

Studies

[Are GLP-1 receptor agonists linked to better mental health?](#)

The authors concluded that, among people with established depression or anxiety who were also being treated with an antidiabetic, semaglutide and (to a lesser extent) liraglutide were associated with significantly lower risk of worsening mental health problems compared with periods of time when they were not using these medications, whereas exenatide and dulaglutide were not.

[The PETRUSHKA tool: matching antidepressants to people's needs and preferences](#)

Overall, the trial found that individuals with major depressive disorder who were prescribed an antidepressant through the PETRUSHKA tool were less likely to stop treatment during the first 8 weeks than those prescribed through usual care. The PETRUSHKA group also showed greater improvements in self-reported depression and anxiety symptoms at 24 weeks. These findings suggest that shared decision-support systems may help to personalise antidepressant treatment by combining prediction modelling with individual patient preferences to calculate an overall recommendation score for each antidepressant. However, it remains unclear whether the benefits were driven by more accurate prediction of treatment fit, greater patient involvement (and therefore motivation to continue treatment), or a combination of the two, meaning more research is needed.

[Interpretation bias in anxiety holds across disorders and ages](#)

The authors concluded that their findings support the transdiagnostic relevance of interpretation biases: "Overall, results are consistent with the view that anxiety is associated with [interpretation biases] across different disorders and severity levels. These findings have implications for cognitive theories of anxiety and clinical interventions." They emphasise that whilst methodological factors significantly influence effect sizes, there was no clear evidence that the sample characteristics examined did so. This suggests interpretation biases appear across different anxiety presentations, age groups and levels of symptom severity, although considerable unexplained variation between studies remained.

[Prevalence and predictors of use of mental health and well-being support among healthcare workers in England: findings from NHS CHECK](#)

Most HCWs (79%) reported having accessed some support, whereas 21% had not. Practical and informal supports were most used, whereas uptake of employee assistance programmes was low. Future research should explore and address barriers faced by male, older, Asian and non-permanent staff to improve access and, in turn, the well-being, performance and patient care of these individuals.

[Improving access to mental health support for young people: development and evaluation of the Afloat mobile app](#)

Afloat shows preliminary promise as a tool associated with increased help-seeking and improved mental health. Long-term benefits of timely intervention may offset short-term costs from increased service use, although this requires formal evaluation. Further research is required to assess long-term outcomes and economic implications.



12 October 2026

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance August 2026](#)

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.

Review

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

Final report detailing the findings of the independent review into the prevalence and support for mental health conditions, ADHD and autism. [Easy read version.](#)

Blog

[What the new mental health, learning disability and autism dashboard tells us](#)

Last month, NHS England published a new '[dashboard](#)' of statistics relating to NHS mental health, autism and learning disability services in England.

News

[Future Minds: mid-term report card](#)

Future Minds's mid-parliament report card is an assessment of the Government's progress over the past two years in improving the mental health of children and young people.

[New funding from Randal Foundation to explore impact of the digital world on children's mental health](#)

Centre for Mental Health has been commissioned by the Randal Foundation to undertake a project exploring the complex relationship between children and young people's engagement with the digital world and their mental health.

[Covid, Brexit and Liz Truss mini-budget led to lasting decline in mental health, study finds](#)

[Researchers](#) found five events, including Russia's invasion of Ukraine, caused serious damage to mental wellbeing across UK.

[Paper finds self-care is common – but not equally accessible](#)

A second [paper](#) on the results from the Self-Care Forum's Living Self-Care Survey Study has revealed health inequalities amid uneven confidence. This paper highlights that whilst self-care is practised widely, it is not practised equally with some communities more disadvantaged than others.

