



Mental Health Current Awareness Bulletin March 2025

For NLFT South Staff

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Library Training

We are offering 1 hour/30 mins 'Quick-Fire' training sessions via Microsoft Teams!
These are VERY popular so sign up ASAP

- **Quick-fire Critical Appraisal of QUALITATIVE Research** -27/03/25 13:30-14:30 -- 8/04/25 14:30-15:30 -- 8/05/25 11:30-12:30 -- 10/06/25 11:00-12:00
- **Quick-fire Critical Appraisal of QUANTITATIVE Research** - 31/03/25 10:30-11:30 -- 1/04/25 12:30-13:30 - -19/05/25 12:30-13:30 -- 18/06/25 15:00-16:00
- **Quick-fire Finding the Evidence** - 20/03/25 11:00-12:00 -- 23/04/25 15:00-16:00 -- 27/05/25 11:00-12:00 -- 30/06/25 13:00-14:00
- **Quick-fire Health Literacy- Getting your message across** - -7/04/25 11:30-12:30 - 14/05/25 10:00-11:00 -- 26/06/25 11:00-12:00
- **What the library service can do for me** - 19/03/25 11:00-12:00 -- 17/04/25 15:00-16:00 -- 5/05/25 12:30-13:30 -- 20/06/25 09:30-10:30
- **Getting the best from Uptodate/BMJ Best Practice** - 15/04/25 12:30-13:30 -- 2/05/2025 10:30-11:30 -- 27/ 06/25 11:00-12:00

To book yourself on a session, please contact whl@nhs.net
We will need your preferred email address and you'll need access to Microsoft Teams from your device.

News

- [Mental ill-health is behind soaring disability benefits bill in England and Wales, report says](#)
- [Mental health charities struggling to cope with GP-referral influx](#)
- [ADHD prescriptions in England have risen by 18% each year since pandemic](#)
- [UK child sexual abuse survivors take standup comedy courses](#)
- [‘The pandemic reinforced existing inequalities – it was a magnifying glass’: how Covid changed Britain](#)
- [High street opticians could use AI to spot dementia risk with eye scan](#)
- [‘I had fantasies about how it would eventually serve me’: my struggle with disordered eating](#)
- [Mental health crisis ‘means youth is no longer one of happiest times of life’](#)
- [Brain stimulation could treat anxiety in people with Parkinson’s, scientists say](#)
- [When is the correct time to diagnose dementia?](#)
- [‘It’s not ethical and it’s not medical’: how UK rehab clinics are cashing in on NAD+](#)
- [Better mental health care around pregnancy exists – I’ve seen it. Why aren’t all women getting it?](#)

Guidance and Reports

- [Creating connections: understanding the mental health needs of young mums - Maternal Mental Health Alliance](#)
- [Principles for using digital technologies in mental health inpatient treatment and care - NHS England](#)
- [Tobacco: preventing uptake, promoting quitting and treating dependence - NICE Guideline](#)
- [Psychedelic-assisted therapy for mental health: Policy considerations - Parliamentary Office of Science and Technology \(POST\); 2025.](#)
- [What is the impact of a gradual reduction of antipsychotics? - NIHR Podcast](#)

Articles

[Client Perspectives on Addressing Intimacy, Romance and Sexuality in Early Psychosis Intervention Programmes - Early Intervention in Psychiatry 2025;19\(2\) Read with your NHS OpenAthens account](#)

Findings demonstrate that intimacy, romance and sexuality remain areas of need that are relevant to recovery for people with psychosis, yet they continue to be insufficiently addressed in healthcare settings.

[First-Episode Psychosis incidence pre-, during, and post-COVID-19 pandemic: a six-year natural quasi-experimental study in South London. eClinicalMedicine 2025 Freely available online](#)

The COVID-19 pandemic may have been accompanied by an increased exposure to psychosis risk factors. We used a pre-during-post study design to examine variations in First-Episode Psychosis (FEP) before, during, and after the COVID-19 pandemic in South London. We hypothesised that FEP rates rose during the pandemic and subsequently returned to pre-pandemic levels. FEP incidence in South London increased during the peak of the COVID-19 pandemic, particularly among Black and Asian individuals.

[Help-Seeking Needs Related to Suicide Prevention for Individuals in Contact With Mental Health Services: A Rapid Scoping Review. Journal of Psychiatric and Mental Health Nursing 2025;32\(1\):217-241. Free to read online](#)

Barriers and facilitators identified included knowledge and attitudes towards healthcare utilisation, family and peer support, interactions with healthcare professionals, provision of holistic care, and the creation of a supportive atmosphere and safe space to promote open discussions of suicide-related concerns. The findings offer valuable insights into areas for improvement in addressing help-seeking needs for individuals who are in contact with health services related to suicide prevention.

[The Unmet Treatment Need for Eating Disorders: What Has Changed in More Than 10 Years? An Updated Systematic Review and Meta-Analysis. International Journal of Eating Disorders 2025;58\(1\):46-65. Read with your NHS OpenAthens account](#)

Clear definitions and measures of help-seeking with appropriate distinctions between sources of help are needed to improve our understanding of help-seeking pathways and identify solutions to facilitate help-seeking. Better visibility of health professionals qualified to provide safe and effective eating disorder care could help reduce the substantial treatment gap.

[Effectiveness of Integrated Care for Older People \(ICOPE\) in Improving Intrinsic Capacity in Older Adults: A Systematic Review and Meta-Analysis. Journal of Clinical Nursing 2025;34\(3\):1013-1031. Request from Library to read](#)

Objective: Conduct a systematic review of existing studies on intrinsic capacity (IC) and a meta-analysis of studies to assess the overall effectiveness of ICOPE in improving IC in older adults. The results suggest that ICOPE may be a potentially effective approach to help improve the IC in older adults, showing significant potential for improving cognitive function and reducing depressive symptoms in particular.

[The effectiveness of psychosocial interventions for reducing problematic substance use, mental ill health, and housing instability in people experiencing homelessness in high income countries: A systematic review and meta-analysis. Campbell Systematic Reviews 2025;21\(1\):e70019. Free to read](#)

Psychosocial interventions can help adults experiencing homelessness reduce problematic substance use and reduce mental ill health. Individual interventions including CBT and Motivational Interviewing can also work. But more research is needed about psychosocial interventions, particularly from outside of the United States.

[Positive Experiences of Psychosis: A Review. Occupational Therapy in Mental Health 2025;41\(1\):59–79. Request from Library to read.](#)

The purpose of this article was to conduct a review of positive first-person accounts of psychosis published in two peer-reviewed, English-medium journals: Psychosis and Schizophrenia Bulletin from 1979 to 2022. Our search yielded 14 first-person accounts of positive experiences of psychosis. Occupational therapy practitioners should avoid pathologizing and medicalizing clients' lived experiences, staying open to potentially positive attributes of those experiences.

[The compassionate mind approach to supporting psychological wellbeing in people living with HIV. British Journal of Nursing 2025;34\(3\):160-164. Read using your NHS OpenAthens account](#)

There is a growing body of evidence exploring the health, psychological and social benefits of compassion-focused therapy (CFT) for managing complex issues such as shame, loneliness, stigma and disease adjustment. As a component of CFT, compassionate mind training (CMT) has been found to bring about significant reductions in psychological distress and improvements in levels of compassion, emotion regulation and wellbeing.