

Studies

[The voices not heard: thematic analysis of asylum seekers' explanatory models of mental illness as elicited by the Cultural Formulation Interview](#)

The interplay among pre-, peri- and post-migration experiences, having a continuous impact on asylum seekers' mental health, was highlighted by the themes 'a burden of the past', and 'a disempowering current reality'. The theme 'a personal position and individual experience' revealed how the CFI enables self-determination in clinical encounters by embracing uncertainty and questioning the medicalisation of distress. The analysis characterises asylum seekers' symptoms as a personal idiom of distress within socio-relational contexts. The CFI provides a clinically useful framework for exploring asylum seekers' explanatory models and fostering dynamic understanding.

[Generalized Anxiety Disorder 7-item \(GAD-7\) and 2-item \(GAD-2\) scales for detecting anxiety disorders in adults](#)

The GAD-7 and the GAD-2 scales have been tested in numerous languages and different populations. Overall, the GAD-7 and the GAD-2 seem to have acceptable or good diagnostic accuracy for both generalised anxiety disorder and any anxiety disorder. The GAD-2 scale seems to have similar diagnostic accuracy as the GAD-7 scale. However, due to the diversity of the included studies and the heterogeneity of our findings, our summary estimates of sensitivity and specificity should be interpreted as rough averages. The performance of GAD-7 and GAD-2 may deviate substantially from these values in specific situations.

[Targeting rumination and worry may help with youth anxiety, depression and repetitive negative thinking](#)

Summarises a co-produced systematic review and meta-analysis exploring rumination and worry as transdiagnostic targets for mental health interventions in young people.

[Is behavioural activation cost-effective for depression in older adults?](#)

Summarises a recently Dutch RCT which asks: is behavioural activation a more cost-effective and accessible alternative to primary care treatments for older adults with depression?

[Diagnostic overshadowing in PTSD and autism: what do we know about trauma in ASD?](#)

Blog on a systematic review of PTSD in autistic individuals, which provides some useful insights about effective assessment and treatment of PTSD in autism.

[The inescapable role of stigma in driving depression and distress](#)

Summarises a systematic review investigating whether internalised stigma can predict depression.

[Time to ACT for insomnia? New trial finds possible alternative to CBTi](#)

Considers a recent Brazilian randomised controlled trial of Acceptance and Commitment Therapy versus Cognitive Behavioural Therapy for insomnia.

[Quetiapine may pip lithium to the post for augmentation in 'treatment resistant depression': results from the LQD study](#)

Reviews the new randomised controlled trial by Cleare et al, published in [The Lancet Psychiatry](#), directly comparing the clinical and cost effectiveness of lithium and quetiapine as augmentation treatments for patients with 'treatment resistant depression'.



[Influence of tobacco smoking and alcohol drinking on anxiety in sample of 30 836 individuals in Taiwan Biobank](#)

Tobacco and alcohol use significantly influence the risk of anxiety, particularly in men, and older age also influences this risk. The associations of anxiety with tobacco and alcohol use in women may change because of the increasing prevalence of their use among women in Taiwan in recent years.

[Examining the relationships of happiness and emotional symptoms, regular exercise and demographic characteristics among adolescents seeking psychological services: cross-sectional study with mediation analysis](#)

The findings of this study highlight the intricate interplay of mental health issues, lifestyle factors and adolescent happiness and emphasise the need for comprehensive interventions focusing on enhancing physical activity and addressing psychological health to foster happiness among adolescents.

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

[NHS billions wasted as bipolar patients left 'forgotten and failed'](#)

Failing to properly diagnose and treat people with bipolar disorder, external is wasting billions of pounds a year in the UK, according to new data shared exclusively with the BBC. Experts say many of the estimated million people living with this condition are "ghosts in the system", whose lives are being torn apart by poorly managed extreme suicidal lows or manic, erratic highs.

[Most UK adults believe emotional abuse in childhood can have a lasting psychological effect but one in six cannot spot the signs](#)

New findings reveal that 94% of UK adults who took part in the survey believe that emotional abuse in childhood can have a lasting psychological effect well into adulthood. Research suggests 1 in 15 children in the UK will experience emotional abuse, highlighting how prevalent the issue is and that it is a topic young people contact Childline about on a regular basis.

[BPS welcomes publication of blueprint for Young Futures hubs](#)

The government has committed to roll out Young Futures hubs, which the [blueprint](#) suggests could be based on similar early support hubs already in existence. The blueprint has been published by the Children and Young People's Mental Health Coalition.

[BPS supports new report from the Children and Young People's Coalition](#)

The Children and Young People's Coalition have produced a new report entitled [A Step Towards Change](#), which analyses the government's policies on children and young people's mental health.



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



NHS
Mersey Care
NHS Foundation Trust

1 April 2025

[Better mental health support for performing artists needed now more than ever, say psychologists](#)

The BPS has joined forces with popstars and industry figures, to call on those who work with performing artists to provide access to independent psychological support as standard. As well as this, the BPS is encouraging those in managerial roles in the music industry to sign a voluntary code of conduct aimed at safeguarding the mental health of the artists they look after. This will ensure a healthier, safer, and more conducive working environment for artists to cultivate their talents while reducing psychological distress.

[Young people teach us how to StressLESS](#)

A new online tool, StressLESS, co-created by Mental Health Foundation and young people, has been launched. The resource is designed to support practitioners working with young people to ensure they have the tools to manage stress and support their wellbeing.

["Cuts to mental health share of NHS funding illogical" says RCPsych President](#)

The Health and Social Care Secretary, Wes Streeting, has published an [annual statement](#) setting out expectations for NHS mental health services spending. Dr Lade Smith CBE, President of the Royal College of Psychiatrists, responds to the figures.

[Peter Crouch launches free chat-powered taxi service in support of football fans' mental health](#)

New research has revealed that two-thirds (64%) of football fans struggle with their mental health, with almost half (42%) turning to an unlikely source of support - taxi drivers. The study from leading mobile network, Three UK, found that the anonymity of a taxi ride can help people open up, with two-in-five (40%) agreeing that it makes it easier to talk about personal issues, and half (50%) believing it's easier to talk to someone they don't know because they won't be judged.

