

Depression

medication
therapy resources
mood disorder counselling stress anxiety
CBT bipolar worry self-help panic
research



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18 February 2025

Studies

[Uncharted territory: cumulative trauma and bipolar disorder](#)

Summarises a recent systematic review which finds that cumulative trauma could lead to earlier onset of bipolar disorder. A review that has important implications for mental health professionals.

[Workplace interventions can improve healthcare workers' mental health and reduce burnout](#)

Blog about a recent systematic review, which suggests that organisation-level interventions including job and task modifications, create the most benefit to reducing burnout and difficulty with mental health for healthcare workers in a variety of settings.

[Adolescents are more sensitive to social media feedback](#)

Presents a recent study that explores the constant feedback we encounter on social media platforms, and the impact that 'likes' can have on adults and young people.

[New research on metabolomic pathways supports the case to routinely screen for antenatal depression](#)

Summarises the largest and most comprehensive study to date on metabolomic pathways to antenatal depression, birth outcomes and offspring development.

[Assessment attendance and treatment engagement with talking and internet-enabled therapies of people with and without a long-term physical health condition: analysis of Talking Therapies service data](#)

Having an long-term physical health condition (LTC) does not negatively affect assessment attendance and engagement with talking therapies. However, receiving an internet-enabled treatment bolstered engagement in our regression models. People with an LTC were less likely to receive internet-enabled treatment.

[Smartphone apps for mental health: systematic review of the literature and five recommendations for clinical translation](#)

Smartphone apps are promising tools for mental healthcare, demonstrating effectiveness and acceptability. However, challenges such as reduced feasibility over time, potential biases and underrepresented demographics require further research. This review proposes five recommendations for improving clinical translation in future studies.

Statistics

[NHS Talking Therapies Monthly Statistics Including Employment Advisors, Performance December 2024 and Quarter 3 2024/25 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.



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News

[Regulate business activity to support better mental health for all, says Centre for Mental Health report](#)

Regulating the mental health impacts of business activity would help the Government to achieve its health mission and more besides, a new report from Centre for Mental Health has said. [The charity's report](#) finds that business activities affect people's mental health in many different ways. Good jobs, safe and secure homes, and healthy products can boost people's mental health. Low paid work, unaffordable or unsafe housing, pollution, and health-harming products, by contrast, put our mental health at risk. Government regulation can help businesses to become mentally healthier as part of a wider approach to improving the nation's health and wellbeing.

[British and Japanese young people make mental health recommendations for public health emergencies](#)

Twenty eight young people from the UK and Japan played a leading role in co-designing the research, interviewing other young people and adults, analysing the findings, and developing the recommendations for policy makers.

[New Insights into diabetes medications \(GLP-1RAs\) to treat mental ill health](#)

Drugs approved for diabetes and obesity might be useful for the treatment of cognitive and mental health disorders, according to a new paper published in Nature Mental Health. [The study](#) reviewed and integrated data from both preclinical and clinical studies to gather evidence on the possible effects of these drugs in conditions such as dementia, substance use disorders, psychotic disorders, mood and anxiety disorders, and eating disorders.

[Life satisfaction among over-50s in England higher than before pandemic, study finds](#)

People 50 and over in England have greater life satisfaction and sense life is more worthwhile than before the Covid pandemic, although depression is more common, researchers have found. Writing [in the journal Aging & Mental Health](#), Zaninotto and colleagues report how they analysed data from the [English Longitudinal Study of Ageing](#) – a continuing research project involving a nationally representative group of people aged 50 and older.

[Better mental health care around pregnancy exists – I've seen it. Why aren't all women getting it?](#)

The tragic loss of a mother of three highlights how widespread perinatal mental illness is – and that care is patchy and underfunded. Two sobering facts for you: 1) Suicide is the leading cause of maternal death in the period from six weeks to a year after birth, and 2) There are only 22 mother and baby units in the whole of the UK, with not a single one in Northern Ireland.

[Time to act: hundreds of children sent out of area every day for mental health treatment](#)

Analysis of the latest NHS England data shows a shocking 319 children and adolescents in England were forced to travel out of their area for mental health treatment from December 2023 to November 2024. This represents nearly one child every day.



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[More research into children and young people's mental health urgently needed, says RCPsych](#)

A new study has found that a shortage of senior academic posts in child and adolescent psychiatry is threatening the development of mental health treatments for young people. The paper, [Professorships in Child and Adolescent Psychiatry relative to a similarly sized medical specialty in the UK and Ireland](#), shows there are only 24 senior academic posts (professorships) in child and adolescent psychiatry across all of the UK and Ireland.

[RCPsych responds to NHS principles for using digital technologies in mental health inpatient treatment and care](#)

NHS England has published [principles for using digital technologies](#), to support mental health providers and clinicians as they consider whether use of digital technology is the most appropriate, effective, and least restrictive method of caring for or treating a patient in inpatient mental health settings.

