

CYMPH Evidence Based Bulletin  
October 2025**Evidence Based Summary****Targeting teenage worry: network analysis of anxiety symptoms over time.**

The Mental Elf; 2025.

(Nervousness, irritability, excessive worry, uncontrollable worry... not all anxiety symptoms weigh the same at different ages. This new Chinese study shows how anxiety networks tighten as young people grow older, and where the best intervention targets may lie.)

*Freely available online***Guideline/Policy****Mandatory training on learning disability and autism.**

Department of Health and Social Care (DHSC); 2025.

(Standards for training on learning disability and autism for registered health and social care providers and their staff.)

*Freely available online***Original Research****Association of hyperactivity-impulsivity and inattention symptom profiles with suicide attempt: an 18-year population-based cohort study.**Spodenkiewicz M. *BMJ Mental Health* 2025;28(1):e301725.

(ADHD symptomatology in childhood is associated with a high risk of suicide attempt later in life. However, symptom presentation in ADHD is heterogeneous, and little is known about how suicide risk varies according to different profiles of ADHD symptoms and sex. Taking into account differences in both sex and ADHD symptoms profile may be relevant to more accurately identify and manage suicide risk in individuals with high ADHD symptoms.)

*Accessible with Open Athens account***Improving Tic services in England: a multi-method study to explore existing healthcare service provision for children and young people with tics and Tourette syndrome.**Rattu NR. *BMJ Mental Health* 2025;28(1):e301599.

(Timely access to diagnostic assessment and treatment is essential to improve function and mitigate the risk of poor long-term outcomes in children and young people (CYP) with tics. There is an urgent need to develop clear service pathways offering both assessment and treatment, and to equip HCPs with sufficient training and resources to provide appropriate care.)

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**Self-harm incidence among children and young people 2019-2023: time series analysis of electronic health records in Greater Manchester, England.**

Hussey LJ. *BMJ Mental Health* 2025;28(1):e301615.

(The mental health of children and adolescents has declined in recent years. Self-harm is frequently an expression of this psychological distress. Our results indicate a decrease in self-harm incidence during 2023. Analysis by age group showed the greatest increase in rates in 10-12-year olds. Further research is needed to confirm these findings and to identify the mechanisms driving these trends.)

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**Effectiveness of psychological interventions for young adults versus working age adults: a retrospective cohort study in a national psychological treatment programme in England.**

Saunders R. *The Lancet Psychiatry* 2025;12(9):650-659.

(The prevalence of depression and anxiety in young adults is rising, leading to an increasing need for evidence-based psychological therapies which are a first-line treatment for these conditions and are broadly preferred to pharmacotherapies by young adults. There is some evidence that younger people might have poorer outcomes from psychological therapies than adults over the age of 25 years.)

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**Efficacy and safety of brexpiprazole in adolescents with schizophrenia: a multicountry, randomised, double-blind, placebo-controlled, phase 3 trial with an active reference.**

Ward C. *The Lancet Psychiatry* 2025;12(5):345-354.

(New treatment options are needed for adolescent schizophrenia, partly due to an unfavourable risk-benefit profile of current options. This trial aimed to evaluate the short-term efficacy and safety of brexpiprazole in adolescents with schizophrenia. These results add to the body of evidence for brexpiprazole in adolescents with schizophrenia and might help to inform treatment selection in clinical practice.)

Open Access

**Rates of Suicidal Thoughts and Behaviours Across the Psychosis Continuum: A Comparison of Clinical High-Risk, First-Episode and Longstanding Psychosis Samples.**

Manges ME. *Early Intervention in Psychiatry* 2025;19(8):e70082.

(Although a growing body of literature demonstrates that this risk is greatest during the earliest stage of psychotic illness. These findings suggest that clinical high risk for psychosis is a particularly vulnerable period for suicide risk and highlight the continued need for research and resources for this population. These findings also underscore the importance of careful monitoring of medication use and efforts to reduce the risk of overdose.)

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**Mental Health Antecedents and Correlates of 2 Distinct Developmental Pathways to Suicidal Ideation.**

Geoffroy MC. *JAMA Psychiatry* 2025;82(9):916-925.

(Suicidal ideation is increasingly common in youth. Trajectories and associated

mental health symptoms across development remain poorly understood. Objective: To describe trajectories of suicidal ideation from early adolescence to young adulthood and identify preceding and co-occurring mental health symptoms to inform optimal prevention.)  
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## Reducing constipation in young people with complex health and learning needs

Brockett. *British Journal of Healthcare Assistants* 2025;19(8):184 - 186.  
(This article discusses the issue of constipation in children and young people with complex health and learning needs. The author highlights the importance of timely medication, increased fibre and fluid intake, and movement and activity to reduce constipation. The aim of this article is to support practitioners in knowing how to support children, young people and their families to address this health need.)  
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## The good inclusion game really does help.

Graham S. *Tizard Learning Disability Review* 2025;30(3):168–177.  
(The purpose of this study is to determine the extent to which the Good Inclusion Game (GIG) increases helping interactions between students with and without special education needs (SEN). In addition, this study assessed the effects of the GIG when teachers were not required to provide feedback on a prescribed schedule. Compared to other conditions, the GIG was found to be the most effective in increasing inclusive interactions among students and facilitating helping interactions.)  
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## Technology Matters: The ESSENCE of holistic neurodivergent identification in a digital age.

Chadwick G. *Child and Adolescent Mental Health* 2025;30(3):317-319.  
(There is growing recognition that neurodivergence encompasses overlapping and co-occurring neurodevelopmental traits rather than isolated diagnostic categories. However, clinical services often struggle to adopt holistic, needs-based assessments due to reliance on condition-specific pathways. This article introduces ESSENCE-D, a digital tool designed to support neurodevelopmental formulation by surveying traits across multiple neurotypes without a pre-defined diagnostic focus.)  
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## Report

### Fake Friend: How ChatGPT betrays vulnerable teens by encouraging dangerous behavior.

Center for Countering Digital Hate; 2025.  
(Findings from large-scale safety test on ChatGPT found that within minutes of simple interactions, the system produced instructions related to self-harm, suicide planning, disordered eating, substance abuse and composing suicide notes.)  
Freely available online

**YouTube's UK Anorexia Algorithm: How YouTube recommends eating disorder videos to young girls in the UK.**

Center for Countering Digital Hate; 2025.

(New research by CCDH shows that YouTube pushes dangerous videos including eating disorder content to young girls in the UK. Videos that breached YouTube's policies include thinspiration and vlogs on extreme diets such as the "Anorexia Boot Camp" diet.)

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## **Systematic Review / Meta-Analysis**

**Comparative cardiovascular safety of medications for attention-deficit hyperactivity disorder in children, adolescents, and adults: a systematic review and network meta-analysis.**

Farhat LC. *The Lancet Psychiatry* 2025;12(5):355-365.

(Concerns about the cardiovascular safety of medications used for the treatment of attention-deficit hyperactivity disorder (ADHD) remain. We aimed to compare the effects of pharmacological treatments for ADHD on haemodynamic values and electrocardiogram (ECG) parameters in children, adolescents, and adults. Additional research is needed.)

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**Family dynamics and self-harm and suicidality in children and adolescents: a systematic review and meta-analysis.**

Hammond NG. *The Lancet Psychiatry* 2025;12(9):660-672.

(Family dynamics are implicated in self-harm and suicidality among children and adolescents. Negative parenting practices and family dysfunction seem to precede self-harm and suicidality among children and adolescents. Reducing negative family dynamics could alleviate these severe mental health concerns in the short term and assisting families to minimise early-life exposure to these dynamics could prevent the onset of self-harm and suicidality.)

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**Nutritional Status of Children Diagnosed With Autism Spectrum Disorder: A Systematic Review and Meta-Analysis.**

Alhrbi A. *Journal of Human Nutrition and Dietetics* 2025;38(4):e70099.

(Autism spectrum disorder (ASD) may impact feeding behaviours, which can affect physical development. We aimed to examine published evidence comparing nutritional status, defined as anthropometry, micronutrient status, and intakes and dietary intake, of children with ASD with those of typically developing children (TDC).)

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**The use of multisensory environments in children and adults with autism spectrum disorder: A systematic review.**

We are  
LSCft

Leonardi S. *Autism* 2025;29(8):1921-1938.

(We included 10 studies of multisensory environment interventions for autistic individuals. Four studies reported reductions in stereotypic behavior frequency in children and adults; while other studies suggest positive effects on sustained attention, and aggressive and sensory behaviors. Overall, there was insufficient evidence due to the paucity of literature, the significant variation between interventions, and the small sample sizes.)

*Open Access*

## [Factors that affect the resilience of young adults to depression: a systematic review.](#)

Theron L. *The Lancet Psychiatry* 2025;12(5):377-383.

(Depression among young people (aged 18-29 years) transitioning to adulthood is becoming more widespread. Knowing which factors in which systems co-enable resilience to depression is crucial, but there is no comprehensive synthesis of the physiological, psychological, social, economic, institutional, cultural, and environmental system factors associated with no or minimal emerging adult depression, or combinations of these factors.)

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## [Multigenerational Living and Mental Health Outcomes of Working-Age Adults and Children—A Scoping Systematic Review.](#)

Jones A. *Health and Social Care in the Community* 2025;2025:7513142.

(Household compositions can impact health-related outcomes. However, the definition of multigenerational living and its associations with mental health outcomes in adults and children are unclear. Findings have implications for clinical practice when conducting assessments and formulating psychological difficulties. There are further implications for researchers and policymakers responsible for housing and healthcare provision.)

*Open Access*

## [Scoping review: potential harm from school-based group mental health interventions.](#)

Guzman-Holst C. *Child and Adolescent Mental Health* 2025;30(3):208-222.

(A growing body of evidence demonstrates that school-based mental health interventions may be potentially harmful. We define potential harm as any negative



outcome or adverse event that could plausibly be linked to an intervention. In this scoping review, we examine three areas: the types of potential harms and adverse events reported in school-based mental health interventions; the subgroups of children and adolescents at heightened risk; and the proposed explanations for these potential harms.)  
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## Professional Development

### *Applying quality improvement to clinical practice: primer for psychiatrists.*

Nidumolu A. *BJPsych Advances* 2025;31(4):241-253.

*(Much of the quality improvement (QI) literature to date has not focused on mental health, and many psychiatrists have no formal training in QI. To address this gap, this article introduces key QI concepts, including six dimensions of quality care, the Model for Improvement and plan-do-study-act cycles. Each QI concept is illustrated using a fictitious case study of an out-patient psychiatrist reducing chronic benzodiazepine use in their clinic.)*

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