": Environmental Influences on Anxiety and Depression in Autistic Young People](#)

Autistic people experience high rates of anxiety and depression, yet an evidence-based understanding of how and why these difficulties first develop is lacking.

[Gratitude and health behaviours: A temporal affective self-regulation resource analysis across 24 samples](#)

The current study provides initial evidence indicating that gratitude is associated with the practice of health-promoting behaviours, and insights into the self-regulation factors that contribute to this association. Taken together with previous intervention research, these findings highlight gratitude as an alternative, strengths-based approach to health behaviour change across different populations and contexts.

[Open Dialogue versus treatment as usual for adults presenting in crisis to mental health services in England \(the ODDESSI Trial\): a multisite cluster-randomised trial](#)

In this trial, Open Dialogue did not have a beneficial effect on the primary outcome of time to relapse after recovery compared with treatment as usual care. However, Open Dialogue was associated with marked reductions in psychiatric hospital admissions and re-referrals to crisis teams. Additionally, Open Dialogue was associated with improvements over the 2-year follow-up in self-rated overall health, self-rated recovery, and satisfaction with care.

[Current practices in modelling dose-response relationships in network meta-analyses of depression treatments: a meta-research study](#)

Current depression NMAs demonstrate broad variability in handling dose-related heterogeneity, with dose-response modelling often absent or inconsistently applied—particularly for behavioural interventions lacking standardised dose metrics. Greater methodological clarity, practical guidance and reporting standards are needed to integrate dose-response modelling into NMAs of depression treatments, where both pharmacologic and behavioural interventions pose distinct dosing challenges.

[Integrated mental health treatment and employment services for refugees with PTSD: randomised controlled trial](#)

Integrated care was feasible but not superior to TAU in improving outcomes for refugees with longstanding symptoms and unemployment. Future research should examine how the timing and intensity of integrated care interventions influence outcomes, including earlier implementation and adequate support for refugees with longstanding and complex needs.

[Measures for intersectional mental healthcare: results from a participatory interview and focus group study with psychosocial counsellors, people with experience of using mental health services and providers](#)

The study yielded suggestions for anti-discriminatory, critical consciousness-based and inclusive practices on the interpersonal, organisational and structural levels of mental healthcare. It offers important insights for research devoted to implementing and evaluating such measures.

[Does time matter? The temporal relationship between peritraumatic reactions and post-traumatic stress disorder: parallel-process latent growth curve model](#)

Peritraumatic reactions appear to function primarily as indicators of early PTSD severity rather than determinants of long-term symptom trajectories. These findings support multi-stage screening approaches that extend beyond early peritraumatic assessments to incorporate post-traumatic cognitive, social and environmental factors.

[Housing status and emergency mental health outcomes in an inner-city emergency department: retrospective cohort study](#)

Despite greater severity, admission rates among PEH were lower following emergency psychiatric assessment. These findings highlight the need for better understanding of how emergency mental health services respond to the complex needs of this population.

[The income, mental health and physical health triangle, unpacked](#)

The authors read their results as evidence that mental illness and low-income work through separate, parallel pathways rather than amplifying one another, that is, adding up, not multiplying, and that this concentrates physical disease in people who carry both disadvantages at once.

[Does children's mental health worsen parental mental health?](#)

Even when ruling out parents with a previous mental health difficulty, there appears to be a greater risk for parental mental health difficulties in Danish and Finnish families following childhood mental health diagnosis. We could suggest that this appears to tell us something about the causal direction of the association. That is, that childhood mental health difficulties significantly raise the risk for parents' mental wellbeing.

[Social interventions for mental illness: who do they actually help?](#)

Overall, this systematic review finds that studies of social interventions rarely discussed context, had huge variation in the way data was collected and reported, and that data on marginalised groups was often not reported at all.

[Does academic pressure harm young people's mental health?](#)

This study adds to evidence that academic pressure may be relevant to mental health beyond adolescence. The association with depressive symptoms was strongest when symptoms were measured at age 16 but remained detectable at age 22. The self-harm finding was weaker and less consistent than the finding for depressive symptoms, although there was no evidence that the association varied across follow-up timepoints. Together, the findings suggest that academic pressure may be a potential modifiable risk factor, but the observational design means that causation cannot be established.



NHS
Mersey Care
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Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance June 2026 and Quarter 1 2026/27 data](#)

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.

[Quarterly personal well-being estimates – seasonally adjusted](#)

Seasonally adjusted quarterly estimates of life satisfaction, feeling that the things done in life are worthwhile, happiness and anxiety in the UK. [Non-seasonally adjusted](#)

News

[Semaglutide associated with fewer cognitive problems in people with mental illness](#)

Semaglutide, widely used to treat diabetes and obesity, was associated with fewer cognitive signs and symptoms in people with psychiatric disorders, according to a new study led by researchers at the University of Oxford. The study, published in [BMJ Mental Health](#), analysed electronic health records from 13,007 adults in the USA with a psychiatric diagnosis. Researchers compared cognitive symptoms over the 12 months following initiation of semaglutide with those associated with other antidiabetic treatments.

[Mental health services must change to better support survivors of non-recent child sexual abuse, acknowledges RCPsych](#)

The Royal College of Psychiatrists (RCPsych) has published a new position statement [Addressing the impact of non-recent child sexual abuse on the mental health of adults](#). This was co-produced with adult survivors of non-recent child sexual abuse (NRCSA) and highlights the challenges they can experience when seeking help from mental health services. It sets out future action that must be taken to ensure they can access the mental health care and support they need.

[Millions in England face longer waits for mental health care as NHS providers plan cuts](#)

Millions of adults and children in England face being forced to wait longer for mental health care, with more than two-thirds of NHS providers planning to cut services and half expected to axe jobs.

[Thousands of UK women have undiagnosed PTSD after childbirth each year, study finds](#)

Thousands of UK women develop undiagnosed post-traumatic stress disorder (PTSD) after childbirth every year, research has found. The research, published in the British Journal of General Practice, is the first attempt by experts to quantify how many cases of childbirth-related PTSD in the UK are diagnosed or not. The NHS does not collect such figures, despite the fact up to one in 16 mothers develop the serious mental health condition, often because they had a traumatic experience while giving birth.





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['Work is good for you': how UK scheme could help tackle youth mental health crisis](#)

Work must be "part of the answer" to the mental health crisis among young people, the work and pensions secretary, Pat McFadden, has said as he met some of the first beneficiaries of Labour's youth jobs guarantee scheme. A rise in cases of mental illness is widely cited as one cause for the increase in the number of young people not in education, employment or training (Neets) in recent years.

[Compulsory GCSE resits in England harm teenagers' mental wellbeing, study finds](#)

UCL researchers warn repeated exam attempts may dent students' confidence and raise risk of dropping out. Robbie Maris, a research fellow at UCL and one of the authors, said the dent to teenagers' self-confidence when faced with resits could be a contributing factor to the rise in young people not in education, employment or training, known as Neets.

[Major expansion of community mental health support across England](#)

£343 million plan will open 159 NHS mental health centres in England, giving people earlier local support and specialist crisis care outside A&E.

[NHS mental health system failing staff and patients, warns Mind](#)

Mind, the mental health charity, is calling on the UK government for an overhaul of the mental health system in England so that people can talk to a mental health professional when they reach out for help. The charity has published their [Opening Doors report](#) setting out the changes needed to radically improve support for people with mental health problems and better equip mental health professionals to provide this.

[New audit system maps how mental-health risks emerge in AI chatbot conversations](#)

Scientists have developed a framework for stress-testing how AI chatbots respond to vulnerable users, helping researchers identify weaknesses and test ways of making mental-health interactions safer.

