

Studies

[Developing and Validating a Patient-Centered Measure of Well-Being in Bipolar Disorder: The WELL-B](#)

The WELL-B offers a strengths-based, patient-centered approach to assessing well-being in BD. Future directions include refinement, broader validation, and testing clinical utility for treatment planning and monitoring.

[The bidirectional predictive association between methamphetamine use and depression](#)

There appears to be evidence of a bidirectional relationship between days of methamphetamine use and clinically significant depressive symptoms within a weekly timeframe.

[Beliefs about emotions, distress tolerance and paranoia across the menstrual cycle in individuals with premenstrual difficulties and controls](#)

The provisional PMDD group showed higher perimenstrual maladaptive beliefs about emotions and ideas of reference, alongside lower distress tolerance. These findings suggest these processes may be relevant to more severe premenstrual difficulties. Prospective daily assessments are needed to clarify the temporal relationships between these processes and symptom severity.

[The Role of Stress and Resilience Profiles in Emotional Health](#)

In summary, findings from the present study highlight distinct patterns of stress and resilience as well as how these patterns relate to emotion processes with known implications for both physical and mental health. Distal stressors appear to be less associated with resilience factors and emotional health, whereas proximal stressors in the context of low resilience emerged as a key risk factor linked to negative emotion processes. The observed relationship lines between subjective social status, perceived stress, resilience, emotion regulation, and emotionality stigma suggest these factors likely interact to shape an individual's stress experience and associated health outcomes. Advancing understanding of these associations and the role they play in the pathway from distal and proximal stressors to physical and mental health represents an important next step toward informing the development of targeted prevention and intervention programs.

[DBT and MBT for BPD with comorbid depression and/or anxiety](#)

The researchers conclude that DBT and MBT show promising effects across BPD symptoms, depressive and/or anxiety symptoms, emotional and interpersonal difficulties, impulsive behaviours and mental health service use. However, the evidence is limited and heterogeneous. No included study investigated IFS in this patient population.

[Personalised transcranial magnetic stimulation: does brain imaging improve outcomes for people with depression or PTSD?](#)

Taylor et al. (2026) concluded that individual connectivity-based target selection enhanced the antidepressant effects of accelerated stimulation compared with scalp-based targeting. Van Rooij et al. (2026) concluded that personalised imaging-guided stimulation reduced amygdala threat responses and improved longer-term post-traumatic stress disorder symptoms compared with sham treatment.



26 October 2026

[Childhood adversity, depression, obesity and the gut microbiome: a complex relationship in pregnancy](#)

This study provides an interesting glimpse into the complex relationships between childhood adversity, depression, obesity, inflammation and the gut microbiome in pregnant women. Its findings do not support a simple model in which adverse childhood experiences directly alter the gut microbiome. Instead, they suggest potentially distinct pathways involving BMI and inflammation on one hand, and depressive symptoms and the microbiome on the other.

Review

[No wrong door? A review](#)

In 2022, we were commissioned by the NHS Confederation (now NHS Alliance) to identify a vision for mental health, autism and learning disability services in England. We did this through research and consultation with a wide range of stakeholders, reading and hearing about people's hopes and beliefs about what these vital services should be like in 2032. This briefing, No Wrong Door: A review, assesses progress towards this vision almost five years on. It finds some signs of progress, but also worrying signs that without the necessary investment, it will remain a vision rather than a reality.

Report

[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.

Statistics

[Public opinions and social trends, Great Britain: personal well-being and loneliness](#)

Personal well-being, loneliness and what people in Great Britain felt were important issues; indicators from the Opinions and Lifestyle Survey (OPN).

Guidance

[Digitally enabled therapies for adults with anxiety disorders: early value assessment](#)

Five digitally enabled therapies can be used as treatment options for adults with anxiety disorders while further evidence is generated on their clinical and cost effectiveness, once they have appropriate approval.





26 October 2026

Podcast

[All in the Mind - Depression that's hard to treat](#)

Depression is not just one thing, but more of an umbrella term and that different causes might need different solutions. For this special edition focussing on hard to treat depression, she finds out whether that more personalised approach to understanding depression is now filtering through to the treatments that people are offered.

Blog

[Can we audit AI chatbots for mental health safety?](#)

SIM-VAIL provides evidence for a nontrivial mental-health risk floor in human–chatbot interactions. The fact that newer chatbots generally showed measurably improved safety profiles suggests these risks are tractable. Our results demonstrate the value of simulation-based approaches for large-scale, adaptive auditing in clinical contexts. More broadly, they show that improving the mental-health safety of AI chatbots requires evaluations and interventions that are sensitive to user context and conversational trajectories. In addition to serving as an evaluation framework, SIM-VAIL also offers a foundation for developing targeted, context-aware safeguards and message-level interventions. By open-sourcing the simulation harness and dataset, we aim to support continuous, community-driven safety evaluation that keeps pace with rapid LLM development.

News

[SANE responds to Care Quality Commission report as services continue to struggle to meet demand](#)

SANE has highlighted the need for more resources to meet the ever-increasing demand for mental health services following the Care Quality Commission's (CQC) latest State of Care [report](#). Regarding mental health, the CQC notes that as demand for care increases, it continues to see that people who live in the most deprived areas and people in ethnic minority groups have greater levels of need and contact with mental health services.

[New mental health pilot for young people supported by social care](#)

Care Together will test and evaluate a new model of care, embedding mental health professionals from existing NHS services into children's social care settings. The pilot aims to replace fragmented provision with faster access to expert, needs-led mental health support, including family therapy and support for parents and primary caregivers.

