

Studies

[The genetic relationship between ADHD and depression](#)

Discusses a recent paper that investigates whether ADHD causally increases the risk of subsequent major depression diagnoses. The study findings underscore the need for effective treatment and assessment of ADHD and a requirement for a deeper understanding of the potential causal mechanisms linking ADHD and depression.

[Patterns of inflammation in childhood and mental and cardiometabolic disorders in adulthood: mapping the trajectories](#)

Summarises a recent longitudinal study of trajectories of inflammation in youth and risk of mental and cardiometabolic disorders in adulthood, which finds that high levels of inflammation in childhood may be linked to an increased risk of psychosis, depression and insulin resistance in early adulthood.

[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.

[A pilot study of a ketogenic diet in bipolar disorder: clinical, metabolic and magnetic resonance spectroscopy findings](#)

These findings suggest that a ketogenic diet may be clinically useful in bipolar disorder, for both mental health and metabolic outcomes. Replication and randomised controlled trials are now warranted.

[Interrater reliability of the DSM-5 and ICD-11 Criterion A for PTSD and complex PTSD in parents of children with autism using the Life Events Checklist](#)

This study highlights challenges in assessing PTSD and complex PTSD Criterion A in parents of children with autism, using DSM-5-TR and ICD-11 criteria with the Life Events Checklist, revealing less than adequate interrater reliability.

[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 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.

[Breastfeeding interventions for preventing postpartum depression](#)

There is low-certainty evidence that psychosocial breastfeeding interventions may prevent postpartum depression in the short term and increase the duration of breastfeeding in the long-term. The evidence is very uncertain about the effect of psychosocial breastfeeding interventions on other outcomes. The evidence is very uncertain about the effect of alternative breastfeeding interventions on postpartum depression or other outcomes. The included studies did not report any adverse events directly related to the interventions, but it is not clear if this outcome was measured in most studies. Future trials of breastfeeding interventions should be conducted carefully to reduce their risk of bias, and they should be large enough to detect differences between mothers in their mental health.



Depression

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



3 March 2025

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).

News

[The commercial determinants of mental health](#)

Commercial determinants of mental health describe how the actions of private companies affect people's mental health. In this briefing we focus more on risk factors (to promote understanding and work towards mitigating them) but it is important to state that properly regulated, responsible commerce can also be protective of mental health by producing good jobs, tax revenue and vital products including vaccines and medicines.

['We have to protect people': Martin Lewis on his fight to stop money worries worsening mental health](#)

The money-saving expert's charity has changed policies – and is now gearing up to take on regulators and insurers.

[Young adults increasingly struggling offline turn to ASMR videos, report finds](#)

Younger adults are increasingly overwhelmed by in-person interaction and soothing themselves instead with sensory online content, according to a report on the wildly popular online content known as ASMR. ASMR – autonomous sensory meridian response – describes a particular sensory phenomenon that is triggered by specific sights or sounds, which usually begins with a tingling sensation across the scalp and results in feelings of deep calm and relaxation.

[Mental health crisis 'means youth is no longer one of happiest times of life'](#)

UN-commissioned study in UK, US, Ireland, Australia, Canada and New Zealand finds satisfaction rises with age.

[New guide on mental health unveiled in the Scottish Parliament](#)

A [new guide](#) (PDF) on mental health for MSPs and staffers has been unveiled in the Scottish Parliament. The guide aims to give politicians and their staff all the information they need at their fingertips on mental health - including where to signpost constituents.

[Targeted parenting support for families in poverty can reduce postnatal depression and deliver economic benefits, says Centre for Mental Health report](#)

Providing early, flexible parenting support for families living in deprivation can boost mothers' mental health and promote family wellbeing, according to a new evaluation from Centre for Mental Health. [Here for as long as you need us](#) shares the evaluation findings of the Healthy Little Minds programme in Nottingham, which delivers early support to strengthen parent-infant relationships and boost parents' mental health. The report finds that support from Healthy Little Minds led to significant reductions in anxiety and postnatal depression.

