

THE AMERICAN JOURNAL OF PSYCHIATRY



Lifting the Veil on Trichotillomania
Samuel R. Chamberlain et al. 568

**Twelve-Month Outcome of
Adolescents With Bipolar Disorder
Following First Hospitalization for
a Manic or Mixed Episode**
Melissa P. DelBello et al. 582

**A Randomized Controlled Trial of
Family Therapy and Cognitive
Behavior Therapy Guided Self-Care for
Adolescents With Bulimia Nervosa
or Related Disorders**
Ulrike Schmidt et al. 591

**Cerebellar Development and Clinical
Outcome in Attention Deficit
Hyperactivity Disorder**
Susan Mackie et al. 647

Continuing Medical Education 690

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For free listing of your organization's official annual or regional meeting, please send us the following information: sponsor, location, inclusive dates, type and number of continuing education credits (if available), and the name, address, and telephone number of the person or group to contact for more information. In order for an event to appear in our listing, all notices and changes must be received at least 6 months in advance of the meeting and should be addressed to:

Calendar, American Journal of Psychiatry, 1000 Wilson Boulevard, Suite 1825, Arlington, VA 22209-3901, jblair@psych.org (e-mail).

Because of space limitations, only listings of meetings of the greatest interest to Journal readers will be included.

APRIL

April 18–21, 28th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Miami Beach. Contact: Society of Behavioral Medicine, 17000 Commerce Parkway, Ste. C, Mount Laurel, NJ 08054; (856) 439-1297 (tel), (856) 439-0525 (fax), info@sbm.org (e-mail).

April 26–29, 25th Annual Symposium of the American College of Forensic Psychiatry, Santa Fe, NM. Contact: American College of Forensic Psychiatry, P.O. Box 5870, Balboa Island, CA 92662; (949) 673-7773 (tel), (949) 673-7710 (fax), psychlaw@sover.net (e-mail), www.forensicpsychonline.com (web site).

MAY

May 17–20, The 51st Annual Meeting of the American Academy of Psychoanalysis and Dynamic Psychiatry, San Diego. Contact: Executive Office, American Academy of Psychoanalysis and Dynamic Psychiatry, P. O. Box 30, Bloomfield, CT 06002; (888) 691-8281 (tel), (888) 286-0787 (fax), aap@ssmgt.com (e-mail), www.aapdp.org (web site).

May 19–24, 160th Annual Meeting of the American Psychiatric Association, San Diego. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

JUNE

June 6–8, WPA Thematic Conference, Dresden, Germany. Contact: Anett Reimann, Intercom Dresden GmbH, Zelle-scher Weg 3, 01069 Dresden, Germany; 49 (351) 4633 3014 (tel), 49 (351) 4633 7049 (fax), areimann@intercom.de (e-mail), www.wpa2007dresden.org (web site).

OCTOBER

October 6–7, 6th NYU Reproductive Psychiatry Conference, New York. Contact: Dr. Shari I. Lusskin, Director of Reproductive Psychiatry, New York University School of Medicine, 155 East 29th Street, Suite 26J, New York, NY 10016; (212) 263-5295 (tel), www.med.nyu.edu/cme (web site).

October 7–11, 15th World Congress on Psychiatric Genetics, New York. Contact: Lynn E DeLisi, International Society of Psychiatric Genetics, NYU School of Medicine, 650 First Avenue, 5th Floor Room 543, New York, NY 10016; (212) 263-3420 (tel), (212) 263-3407 (fax), DeLisi76@AOL.com (e-mail), www.WCPG2007.com (web site).

October 11–14, 59th Institute on Psychiatric Services, American Psychiatric Association, New Orleans, LA. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.

October 12–15, Annual Meeting of the Society for the Study of Psychiatry and Culture (SSPC), Hyatt Regency Capitol Hill, Washington, DC. Contact: Jim Boehnlein or Shannon Squire, (503) 220-3481, shannon.squire@med.va.gov (e-mail).

October 23–28, 54th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Boston. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax), meetings@aacap.org (e-mail), www.aacap.org (web site).

FEBRUARY 2008

February 15–18, 21st Annual Meeting of the American Association for Geriatric Psychiatry, Washington, DC. Contact: AAGP, 7910 Woodmont Ave., Ste. 1050, Bethesda, MD 20814-3004; (301) 654-7850 (tel), (301) 654-4137 (fax), www.aagpmeeting.org (web site).

February 27–March 2, Annual meeting of the American College of Psychiatrists, Kauai, Hawaii. Contact: American College of Psychiatrists, 122 S. Michigan Ave., Ste. 1360, Chicago, IL 60603; (312) 662-1020 (tel), (312) 662-1025 (fax), maureen@acpsych.org (e-mail).

MARCH

March 14–17, 21th Annual Meeting of the American Association for Geriatric Psychiatry, Orlando. Contact: AAGP, 7910 Woodmont Ave., Ste. 1050, Bethesda, MD 20814-3004; (301) 654-7850 (tel), (301) 654-4137 (fax), www.aagpmeeting.org (web site).

March 26–29, Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego. Contact: Society of Behavioral Medicine, 17000 Commerce Parkway, Ste. C, Mount Laurel, NJ 08054; (856) 439-1297 (tel), (856) 439-0525 (fax), info@sbm.org (e-mail).

MAY

May 1–4, The 52nd Annual Meeting of the American Academy of Psychoanalysis and Dynamic Psychiatry, Washington, DC. Contact: Executive Office, American Academy of Psychoanalysis and Dynamic Psychiatry, P. O. Box 30, Bloomfield, CT 06002; (888) 691-8281 (tel), (888) 286-0787 (fax), aap@ssmgt.com (e-mail).

May 3–4, American Academy of Psychiatry and the Law Semiannual Meeting, Washington, D.C. Contact: One Regency Drive, PO Box 30, Bloomfield, CT 06002-0030; (800) 331-1389, (tel) (860) 286-0787 (fax), execoff@aapl.org (e-mail).

May 3–8, 161st Annual Meeting of the American Psychiatric Association, Washington, DC. Contact: Cathy Nash, APA

Continued on page A40



THE BRITISH JOURNAL OF PSYCHIATRY

March 2007, VOL. 190

A8 Editorial Board

A9 Highlights of this issue

A10 Psychiatry in pictures

EDITORIALS

189 The bipolar spectrum

J. Angst

192 Stigma: ignorance, prejudice or discrimination?

G. Thornicroft, D. Rose, A. Kassam, and N. Sartorius

SPECIAL ARTICLE

194 Schizophrenia: a common disease caused by multiple rare alleles

J.M. McClellan, E. Susser, and M.-C. King

200 Phenotypic and genetic complexity of psychosis. Invited commentary on . . . Schizophrenia: a common disease caused by multiple rare alleles

N. Craddock, M.C. O'Donovan, and M.J. Owen

REVIEW ARTICLE

204 Bias in psychiatric case—control studies. Literature survey

W. Lee, J. Bindman, T. Ford, N. Glozier, P. Moran, R. Stewart, and M. Hotopf

PAPERS

210 Diagnostic stability of psychiatric disorders in clinical practice

E. Baca-Garcia, M.M. Perez-Rodriguez, I. Basurte-Villamor, A.L. Fernandez del Moral, M.A. Jimenez-Arriero, J.L. Gonzalez de Rivera, J. Saiz-Ruiz, and M. A. Oquendo

217 Using activity data to explore the influence of case-load size on care patterns

T. Burns, J. Yiend, H. Doll, T. Fahy, M. Fiander, and P. Tyrer

223 Patients discharged from medium secure forensic psychiatry services: reconvictions and risk factors

J. Coid, N. Hickey, N. Kahtan, T. Zhang, and M. Yang

230 Anterior cingulate grey-matter deficits and cannabis use in first-episode schizophrenia

P.R. Szeszko, D.G. Robinson, S. Sevy, S. Kumra, C.I. Rupp, J.D. Betensky, T. Lencz, M. Ashtari, J.M. Kane, A.K. Malhotra, H. Gunduz-Bruce, B. Nappolitano, and R.M. Bilder

237 Mortality in people with schizophrenia in rural China. 10-year cohort study

M.-S. Ran, E.Y.-H. Chen, Y. Conwell, C.L.-W. Chan, P.S.F. Yip, M.-Z. Xiang, and E.D. Caine

243 Assessing insight in schizophrenia: East meets West

B. Saravanan, K.S. Jacob, S. Johnson, M. Prince, D. Bhugra, and A.S. David

248 The Stigma Scale: development of a standardised measure of the stigma of mental illness

M. King, S. Dinos, J. Shaw, R. Watson, S. Stevens, F. Passetti, S. Weich, and M. Serfaty

255 Risk of major adverse perinatal outcomes in women with eating disorders

N. Micali, E. Simonoff, and J. Treasure

260 Effect of antidepressant therapy on executive function after stroke

K. Narushima, S. Paradiso, D.J. Moser, R. Jorge, and R.G. Robinson

SHORT REPORTS

266 Effect of barriers on the Clifton suspension bridge, England, on local patterns of suicide: implications for prevention

O. Bennewith, M. Nowers, and D. Gunnell

268 Impact of hospital consultants' poor mental health on patient care

C. Taylor, J. Graham, H. Potts, J. Candy, M. Richards, and A. Ramirez

COLUMNS

270 Correspondence

275 One hundred years ago

276 Book reviews

280 Contents of the *American Journal of Psychiatry*

281 Contents of *Advances in Psychiatric Treatment*

282 From the Editor's desk

Psychological Medicine

Volume 37 Number 3 March 2007

CONTENTS

In this Issue	305	Clinically defined vascular depression in the general population NAARDING, P., TIEMEIER, H., BRETILER, M.M.B., SCHOEVERS, R.A., JONKER, C., KOUDSTAAL, P.J., AND BEEKMAN, A.T.F.	383
EDITORIAL REVIEW		Attentional biases for angry faces in unipolar depression LEYMAN, L., DE RAEDT, R., SCHACHT, R., AND KOSTER, E.H.W.	393
The concept of recovery in major depression FAVA, G.A., RUINI, C., AND BELAISE, C.	307	Emotional bias and waking salivary cortisol in relatives of patients with major depression LE MASURIER, M., COWEN, P.J., AND HARMER, C.J.	403
REVIEW ARTICLE		Prefrontal cortex dysfunction in patients with suicidal behaviour RAUST, A., SLAMA, F., MATHIEU, F., ROY, I., CHENU, A., KONCKE, D., FOUQUES, D., JOLLANT, F., JOUVENT, E., COURTET, P., LEBoyer, M., AND BELLIVIER, F.	411
Internet-based cognitive behaviour therapy for symptoms of depression and anxiety: a meta-analysis SPEK, V., CUIJPERS, P., NYKLÍCEK, I., RIPER, H., KEYZER, J., AND POP, V.	319	An analysis of suicide and undetermined deaths in 17 predominately Islamic countries contrasted with the UK PRITCHARD, C., AND AMANULLAH, S.	421
ORIGINAL ARTICLES		Anxiety disorders and suicidal behaviours in adolescence and young adulthood: findings from a longitudinal study BODEN, J.M., FERGUSON, D.M., AND HORWOOD, L.J.	431
Cognitive self-therapy for chronic depression and anxiety: a multi-centre randomized controlled study DEN BOER, P. C.A.M., WIERSMA, D., TEN VAARWERK, I., SPAN, M.M., STANT, A. D., AND VAN DEN BOSCH, R.J.	329	Generalized anxiety disorder and depression: childhood risk factors in a birth cohort followed to age 32 MOFFITT, T. E., CASPI, A., HARRINGTON, H., MILNE, B.J., MELCHIOR, M., GOLDBERG, D., AND POULTON, R.	441
A sham-controlled trial of the efficacy and safety of twice-daily rTMS in major depression LOO, C.K., MITCHELL, P.B., MCFARQUHAR, T.F., MALHI, G.S., AND SACHDEV, P.S.	341	The sources of co-morbidity between major depression and generalized anxiety disorder in a Swedish national twin sample KENDLER, K.S., GARDNER, C.O., GATZ, M., AND PEDERSEN, N.L.	453
Adjuvant occupational therapy for work-related major depression works: randomized trial including economic evaluation SCHENE, A.H., KOETER, M.W.J., KIKKERT, M.J., SWINKELS, J.A., AND MCCRONE, P.	351	American Journal of Psychiatry Contents November 2006	463
A cluster randomized controlled trial to assess the effectiveness of an intervention to educate students about depression MERRITT, R.K., PRICE, J.R., MOLLISON, J., AND GEDDES, J.R.	363		
Social inequalities in antidepressant treatment and mortality: a longitudinal register study KIVIMÄKI, M., GUNNELL, D., LAWLOR, D.A., DAVEY SMITH, G., PENTTI, J., VIRTANEN, M., ELOVAINIO, M., KLAUKKA, T., AND VAHTERA, J.	373		



Continued from page A24

Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

JUNE

June 19–21, Thematic Conference on Depression and Relevant Psychiatric Condition in Primary Care, Granada, Spain. Contact: Francisco Torres-González, Andalusian Research Group on Mental Health, University of Granada, Avenida

deMadrid 11, Granada 18071, Spain; (34) 958-272651 (tel), (34) 958-275214 (fax), fforres@ugr.es (e-mail).

OCTOBER

October 2–5, 60th Institute on Psychiatric Services, American Psychiatric Association, Chicago, IL. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.

October 28–November 2, 55th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Chicago. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax), meetings@aacap.org (e-mail), www.aacap.org (web site).

November 23–28, Canadian Psychiatric Association 58th Annual Meeting,

Vancouver, British Columbia, Canada. Contact: 260-441 MacLaren Street, Ottawa, ON K2P 2H3, Canada; (800) 267-1555 (tel), (613) 234-9857 (fax), cpa@medical.org (e-mail).

FEBRUARY 2009

February 25–March 1, American College of Psychiatrists Annual Meeting, Tucson, AZ. Contact: 122 South Michigan Avenue, Suite 1360, Chicago, IL 60603; (312) 662-1020 (tel), (312) 662-1025 (fax), angel@ACPsych.org (e-mail).

MAY

May 16–21, 162nd Annual Meeting of the American Psychiatric Association, Washington, DC. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

Coming in the May 2007 issue

THE AMERICAN JOURNAL OF PSYCHIATRY

*Cognitive Therapy as a Second-Step Treatment: A STAR*D Report*

M.E. Thase, E.S. Friedman, M.M. Biggs, S.R. Wisniewski, M.H. Trivedi, J.F. Luther, M. Fava, A.A. Nierenberg, P.J. McGrath, D. Warden, G. Niederehe, S.D. Hollon, and A.J. Rush

*Which Second Step Treatments Are Acceptable to Depressed Outpatients and Their Clinicians? A STAR*D Report*

S.R. Wisniewski, M. Fava, M.H. Trivedi, M.E. Thase, D. Warden, G. Niederehe, E.S. Friedman, M.M. Biggs, H.A. Sackeim, K. Shores-Wilson, P.J. McGrath, P.W. Lavori, and A.J. Rush

Medication Access and Continuity: The Experiences of Dual Eligible Psychiatric Patients the First Four Months of the Medicare Prescription Drug Benefit

J.C. West, J.E. Wilk, I.L. Muszynski, D.S. Rae, M.R. Stipeck, C.L. Alter, W.E. Narrow, D.A. Regier

A Randomized Trial of Weekly, Biweekly and Monthly Interpersonal Psychotherapy as Maintenance Treatments for Women With Recurrent Depression

E. Frank, D.J. Kupfer, D.J. Buysse, H.A. Swartz, P.A. Pilkonis, P.R. Houck, P. Rucci, D.M. Novick, V.J. Grochocinski, and D.M. Stapf

An Intensive Treatment Program of Interpersonal Psychotherapy Plus Pharmacotherapy for Depressed Inpatients: Acute and Long-term Results

E. Schramm, D. van Calker, K. Lieb, P. Dykieriek, S. Kech, I. Zobel, R. Leonhart, and M. Berger

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Official Journal of the American Psychiatric Association

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The American Journal of Psychiatry
Residents' Journal
March 2007: Volume 2, Issue 3

Contents

Residents Treating Schizophrenia: Improving Sense of Effectiveness
Katherine F. Maloy, PGY2 2

Should We Use Law Enforcement for Emergency Transportation of People With Mental Illness?
Andrew R. Kaufman, PGY3 3

Editors' Column

In our initial focus group at the 2006 APA Annual Meeting, residents asked for commentary from the editors on how to read articles that appear in the *Journal*. In response to this request, we published the first Editors' Column in October 2006, wherein we provided an overview of the relationship of articles to other features of the *Journal*. The feature *In This Issue* gives you a quick summary of an article, and the accompanying editorials provide commentary to help place the article into context, guide you to its strengths and limitations, and then present a clinical message from the article's results. The second Editors' Column, published in December 2006, provided information about the methods of clinical trials, including how patterns are enrolled and how the study is conducted ethically. This month we will discuss how to directly approach an article in order to discern for yourself what has been discovered. For our example we will use Milrod et al.'s "A Randomized Controlled Clinical Trial of Psychoanalytic Psychotherapy for Panic Disorder" from the February 2007 issue of the *American Journal of Psychiatry*.

Assessing to David Lewis, one of our Deputy Editors, there are two definitive questions he asks of an article: "Am I interested?" and "Am I convinced?" You could try to answer the first question by reading the *Abstract*, but abstracts tend to be very condensed, because they are written for distilling purposes (e.g., PubMed). The *Introduction* often immerses you into a sea of unfamiliar references to other papers. Many readers by the *Method* section first, because that is familiar territory. Within the descriptions of patient evaluations in the *Method*, you can see yourself diagnosing patients and assessing their symptoms. The *Results* are often a mass of statistics for most papers (we will tackle that problem later). Therefore, it may be more helpful to move to the *Discussion*, usually the last section, which for the Milrod et al. article begins on page 279 in the February issue. The first paragraph of the *Discussion* is a good place in which to find an answer to the question, "Am I interested?"

The first paragraph of the *Discussion* is the author's opportunity to tell us what they believe they have discovered. For instance, Dr. Milrod and her colleagues tell us that this is the first study to show that psychodynamic psychotherapy is effective for the treatment of panic attacks, as well as for treating the phobic avoidance that people who suffer from panic attacks often develop. I have personally treated people who suffer from panic attacks, and I know that they are often quite difficult to treat. Therefore, as a clinician, this article is of particular interest to me. Now the question is, can the article convince me?

To be convinced that a finding is true, some readers may think that the answer can be found through a careful reading of the *Method*, but the *Results* are often a better choice, because therein the data can be found. If it is not clear how the data were acquired or analyzed, then clarification can be found in the *Method*. In the Milrod et al. article, we can learn a lot from the first paragraph of the *Results*. The authors employed two treatments: 1) panic-focused psychodynamic therapy and 2) applied relaxation. At this point it may be necessary to consult elsewhere to find out more about the therapies used and also about the four scales that are used to measure the results in this study. Readers frequently give up at this point, because the various therapies and scales discussed are often unfamiliar. However, there are two things we here at the *Journal* do to help you. First, if you read the full text version online, you can click on a reference and it will take you to MEDLINE or to a full text version of the article describing the scale in question. That is okay if you want to go into the article in more depth, but you can end up with a lot of windows open on your screen. An alternative, unique to the *American Journal of Psychiatry*, is a *Figure* feature. We ask authors to tell the story of a patient in the study, so that you can read a clinical description of a patient, the treatment that was given, and its results. Generally, this feature appears as a figure at the end of the *Results*.

To continue with the Milrod et al. article, the second section of the *Results* then gives the principal result of the study, the comparison in treatment effects between the two therapies. Here we are concerned with seeing that there is significant difference between the two treatments. What we are looking for specifically is a predefined measure of effectiveness that makes sense clinically. Generally, to avoid the problem of multiple comparisons (which we will discuss in future

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