

Systematic Review

[Measurement of pregnancy-related anxiety worldwide: a systematic review](#)

Together, these results suggest that pregnancy-related anxiety is being assessed frequently among pregnant people and in many countries, but often using tools that were developed in a context dissimilar to the participants' context and which have not been validated for the target population. Culturally relevant measures of pregnancy-related anxiety which are developed and validated in low-income countries are urgently needed.

Studies

[Heart disease risk and depression: a new study explores whether the two may be linked](#)

Scientists have been studying the associations between mental and physical health for some time. One such association is between depression and heart disease.

[Poverty in adolescence and later drug use disorders: understanding the mediation and interaction effects of other psychiatric disorders](#)

Narrowing socioeconomic inequalities in adolescence might help to reduce the risks of later drug use disorders. Interventions aimed at adolescents with psychiatric disorders might be especially important.

[The prevalence of subthreshold psychiatric symptoms and associations with alcohol and substance use disorders: from a nationally representative survey of 36,309 adults](#)

We found high lifetime SPS prevalence rates and significant associations with AUD and SUD.

[Food Insecurity and Mental Well-Being Among Low-Income Families During COVID-19 Pandemic](#)

The study's results underscore the importance of reducing food insecurity in both parents and children as a whole family system to promote mental well-being of low-income families.

[New study demonstrates importance of art and mental health innovations](#)

An evaluation of a National Gallery audio tour, co-developed with young people, has highlighted the value of the arts in raising awareness about mental health.

Guidance

[Medicines associated with dependence or withdrawal symptoms: safe prescribing and withdrawal management for adults. NICE guideline](#)

This guideline covers general principles for prescribing and managing withdrawal from opioids, benzodiazepines, gabapentinoids, Z-drugs and antidepressants in primary and secondary care. It does not cover gabapentinoids prescribed for epilepsy, nor opioids prescribed for acute or cancer pain, or at the end of life, nor management of illicit drug dependence.

[Healthy Ageing](#)

Evidence and guidance for health and care professionals to support the understanding of healthy ageing and how it can be promoted in practice.

[National flu immunisation programme plan 2022 to 2023](#)

The annual flu letter describes the national flu immunisation programme and outlines which groups are eligible for flu vaccination.

Cochrane Review

[Mindfulness for smoking cessation](#)

Objectives: To assess the efficacy of mindfulness-based interventions for smoking cessation among people who smoke, and whether these interventions have an effect on mental health outcomes.

Publication

[‘COVID-19 has shown how important language is for effective infection prevention and control’](#)

The RCN has published Raising the Bar, a new infection prevention and control (IPC) publication. It investigates the history and language used to support current UK IPC guidance and policies to support RCN members implementing IPC practice in an effective and sustainable way.

Briefing

[Dismissed on the basis of my diagnosis](#)

Policy implications of research on community support for people with complex emotional needs.

Resource

[Royal College of Psychiatrists launches new resource to support the mental health of asylum seekers and refugees](#)

The Royal College of Psychiatrists is launching information aimed at health and social care professionals in the UK supporting asylum seekers and refugees with their mental health.

Surveys

[Hot weather health warnings are not getting through to people at risk](#)

Warnings about hot weather are not being heard by people at risk. Most do not see themselves as vulnerable to heat, and do not take action to protect themselves.

[Adult social care: why it has even lower public satisfaction than the NHS](#)

The public has grasped what people who use social care already knew: it doesn't provide all the support they need.

Blog Posts

[Why Loneliness is the theme for Mental Health Awareness Week 2022](#)

Loneliness is something that we all feel at times but when it is chronic or long-term it can have serious effects on our mental health. We all have a part to play in reducing loneliness.

[Link workers for population health: it's time to get with the \(social prescribing\) programme](#)

Embedding a population health approach into health care at the local, regional and national level in England will require slow, incremental cultural shifts over the space of years, as suggested in our report, A vision for population health.

[The importance of personalised care and personal health budgets in addressing health inequalities for people within minority groups](#)

Personalised care delivers improved health and wellbeing outcomes for people of all ages with a range of healthcare needs based on what matters to them as individuals.

Podcast

[Prof Donna Hall: Let's think longer term about how we build resilient communities](#)

Professor Donna Hall on community engagement, building resilient communities and why integrated care systems need to ask themselves tough questions.

Reports

[Employment advisers in improving access to psychological therapies](#)

These reports present the findings from 2 components of the employment advisers in improving access to psychological therapies (EAs in IAPT) evaluation.

[Special Report: Virtual Care](#)

The coronavirus pandemic has changed many aspects of everyday life, including healthcare. In this Digital Health Special Report, Andrea Downey, explores what impact Covid-19 has had on the development of virtual care.

News

[Why many women with autism and ADHD aren't diagnosed until adulthood – and what to do if you think you're one of them](#)

Over the last decade or so, there's been an uptick in the number of adults being diagnosed with autism and ADHD.

[How the area you live in impacts your mental health](#)

With the government's levelling up agenda, there's been a lot of talk about the inequalities that exist between regions. What's often lacking is an understanding of who it is within these regions that's being left behind and why. That's why it's vitally important that the needs of people with mental health problems are factored into plans for levelling up.

[Transforming the future of pharmacy practice in England](#)

The NHS Confederation is starting a new project with the King's Fund to transform the future of pharmacy practice in England over the next 10 years.

[Parkinson's patients benefit from revolutionary watch on the NHS to manage care at home](#)

The cutting-edge gadget containing sensors, known as a Parkinson's Kinetigraph (PKG), is worn around the clock for six days to monitor patients' movements at home.

[Thousands more patients to access second ground-breaking antiviral](#)

Thousands more vulnerable people are eligible to receive the UK's second antiviral Paxlovid, which has been added to the PANORAMIC national study.

[Public satisfaction with GP services is at a 25 year low. So what can be done to reverse the decline?](#)

The publication of the most recent British Social Attitudes (BSA) survey last week reveals a significant decrease in public satisfaction with NHS services – from dentistry to accident and emergency, reflected across demographic groups. Perhaps the most striking result however was a significant decline in satisfaction with general practice.