

The **last** Mental Health Current Awareness Bulletin July 2025

For NLFT South Staff

Please contact the Library if you are experiencing problems accessing any of the articles included in this bulletin or with using your NHS OpenAthens username and password.

whl@nhs.net

Library Training

We are offering 1 hour/30 mins 'Quick-Fire' training sessions via Microsoft Teams!

These are VERY popular so sign up ASAP

- **Critical Appraisal of QUALITATIVE Research** -- 24/07/25 13:00 - 14:00 -- 05/08/25 13:30 - 14:30 -- 10/09/25 14:00 - 15:00 -- 23/10/25 10:00 - 11:00 -- 17/11/25 10:30 - 11:30 -- 04/12/25 11:00 - 12:00
- **Critical Appraisal of QUANTITATIVE Research** -- 21/07/25 11:00 - 12:00 -- 26/08/25 11:30 - 12:30 -- 02/09/25 12:00 - 13:00 -- 08/10/25 12:30 - 13:30 -- 27/11/25 13:00 - 14:00 -- 15/12/25 13:30 - 14:30
- **Finding the Evidence** - 20/08/25 10:30 - 11:30 -- 26/09/25 11:00 - 12:00 -- 29/10/25 11:30 - 12:30 -- 25/11/25 12:00 - 13:00 -- 10/12/25 12:30 - 13:30
- **Health Literacy- Getting your message across** -- 13/08/25 10:30 - 11:30 -- 25/09/25 11:00 - 12:00 -- 20/10/25 11:30 - 12:30 -- 04/11/25 12:00 - 13:00 -- 09/12/25 12:30 - 13:30
- **What the library service can do for me** -- 12/08/25 10:00 - 10:30 -- 17/11/25 10:30 - 11:00 -- 15/10/25 11:00 - 11:30 -- 06/11/25 11:30 - 12:00 -- 02/12/25 12:00 - 12:30
- **Getting the best from Uptodate/BMJ Best Practice** -- 28/08/25 13:30 - 14:30 -- 29/09/25 14:00 - 15:00 -- 07/10/25 10:00 - 11:00 -- 12/11/25 10:30 - 11:30 -- 18/12/25 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 health care 'being rationed' over failure to cut spiralling waiting list, top doctor warns](#)

[Do medicinal mushroom products actually work? – podcast](#)

[Teenagers who report addictive use of screens at greater risk of suicidal behaviour, study shows](#)

[A moment that changed me: I stepped into the boxing ring – and decades of quiet anger lifted](#)

[Terrible things happen in life - but it is possible to recover from them](#)

[The one change that worked: I stood up to my inner critic and I've never looked back](#)

[I thought it was being gay that made my life so difficult. Then, at 50, I got an eye-opening diagnosis ...](#)

[Better alcohol regulation will save lives and money | Letters](#)

[A&E's staff 'not trained' for mental health](#)

[Domestic violence can affect victims' brain health for life, study suggests](#)

[Younger generations less likely to have dementia, study suggests](#)

[Therapy isn't about life hacks. The best solutions are simpler – and more complex](#)

[The Guardian view on alcohol and public health: the drinks industry must not control the narrative | Editorial](#)

[Fundamental flaws in the NHS psychiatric system - Letters](#)

[Mental health care 'being rationed' over failure to cut spiralling waiting list, top doctor warns](#)

[Improvements made at mental health trust, says CQC](#)

[WHO launches new foundational helping skills training manual to strengthen mental health support](#)

[More than half of top 100 mental health TikToks contain misinformation, study finds](#)

Guidance and Reports

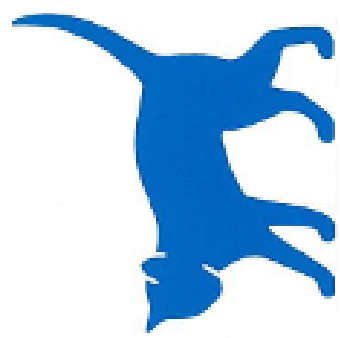
[Co-occurring substance use and mental health disorders \(CoSUM\) - Royal College of Psychiatrists](#)

[Substance use and mental ill health - From fragmentation to integration - Centre for Mental Health](#)

[Inpatient mental health: Improvement guide - NHS England](#)

[RCPsych responds to plans to open mental health A&E centres across England - Royal College of Psychiatrists](#)

[NHS 10 Year Health Plan: Mind warns more to be done to meet scale of mental health challenge - Mind](#)



Whittington Health Library



Articles

[Association Between Multimorbidity and Depression in Older Adults: Evidence From Six Large Longitudinal Cohorts - American Journal of Geriatric Psychiatry, 2025, Jun;33\(6\):702-715 Click here to request this article](#)

Multimorbidity may increase the risk of depression in older adults, but the global average effect of multimorbidity on depression remains unknown. This research aimed to exclude the regional heterogeneity to quantify the exposure-response association between multimorbidity and depression in older adults worldwide.

[Effects of reminiscence therapy for loneliness in older adults: a systematic review and meta-analysis. Age and Ageing 2025;54\(5\):afaf136. Click here to request this article](#)

Reminiscence therapy is an effective intervention for reducing loneliness among older adults, highlighting its importance in clinical practice. Future research should explore the best practices for different types of reminiscence therapies, tailored to the personal needs and backgrounds of older adults.

[Mental Health of Indian Transgender Individuals: A Meta-Ethnography. Early Intervention in Psychiatry 2025;19\(5\):e70048. Click here to request this article](#)

Gender, as a social determinant of health, places transgender (TG) individuals at increased risk for mental health issues. This review aimed to explore the mental health challenges faced by Indian transgender individuals and the factors contributing to these challenges through an interpretative synthesis of existing qualitative research.

[Associations Between Childhood Trauma and Social Cognition in Early Psychosis. Early Intervention in Psychiatry 2025;19\(5\):e70052. Click here to request this article](#)

Childhood trauma (CT), in the form of abuse and neglect, and altered social cognition (SC) are both linked to poorer clinical and functional outcomes in psychosis. The impact of CT and its subtypes on SC in early psychosis has been underexplored, with mixed findings from previous studies. The current study investigated the effects of CT and its subtypes on SC in at-risk mental state (ARMS) for psychosis and first episode psychosis (FEP) individuals.

[Prescribing of antipsychotics for people diagnosed with severe mental illness in UK primary care 2000–2019: 20-year investigation of who receives treatment, with which agents and at what doses. British Journal of Psychiatry 2025;226\(5\):269-277. Click here to read](#)

Antipsychotic prescribing is dominated by olanzapine, quetiapine, risperidone and aripiprazole. We identified potential disparities in both the receipt and prescribed doses of antipsychotics across subgroups. To inform efforts to optimise prescribing and ensure equity of care, further research is needed to understand why certain groups are prescribed higher doses and are more likely to be treated with long-acting injectable antipsychotics compared with others.

[The zero suicide approach: style over substance. British Journal of Psychiatry 2025;226\(5\):309-312. Click here to request this article](#)

The zero suicide approach is based on the belief that all deaths from suicide in healthcare settings are preventable. We caution that the narrow focus on suicide prevention as a key indicator for measuring mental health system performance may have adverse consequences.

[Mental Capacity Act 2005: balancing best interests with patient co-operation. British Journal of Nursing 2025;34\(10\):524-526. Click here to read](#)

It is a long-held principle of healthcare law that a person with the required mental capacity has the right to decide whether or not to agree to care or treatment (Re MB (Caesarean Section) [1997]). The law of consent ensures that the person's autonomy is respected and nurses are bound by the decision even where they disagree with the person's choice (Kings College NHSFT v C [2015]).

[Effectiveness of Acceptance and Commitment Therapy on Reducing Depression and Anxiety in Older Adults: A Systematic Review and Meta-Analysis. Journal of Psychiatric and Mental Health Nursing 2025;32\(3\):643-655. Click here to request this article](#)

ACT can be an important component of future psychotherapy for older adults, as it may alleviate depressive symptoms. However, high-quality studies with large samples, multiple centres and long follow-up durations should be performed to further reliably assess the treatment effects of depressive symptoms and explore potential benefits for anxiety symptoms.

[Post-incident debriefing for people with schizophrenia after coercive measures. Cochrane Database of Systematic Reviews 2025;5:CD014487. Free to read](#)

Due to a lack of evidence, the benefits of post-incident debriefing after coercive measures (seclusion: locking someone in a separate room, or restraint: preventing them from moving) for people with schizophrenia or schizophrenia-type psychosis are unclear. Future research is needed into the effects of post-incident debriefing after coercive measures to find out whether it has benefits for people with schizophrenia and whether it has unwanted effects and costs.