

# CURRENT AWARENESS BULLETIN

## Mental Health & Learning Disabilities

### March 2025

This is your monthly Current Awareness Bulletin produced by Somerset Foundation Trust Knowledge & Library Services.

It is intended to provide you with a range of the most up-to-date resources, including recently published guidelines and research articles, news and policy items.

If you have any problems accessing the links, please contact a member of the [library staff](#) who will be happy to assist you. Note that some of the links will direct you to a form to request the full-text article. Please complete the form and submit it to request the article.

We hope you find it helpful and please do let us know if you need any further information or assistance. Thank you.

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The Knowledge & Library Service have a growing archive of bulletins on [inSPIRE](#) – the organisation's knowledge, research and evidence repository.

[The Mental Health and Learning Disabilities](#) collection on inSPIRE also brings together:

- Evidence searches completed by KLS on MH & LD topics
- Archive of these current awareness bulletins
- Articles authored by SFT staff working in MH & LD.



Are you curious about research? Do you want to get involved with research but don't know where to start? Are you already engaged with research, but would like to share knowledge and learning with other researchers in the organisation?

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## BREAKING NEWS and SPOTLIGHTS



National News: [Abolishing NHS England: what you need to know](#). Briefing from the NHS Confederation on the government announcement of taking back control of NHS England.

To complement this, reactions and analyse from the King's Fund: [The Reshaping Of NHS National Bodies Has Only Just Started. How Will It Finish?](#)



Care Quality Commission annual report on the use of Mental Health Act: [Monitoring the Mental Health Act report 2023/24](#). This report highlights the pressure of mental health services and the difficulties balancing high demands with existing provision and staffing.



[World Autism Acceptance Month 2025](#). National Autistic Society has put together some resources for the workplace to raise awareness: [At work](#)



Mark Earl, leading on the Safewards initiative across Avon and Wiltshire Mental Health Partnership NHS Trust is keen to reach out to others that are involved in Safewards project to share practices and approaches. If you are interested his email is [mark.earl1@nhs.net](mailto:mark.earl1@nhs.net)



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## NATIONAL BODIES AND INSTITUTIONS

### NHS England Digital

#### [Mental Health Services Monthly Statistics](#)

Period cover 1<sup>st</sup> February 2024 to 31<sup>st</sup> January 2025

#### [Learning Disability Services Monthly Statistics](#)

Period cover 1<sup>st</sup> February 2025 to 28<sup>th</sup> February 2025

→Complementary data in [Mental Health Watch](#) with the latest data from February 2025.

### Healthwatch England

#### [Can trauma cards help people access healthcare?](#)

Published 3<sup>rd</sup> March. This report analyses the findings of a YouGov survey commissioned in 2024 and explains their recommendations on this.

### National Institute for Health and Care Research

#### [Culturally-adapted therapy improved postnatal depression](#)

Published 13<sup>th</sup> March. 3 years study with British South Asian mothers with post-natal depression. Positive results: significant improvement over usual care for the participants (732).

### Office for National Statistics

#### [Prevention of Future Death reports for suicide in Children submitted to coroners in England and Wales: January 2015 to November 2023](#)

Published 27<sup>th</sup> February. "Emerging themes resulting from qualitative analysis of Prevention of Future Death reports, submitted by coroners in England and Wales from January 2015 to November 2023." Most raised concerns are around standard operating procedure not followed or inadequate, staffing training, number of professionals, communication issues between families and services. 25% of the reports showed a diagnosis of autism.

### The Royal College of Psychiatrists

[8 posts](#) for February.

### The British Psychological Society

#### [Providing psychological therapies for perinatal trauma and loss in maternity services: A position statement](#)

Published 26<sup>th</sup> March. This position statement from the British Psychological Society makes four recommendations: involvement of all maternity staff in patient care in a trauma-informed way; access to evidence-based psychological assessment and therapy for Post-Traumatic Stress Disorder following perinatal trauma and loss for all birthing people; non-evidence base and non-NICE recommended therapies shouldn't be provided, and psychological therapies should only be delivered by trained practitioners.



## Centre for Mental Health

### [Here for as long as you need us: an evaluation of the healthy little minds parent and infant programme-](#)

Published 27<sup>th</sup> February. This report “share the findings of the Health Little Minds programme in Nottingham which delivers early support to strengthen parent-infant bonding and boost parents’ mental health”. The programme “led to significant reductions in anxiety and postnatal depression”.

### [A fundamental right: barriers and facilitators to voting and registration for people with mental health difficulties](#)

– Published 12<sup>th</sup> March. According to this report, many people with mental health difficulties feel discouraged from voting because they believe politicians do not care about them. Additionally, more than half of these individuals are unsure how to check if they are registered to vote.

## MQ Mental Health Research

Latest videos from their YouTube channel: the theme this month is eating disorders: [Applying global insights to improve NHS eating support from Dr Agnes Ayton and Dr David Viljoen](#) and [the science of eating behaviours and emotional health with Dr Moritz Herle](#). Both videos are less than 10min and bring research and evidence based in the field of eating disorders.

## Mental Health Foundation

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

Published 27<sup>th</sup> March. New online tool co-creating by Mental Health Foundation and young people (10-25). This is designed to support professionals helping young people managing their stress and wellbeing.

## Institute for fiscal studies

### [The role of changing health in rising health-related benefit claims](#)

Published 12<sup>th</sup> March. Amongst the key findings: “13–15% of the working-age population reported a long-term mental or behavioural health condition in the latest data, up from 8–10% in the mid 2010s” and “36% more people were in contact with mental health services in 2024 than in 2019 “.

## NHS Scotland

### [MSP guide to mental health](#)

Published 28<sup>th</sup> February. Gives an insight of various mental health conditions and signpost to other services. This is done in partnership with Royal College of Psychiatrists

## INTEGRATED CARE AND OTHER NEWS

### HSJ Policy and Regulation

[ICBs will have to merge, says ex-NHSE chief](#) - Published 26<sup>th</sup> March.

[ICBs ordered to cut costs by 50%](#) - Published 12<sup>th</sup> March.

### HSJ Mental Health

[The mental health trusts with most staff support](#) – Published 17<sup>th</sup> March. Top 5 are: NAViGO Health and Social Care CIC (North East Lincolnshire), Berkshire Healthcare, Oxleas, Lincolnshire Partnership and Midlands Partnership University. Results from 2024 NHS Staff survey.

[Poor support ‘driving rise in deaths after discharge’](#) - Published 12<sup>th</sup> March. “The rate of patients dying by suicide shortly after discharge from mental health units has increased in recent years, with researchers calling for better post-discharge support.”

[Exclusive: Fall in A&Es with proper crisis support](#) - Published 3<sup>rd</sup> March. “The share of acute hospitals which have proper mental health crisis support has fallen to less than two-thirds, according to new findings for NHS England”

### Nursing in Practice

#### [Mythbuster: ‘Talking therapy is a waste of time, I need antidepressants’](#)

Published 27<sup>th</sup> February. A blog post by Dr Peter Bagshaw that bring the evidence on the effectiveness of talking therapy versus antidepressant.

### Latest articles of the National Elf Service in Mental Health

[Sleep quality in eating disorders: new review](#) – Published 27<sup>th</sup> March

[Brief admission during crisis for people diagnosed with borderline personality disorder](#) - Published 26<sup>th</sup> March

[Diagnostic overshadowing in PTSD and autism: trauma in ASD](#) – Published 25<sup>th</sup> March  
[Can green space help protect us from self-harm and suicide?](#) - Published 24<sup>th</sup> March  
[The inescapable role of stigma in driving depression and distress](#) - Published 21<sup>st</sup> March  
[Time to ACT for insomnia? New trial finds possible alternative to CBTi](#) - Published 20<sup>th</sup> March  
[Quetiapine may pip lithium to the post for augmentation in 'treatment resistant depression': results from the LQD study](#) – Published 19<sup>th</sup> March  
[Is Dementia on the downturn? A review of global studies](#) - Published 18<sup>th</sup> March  
[Circadian rhythms and suicide thoughts and behaviours](#) – Published 17<sup>th</sup> March  
[Rethinking How We Evaluate Social Determinants of Mental Health](#) – Published 14<sup>th</sup> March  
[Nature's healing benefits and access for UK-based South Asian people](#) – Published 13<sup>th</sup> March  
[Traumatic brain injury has long-lasting mental health effects](#) - Published 12<sup>th</sup> March  
[Continuing antipsychotic medication during pregnancy associated with reduced risk of schizophrenia relapse](#) - Published 11<sup>th</sup> March  
['Working on the edge': therapeutic alliance in suicide prevention](#) - Published 10<sup>th</sup> March  
[Personal trauma linked with secondary trauma mental health professionals](#) - Published 7<sup>th</sup> March  
[Hormonal coil dosage and depression risk](#) - Published 6<sup>th</sup> March  
[Childhood adversity and adult depression: Psychoanalysis vs CBT](#) - Published 5<sup>th</sup> March  
[Home-based brain stimulation \(tDCS\) for depression: ready for widespread use?](#) - Published 4<sup>th</sup> March  
[Treatment of harmful gambling in the UK: new review highlights worrying lack of evidence](#) - Published 3<sup>rd</sup> March  
["Dem sey mi mad": Afro Caribbean Experiences of Psychosis - National Elf Service](#) - Published 27<sup>th</sup> February

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## EVIDENCE SEARCH AVAILABLE

Latest evidence search added in the repository from request within Mental Health services:

[Dissociative Identity Disorder \(DID\) and risk to others](#) – 26<sup>th</sup> March

[Impact and outcomes of trauma informed model in healthcare settings for staff](#) – 25<sup>th</sup> March

[Understanding adoptees experiences and trauma](#) – 10<sup>th</sup> February

[Effectiveness of enhanced Cognitive Behavioural Therapy for eating disorders in a secondary mental health setting](#) – 30<sup>th</sup> January

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## RESEARCH ARTICLES

[Please bear in mind that any articles marked 'online ahead of print' might be awaiting final corrections before print, but if they are from a peer-reviewed journal, they should have been peer reviewed]

### Mental Health

Gooding, P., Pratt, D., Edwards, D., et al. (March 2025) ['Underlying mechanisms and efficacy of a suicide-focused psychological intervention for psychosis, the Cognitive Approaches to Combatting Suicidality \(CARMS\): a multicentre, assessor-masked, randomised controlled trial in the UK'](#), *The Lancet Psychiatry*, 12(3), pp. 177–188.

Lagerberg, T., Lambe, S., Paulino, A., et al. (March 2025) ['Systematic review of risk factors for violence in psychosis: 10-year update'](#), *The British Journal of Psychiatry*, 226(2), pp. 100–107.

Islam, S., Shahriyar, R., Agarwala, A., et al. (March 2025) ['Artificial intelligence-based risk assessment tools for sexual, reproductive and mental health: a systematic review'](#), *BMC Medical Informatics and Decision Making*, 25(1), pp. 132

Jain, L., Velez, L., Karlapati, S., et al. (March 2025) ['Exploring Problematic TikTok Use and Mental Health Issues: A Systematic Review of Empirical Studies'](#), *Journal of Primary Care & Community Health*, 16.

Lyons, P., Edwardes, A., Bladon, L. and Abel, K.M. (March 2025) ['Culturally sensitive mental health research: a scoping review'](#), *BMC Psychiatry*, 25(1), pp. 190.

- Madrid-Cagigal, A., Kealy, C., Potts, C., et al. (March 2025) '[Digital Mental Health Interventions for University Students With Mental Health Difficulties: A Systematic Review and Meta-Analysis](#)', *Early Intervention in Psychiatry*, 19(3), pp. e70017.
- Pop, P.R., Larsen, G.S., Thomsen, M.K., et al. (March 2025) '[Colorectal cancer mortality in persons with severe mental illness: a scoping review with meta-analyses of observational studies](#)', *Acta Oncologica*, 64, pp. 358–373.
- Quinn, E.A., Millard, E. and Jones, J.M. (March 2025) '[Group arts interventions for depression and anxiety among older adults: a systematic review and meta-analysis](#)', *Nature Mental Health*, 3(3), pp. 374–386.
- Schuh, J.M., Molitor, S.J., Wilson, D.J., et al. (March 2025) '[Mental health sequelae of violent injury in children: a review](#)', *Pediatric Surgery International*, 41(1), pp. 90.
- Shahnaz, I., Rose-Clarke, K., Michelson, D. and Gronholm, P.C. (March 2025) '[Codesign of Mental Health Interventions With Young People From Racially Minoritised Populations: A Systematic Review of Methods and Outcomes](#)', *Health Expectations*, 28(2), pp. e70204.
- Spira, J., Katsampa, D., Wright, H. and Komolafe, K. (March 2025) '[The relationship between housing and asylum seekers' mental health: A systematic review](#)', *Social Science & Medicine (1982)*, 368, pp. 117814
- Bartrés-Faz, D. and Marchant, N.L. (Feb. 2025) '[Mental health and psychological processes associated with cognitive aging and dementia](#)', *Current Opinion in Neurology*, 38(2), pp. 151.
- Biolcati, R., Özal, Z., Ambrosini, F., et al. (Feb. 2025) '[Emotional Intelligence and Behavioural Addictions: A Systematic Review](#)', *Journal of clinical medicine*, 14(4), pp. 1125.
- East-Richard, C., Cayouette, A., Allott, K., et al. (Feb. 2025) '[Cognitive Remediation for Adolescents With Mental Health Disorders: A Systematic Review and Meta-Analysis](#)', *Early Intervention in Psychiatry*, 19(2), pp. e70016
- Erasmus, P., Borrmann, M., Becker, J., et al. (Feb. 2025) '[Comparing Digital Versus Face-to-Face Delivery of Systemic Psychotherapy Interventions: Systematic Review and Meta-Analysis of Randomized Controlled Trials](#)', *Interactive journal of medical research*, 14, pp. e46441
- Fernandes, S., Ramos, A., Vega-Barbas, M., et al. (Feb. 2025) '[Smart Textile Technology for the Monitoring of Mental Health](#)', *Sensors (Basel, Switzerland)*, 25(4), pp. 1148.
- Graham, M., Hodgson, P., Fleming, L., et al. (Feb. 2025) '[Effectiveness of Physical Activity Interventions on Acute Inpatient Mental Health Units on Health Outcomes: A Systematic Review](#)', *International journal of mental health nursing*, 34(1), pp. e70017
- Horst, K., Cirino, N. and Adams, K.E. (Feb. 2025) '[Menopause and mental health](#)', *Current Opinion in Obstetrics and Gynecology*, 37(2).
- Mandangu, C., Ramos, A.M., Sengupta, M., et al. (Feb. 2025) '[Implicit bias in referrals to relational psychological therapies: review and recommendations for mental health services](#)', *Frontiers in public health*, 12, pp. 1469439.
- Nogueira, C., Pereira, E.D., Coelho, J.C.F., et al. (Feb. 2025) '[Positive mental health interventions for people with schizophrenia: A scoping review](#)', *Schizophrenia research*, 276, pp. 40–56.
- Park, J.K., Singh, V.K. and Wisniewski, P. (Feb. 2025) '[Current Landscape and Future Directions for Mental Health Conversational Agents for Youth: Scoping Review](#)', *JMIR medical informatics*, 13, pp. e62758.
- Tierney, W.M., McNamee, C., Harris, S.S. and Strakowski, S.M. (Feb. 2025) '[Community-Based Mental Health Improvement Initiatives: A Narrative Review and Indiana Case Study](#)', *Population health management*, 28(1), pp. 31–36.
- '[High Dose Bupropion for Depression | CDA-AMC](#)' Rapid review, CDA-AMC (Feb. 2025).
- Schneider-Thoma, J., Hamza, T., Chalkou, K., et al. (Feb. 2025) '[Efficacy of clozapine versus second-generation antipsychotics in people with treatment-resistant schizophrenia: a systematic review and individual patient data meta-analysis](#)', *The Lancet Psychiatry*.
- Keegan, C., Brown, K. and Gaynor, K. (Jan. 2025) '[A Systematic Review Exploring the Relationship Between Family Factors and Symptom Severity, Relapse and Social or Occupational Functioning in First-Episode Psychosis](#)', *Early Intervention in Psychiatry*, 19(3), pp. e13643.
- Wilson, C., Kilgour, C. and Delaney, L.J. (Jan. 2025) '[Intensive Care Registered Nurses knowledge, attitudes and perspectives of caring for patients with mental health conditions: A scoping review](#)', *Nurse Education Today*, 147, pp. 106557.

## Learning Difficulties

- Leadbitter, K., Langhorne, S., Smallman, R., et al. (March 2025) '[Clinical effectiveness of an online psychoeducational and psychotherapeutic programme for caregivers of children newly diagnosed as autistic: a parallel, assessor-masked, randomised controlled trial in the UK \(REACH-ASD\)](#)', *The Lancet. Psychiatry*, 12(4), pp. 289–302.
- Lohani, D.C., Chawla, V. and Rana, B. (March 2025) '[A systematic literature review of machine learning techniques for the detection of attention-deficit/hyperactivity disorder using MRI and/or EEG data](#)', *Neuroscience*, 570, pp. 110–131.
- Loomes, R., Chivers, K., Georgeaux-Healy, C., et al. (March 2025) '[Understanding the Autistic Experience of Restrictive Eating Disorders-A Systematic Review and Qualitative-Synthesis](#)', *European eating disorders review : the journal of the Eating Disorders Association*.
- Sullivan, E.K., Narducci, L. and Fahmie, T.A. (March 2025) '[A survey of the applications of trauma-informed commitments to functional analyses](#)', *Behavior Analysis: Research and Practice*.
- Baransi, N. and Scharf, M. (Feb. 2025) '[Can a short-term intervention promote growth among parents of children with asd?](#)', *Journal of Autism and Developmental Disorders*.
- Hosseinnia, M., Pirzadeh, A., Nazari, A. and Heidari, Z. (Feb. 2025) '[Applications for the management of Attention Deficit Hyperactivity Disorder: a systematic review](#)', *Frontiers in Public Health*, 13, pp. 1483923.
- Makin, L., Meyer, A., Zesch, E., et al. (Feb. 2025) '[Autism, ADHD, and Their Traits in Adults with Obesity: A Scoping Review](#)', *Nutrients*, 17(5), pp. 787.
- van Alem, J.L.L., Frielink, N. and Embregts, P.J.C.M. (Jan. 2025) '[Social Internet Use by People With Intellectual Disabilities: A Systematic Review and Thematic Synthesis of Qualitative Studies](#)', *Journal of intellectual disability research : JIDR*, 69(4), pp. 243–264.

## Eating Disorders

- Brothwood, P.L. and Baudinet, J. (March 2025) '[Interventions for improving psychological symptoms in binge eating disorder \(BED\) and loss of control \(LOC\) eating in childhood and adolescence: a systematic scoping review](#)', *Journal of Eating Disorders*, 13(1), pp. 44
- Duggan, H.C., Hardy, G. and Waller, G. (March 2025) '[Cognitive-behavioural therapy \(CBT\) for outpatients with anorexia nervosa: a systematic review and meta-analysis of clinical effectiveness](#)', *Cognitive Behaviour Therapy*, , pp. 1–46.
- Eisenman, S.R., Jackson, I., Hudson, L.D. and Vázquez-Vázquez, A. (March 2025) '[The Co-Occurring Prevalence of Non-Suicidal Self-Injury and Disordered Eating Among Adolescents and Young Adults: A Systematic Review](#)', *The Journal of Adolescent Health: Official Publication of the Society for Adolescent Medicine*, , pp. S1054–1.
- Linardon, J., Jarman, H.K., Liu, C., et al. (March 2025) '[Mental Health Impacts of Self-Help Interventions for the Treatment and Prevention of Eating Disorders. A Meta-Analysis](#)', *The International journal of eating disorders*.
- Morad-Abbasi, R., Zare-Shahne, F., Naeini, F., et al. (March 2025) '[Effects of bariatric surgeries on Binge eating disorders, Food addiction, and eating behaviors: A comprehensive systematic review of RCTs](#)', *Clinical nutrition ESPEN*, , pp. S2405–X.
- Hechinger, R.M., Javaras, K.N. and Lewandowski, K.E. (Feb. 2025) '[Comorbidity of anorexia nervosa and schizophrenia: A systematic review](#)', *Schizophrenia research*, 276, pp. 185–193.
- Liu, J., Tynan, M., Mouangue, A., et al. (Feb. 2025) '[Mindfulness-based interventions for binge eating: an updated systematic review and meta-analysis](#)', *Journal of Behavioral Medicine*, 48(1), pp. 57–89.
- Musial, A., Foye, U., Kakar, S., et al. (Feb. 2025) '[Genomic links between symptoms of eating disorders and suicidal ideation](#)', *European Psychiatry*, 68(1), pp. e38.
- van Beers, E., de Vries, I., Planting, C., et al. (Feb. 2025) '[Biological treatments for co-occurring eating disorders and psychological trauma: a systematic review](#)', *Frontiers in Psychiatry*, 16, pp. 1523269.
- Sader, M., Weston, A., Buchan, K., et al. (Jan. 2025) '[The Co-Occurrence of Autism and Avoidant/Restrictive Food Intake Disorder \(ARFID\): A Prevalence-Based Meta-Analysis](#)', *The International Journal of Eating Disorders*, 58(3), pp. 473–488.



Trompeter, N., Duffy, F., Peebles, I., et al. (Jan. 2025) '[Impact of out-of-home nutrition labelling on people with eating disorders: a systematic review and meta-synthesis](#)', *BMJ public health*, 3(1), pp. e000862–000862. eCollection 2025 Jan.

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New Books Mental  
Health Collection-2021

We have also prepared a list of recent acquisitions in Mental Health - [request it](#).

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