

CYMPH Evidence Based Bulletin
November 2025Evidence Based SummaryPathways to Psychosis: Factors Associated With Risk for Psychosis Spectrum Disorders.

Gur RE. *American Journal of Psychiatry* 2025;182(11):984-990.

(In complex neuropsychiatric disorders, such as psychosis spectrum disorders (PSDs), the field has increasingly recognized that multiple factors impact the neurodevelopmental trajectory that may culminate in schizophrenia. Examined dimensionally, PSDs range from subthreshold symptoms to presentations that meet diagnostic criteria for schizophrenia spectrum disorders.)

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Genes, brains and self-harm: New study links adolescent risk to biology and disadvantage

The Mental Elf; 2025.

(Self-harm is common among adolescents and a strong predictor of suicide risk. A major new cohort study in the British Journal of Psychiatry explores how genetic risk and brain differences might explain who's most at risk, and why. The post Genes, brains and self-harm: New study links adolescent risk to biology and disadvantage appeared first on National Elf Service.)

Freely available online

Treating ADHD in psychosis: What does the evidence say about safety?

The Mental Elf; 2025.

(How safe is it to treat ADHD in people with schizophrenia spectrum disorders? New long-term data offers pragmatic reassurance, but also some warnings.)

Freely available online

Do hobbies protect against adolescent substance misuse? Not so fast...

The Mental Elf; 2025.

(A new study claims hobbies reduce substance misuse in adolescents, but are we mistaking correlation for causation? Before we start fiddling with interventions, this blog explores the risks of jumping to conclusions. The post Do hobbies protect against adolescent substance misuse? Not so fast... appeared first on National Elf Service.)

Freely available online

Is intolerance of uncertainty in preschool children a risk factor for later anxiety?

The Mental Elf; 2025.

(Do preschoolers who struggle with tolerating uncertainty get more anxious as they grow older? This longitudinal study followed preschool children across three timepoints, and found that the two are strongly related, but the rest of the picture is not as clear cut. The post Is intolerance of uncertainty in preschool children a risk

factor for later anxiety? appeared first on National Elf Service.)
Freely available online

Guideline/Policy

ADHD service delivery and prioritisation – advice to systems.

NHS England; 2025.

(This advisory note sets out the factors systems should consider when examining ways to manage demand on local ADHD services.)

Freely available online

Original Research

Borderline Personality Disorder or First-Episode Psychosis? Challenges in Assessing Psychotic Features in Early Intervention: A Case Report.

Jørgensen MS. *Early Intervention in Psychiatry* 2025;19(10):e70103.

(Adolescence is a crucial period for the onset of both borderline personality disorder (BPD) and first-episode psychosis. Both cases underscore the need for clinical training regarding differential diagnostics and management of psychotic features when present in early manifestations of BPD. This gap in care presents a missed opportunity for inclusion of patients in targeted early intervention programs for first-episode psychosis.)

Accessible with Open Athens details

Clinical and cost-effectiveness of a standardised diagnostic assessment for children and adolescents with emotional difficulties: the STADIA multi-centre RCT.

Sayal K. *Health Technology Assessment* 2025;29(61):1-34.

(Emotional disorders are common in children and young people and can significantly impair their quality of life. Evidence-based treatments require a timely and appropriate diagnosis. The utility of standardised diagnostic assessment tools may aid the detection of emotional disorders, but there is limited evidence of their clinical value.)

Freely available online

Prospective Associations Between Structural Brain Development and Onset of Depressive Disorder During Adolescence and Emerging Adulthood.

Whittle S. *American Journal of Psychiatry* 2025;182(10):935-944.

(Brain structural alterations are consistently reported in depressive disorders, yet it remains unclear whether these alterations exist prior to disorder onset and thus may reflect a preexisting vulnerability. The authors investigated prospective adolescent neurodevelopmental risk markers for depressive disorder onset, using data from a 15-year longitudinal study.)

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Social Feedback Perception in Adolescents With Major Depressive Disorder: A

Potential Marker of Depression.

Gao S. *Early Intervention in Psychiatry* 2025;19(9):e70088.

(Depression hinders adolescent development and contributes to lifelong psychosocial difficulties. Given adolescents' heightened sensitivity to social feedback, understanding how depression affects their perception of feedback is essential. These findings highlight the potential of assessing attitudes toward praise and criticism in everyday interactions as an implicit and efficient measure of adolescent depression while minimising anxiety-related confounds.)

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Suicidal Behaviour in Adolescents With Eating Disorders: A Pandemic Timeline Comparison.

Baklaci AB. *Early Intervention in Psychiatry* 2025;19(10):e70091.

(This study aimed to explore the impact of the COVID-19 pandemic on suicide attempts (SA), suicide ideation (SI), and self-harm behaviours (SHB) in adolescents with eating disorders (EDs) across four pandemic phases (pre, early, middle and late). This study indicates an increase in SI and SHB among adolescents with EDs during the pandemic, especially in the middle and late phases, highlighting the need for healthcare providers to be aware of the long-term mental health impacts of the pandemic.)

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Down syndrome needs profile paper.

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

(Evidence received on the potential needs of people with Down syndrome through a call for evidence on the Down Syndrome Act 2022 and engagement with academics.)

Freely available online

How Do Youth Interpret Self-Report Questions Screening for Psychosis? Insights From Cognitive Interviewing.

Woodberry KA. *Early Intervention in Psychiatry* 2025;19(10):e70101.

(Our results identify sources of misunderstanding that may lead youth to falsely endorse self-reported psychosis screening items. Until items are known to be well-understood, it is imperative that positive screens receive clinical follow-up to explore the responses in light of each person's medical, developmental and social context. Future research is needed to improve item wording for readability and clarity and to test strategies for minimising risk of false positive screening results.)

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Contribution of Addictovigilance data to assess adverse-events linked to psychoactive substances in children and adolescents.

Peyrière H. *British Journal of Clinical Pharmacology* 2025;91(10):2957-2968.

(The authors sought to characterize adverse events and deaths associated with the use of psychoactive substances in children and adolescents. The adverse events related to the abuse of psychoactive substances identified in children and adolescents and the emerging signals show the need for increased surveillance and the implementation of prevention campaigns adapted to each group of consumers.)

Freely available online

Feasibility, acceptability and outcomes of a health education intervention for children with emotional and behaviour difficulties: a pilot cluster randomised trial.

Garvey W. *Archives of Disease in Childhood* 2025;110(11):905-911.

(The aim of this research was to assess the acceptability, feasibility and outcomes of a codesigned health education model aiming to improve outcomes for children with emotional and behavioural difficulties (EBD). The researchers found that a health education intervention is feasible and acceptable to educators and improves educator confidence in identifying and supporting children with EBD. Future research should assess its effectiveness in an adequately powered controlled trial.)

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Social Feedback Perception in Adolescents With Major Depressive Disorder: A Potential Marker of Depression.

Gao S. *Early Intervention in Psychiatry* 2025;19(9):e70088.

(Depression hinders adolescent development and contributes to lifelong psychosocial difficulties. Given adolescents' heightened sensitivity to social feedback, understanding how depression affects their perception of feedback is essential. These findings highlight the potential of assessing attitudes toward praise and criticism in everyday interactions as an implicit and efficient measure of adolescent depression while minimising anxiety-related confounds.)

How teen friendships may predict self harm

The Conversation; 2025.

(Little research has focused on how the school-based friendship networks of teens relate to self-harm. We addressed this gap by analysing data on teen friendship networks and self-harm from a cohort study of adolescent mental health in the UK called the Resilience Ethnicity and Adolescent Mental Health (Reach) study, which follows a large a group of people over time. This is the first time a cohort study in the UK has collected data on both school friendship networks and self-harm.)

Freely available online

Report

External validation of a therapeutic window for risperidone in children with autism spectrum disorder. [Abstract]

Hermans R A. *British Journal of Clinical Pharmacology* 2025;91(10):3009-3015.

(Although risperidone is an effective pharmacological intervention for managing disruptive behaviour in children with autism spectrum disorder, it may induce metabolic side effects. This study aimed to externally validate the population pharmacokinetic (popPK) model and the therapeutic window of 3.5–7 ng/mL of risperidone and 9-OH-risperidone, developed with data of the SPACe Study.)

Freely available online

Report of the independent ADHD Taskforce.

NHS England; 2025.

(The independent ADHD Taskforce was commissioned by NHS England in 2024, as part of a series of measures to address concerns about timely access to diagnosis and support, and the impact of unsupported ADHD on individuals, services and the

wider economy. Part 1 of the Taskforce's report with recommendations was published in June 2025, followed by part 2 in November.)

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The Mental Health Bill: Briefing for Report stage.

The Children's Commissioner; 2025.

(The Children's Commissioner's role is to promote and protect the rights of children, including by advising on legislation which affects children. She therefore welcomes the government's action to deliver on its manifesto commitment to modernise the 1983 Mental Health Act.)

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A report on vaping and children and young people with special educational needs in Brighton and Hove.

Healthwatch Brighton & Hove; 2025.

(A high percentage of the children and young people with SEND we spoke to are vaping on a regular basis (for example 38% reported vaping daily). The research identified a potential relationship between mental health and vaping: 69% of children and young people told us that vaping helps their mental health and/or helps to relieve stress.)

Freely available online

Supporting children out of school : guide for practitioners.

Local Government and Social Care Ombudsman; 2025.

(The Local Government and Social Care Ombudsman has published new guidance to help councils better support children who are unable to go to school.)

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Systematic Review / Meta-Analysis

Clinical and cost-effectiveness of technologies for the assessment of attention deficit hyperactivity disorder: a systematic review and economic model.

Tomlinson E. *Health Technology Assessment* 2025;29(58):1-216.

(Attention deficit hyperactivity disorder is characterised by inattention, impulsivity and hyperactivity. Diagnosis is complex and time-consuming. Medication requires careful selection and dose titration. Technologies for objective measures of attention deficit hyperactivity disorder that use motion sensors to measure hyperactivity ('sensor continuous performance tests') may help improve the diagnostic process and medication management when used in addition to clinical assessment.)

Freely available online

Occurrence of Psychosis and Bipolar Disorder in Individuals With Attention-Deficit/Hyperactivity Disorder Treated With Stimulants: A Systematic Review and Meta-Analysis.

Salazar de Pablo G. *JAMA Psychiatry* 2025;82(11):1103-1112.

(We found a nonnegligible occurrence of psychotic symptoms, psychotic disorders,

or BD in individuals with ADHD treated with stimulants. Amphetamines were associated with higher occurrence compared to methylphenidate. Clinicians should inform patients about the increased occurrence of psychosis or BD when discussing stimulant pharmacotherapy and systematically monitor for these conditions throughout treatment.)

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Review Article: The acceptability and effectiveness of standardised diagnostic assessment approaches in children and young people's mental health services - an updated systematic review.

Basheer S. *Child and Adolescent Mental Health* 2025;30(4):364-374.

(Standardised diagnostic assessment (SDA) tools are designed to comprehensively evaluate various mental health disorders and support accurate diagnoses. While evidence for their routine use in child and adolescent mental health services (CAMHS) remains limited, increasing service demands underscore the need for efficient clinical assessments. This updated review examines the acceptability and clinical utility of SDA tools in CAMHS.)

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Suicide Interventions for Youths: A Systematic Review.

Sim L. *JAMA Pediatrics* 2025;Epub ahead of print:Sep 29.

(This systematic review found that the current evidence on available interventions targeting youths at heightened risk of suicide is uncertain. Dialectical behaviour therapy showed moderate strength of evidence for reducing suicidal ideation. Other categories of psychosocial treatments showed insufficient to low strength of evidence for reducing suicidal outcomes. Medication, neurotherapeutics, and emerging therapies remain unstudied among this population.)

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News

Data platform could accelerate care for mental health conditions.

UK Research and Innovation (UKRI); 2025.

<https://www.ukri.org/news/data-platform-could-accelerate-care-for-mental-health-conditions/>

[Accessible website with data on how genes and molecules impact symptoms and outcomes aims to speed up identification and treatment for mental health conditions. Five initiatives have today been announced that will bring together a fragmented health data landscape. They will receive investment from the UKRI Medical Research Council (MRC) and the National Institute for Health and Care Research (NIHR).]

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