

# The Residents' JOURNAL

## The Residents' JOURNAL

a publication of  
The American Journal of Psychiatry

November 2010

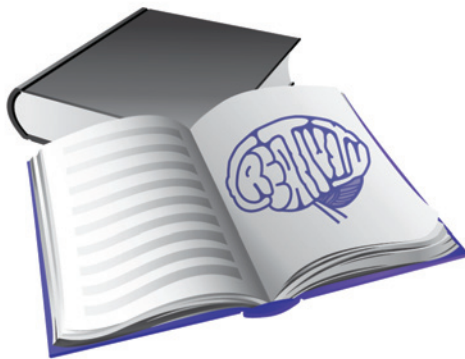
Volume 5

Issue 11

### Inside

- 1 In This Issue
- 2 An Update on Changes at *The Residents' Journal*  
Joseph M. Cerimele, M.D.
- 3 Neural Correlates of Creativity and the Link to Mental Illness  
Gabriela Iagaru, M.D.
- 5 The Effects of Spontaneous Creative Expression on Anxiety and Depression in Psychiatric Inpatients  
Joanna Vaz MacLean, M.D.
- 9 Thinking Outside the Clinical Box  
George Chengalathu Gettys, M.D.
- 10 Clozapine-Withdrawal Catatonia and Calligraphy  
Mirjana Jojic, M.D.
- 12 Treatment of Neuroleptic Malignant Syndrome With Electroconvulsive Therapy  
Arshya Vahabzadeh, M.D.  
Justine Wittenauer, M.D.
- 14 Exploring Mental Health in the Land of the Rising Sun  
Misty C. Richards, M.S.
- 16 Lessons From Literature  
Rupinder Kaur Legha, M.D.
- 17 Curious Mind  
Afshan Khan, M.D.
- 18 A Psychotherapeutic Challenge for the Beginning Therapist  
John Chardavoyne, M.D.
- 19 Test Your Knowledge
- 20 Residents' Journal Info

### In This Issue



In this issue of *The Residents' Journal*, we address recent findings in the neurobiological mechanisms behind creativity. Dr. Gabriela Iagaru discusses the neurobiology of creativity and its association with mental illness. Then, Dr. Joanna Vaz MacLean presents the results of an original research study of psychiatric inpatients randomly assigned to a spontaneous creative expression activity. Dr. George C. Gettys takes us on a tour of computer-based creative software and outlines its use in the therapeutic treatment of psychiatrically ill patients. Finally, Dr. Mirjana Jojic presents a case report of a schizophrenia patient who developed catatonia and attributed the success of her treatment to her poetry. We hope, with this section, to instill curiosity for a deeper understanding into psychiatric illness.

Editor-in-Chief  
Joseph M. Cerimele, M.D.

Associate Editor  
Sarah M. Fayad, M.D.

Editors Emeriti  
Sarah B. Johnson, M.D.  
Molly McVay, M.D.

Guest Section Editor  
Gabriela Iagaru, M.D.

Staff Editor  
Angela Moore

The Residents' Journal accepts manuscripts authored by medical students, resident physicians, and fellows. To submit your paper, please visit the manuscript submission site at [mc.manuscriptcentral.com/appi-ajp](http://mc.manuscriptcentral.com/appi-ajp) and either create an account or use your existing account. For manuscript type, select "Residents." Then follow the instructions to upload your manuscript. Residents who are interested in participating as Guest Section Editors should e-mail the Residents' Journal Editor-in-Chief Joseph Cerimele at [joseph.cerimele@mssm.edu](mailto:joseph.cerimele@mssm.edu).

See the September 2010 issue for details on the new peer review process.

The Residents' Journal is sent free-of-charge to all psychiatry residents. Anyone interested in being included on the distribution list should contact Angela Moore, the Residents' Journal staff editor at [ajp@psych.org](mailto:ajp@psych.org) with "Subscribe to Residents' Journal" in the subject line.

### Upcoming Issue Themes

February: Eating Disorders

March: The On-Call Experience

To access the complete Residents' Journal archives, visit [ajp.psychiatryonline.org/misc/Residents\\_Journal.dtl](http://ajp.psychiatryonline.org/misc/Residents_Journal.dtl)

# READ The American Journal of PSYCHIATRY ONLINE

## ONLINE BENEFITS

### AJP in Advance

Receive key research articles posted on the AJP website well in advance of their appearance in print.

### Back Issue Access

Gain access to back issues starting with Volume 1, Issue 1 of the American Journal of Insanity in 1844. (Available to institutions as a separate one-time purchase.)

### AJP CME

Take interactive quizzes that offer AMA PRA Category 1 Credits™ for selected articles from each issue (with paid subscription to the CME Course Program).

### AJP Audio

Listen to MP3-format program summarizing findings from key articles from each issue.

### Residents' Journal

Read additional AJP articles and features that have most value to residents in their training.

### Powerful Searching

Search by author, keyword, and/or citation details—within any one journal, across the entire PsychiatryOnline journal collection, or across all HighWire journals.

### PubMed, CrossRef, and Google Scholar links

Explore everything from cited references to abstracts and full text; to similar articles; to other articles by the same lead authors.

### eTOCs

Get advanced email alerts with the table of contents of the latest issue.

ACTIVATE  
NOW!

IT'S AS EASY AS...

2 Under  
SUBSCRIBE  
NOW, click  
“Activate  
Your Online  
Access”



3 Go to [ajp.psychiatryonline.org](http://ajp.psychiatryonline.org)  
Enter your APA Member Number. (This  
can be found on your mailing label.)

AJP 3000056866 CAR-RT LOT88 C-105  
John Q Sample  
Mental Health Professional  
1000 Wilson Blvd STE 1825  
Arlington VA 22209-3924 01654

\*In most cases the number on your label will be your Member Number; if it is not, enter your APA Member Number (with enough leading zeros to create 10 digits).

For more information or if you cannot locate your customer number, please contact APPI Customer Service:

1.800.368.5777  
APPI@PSYCH.ORG

# get CME from AJP



Brief companion exams are created for three of the most influential articles from each issue. By reading the articles and completing the online exams, you can test your knowledge and earn up to 1 *AMA PRA Category 1 Credit™* per article. Correct answers are highlighted for your reference upon completion of the course; there is no minimum threshold score necessary for the credit. A

link from the question to the correct answer in context will also be highlighted in the associated article, thus extending the learning experience.

CME credit is only provided online, and a subscription to the AJP CME program is required. From the moment you subscribe to the AJP CME program, you will be able to select from 72 courses from among 40 possible subject areas. You'll also be able to access the next 33 courses as they become available. For more information and pricing, please go to <http://cme.psychiatryonline.org/misc/aboutajpcme.shtml>

This activity is sponsored by the American Psychiatric Association. The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Psychiatric Association designates each educational activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Fulfill your CME requirement while staying current on the latest advances in psychiatry.  
Subscribe to AJP CME!

## Contents

- A0 Editorial Board  
A2 Highlights of this issue

## Editorials

- 1 **Erving Goffman's *Asylums* 50 years on**  
S. Mac Suibhne
- 3 **Ways of working at the interface between primary and specialist mental healthcare**  
L. Gask and T. Khanna
- 5 **Ruddy Bob – psychiatry in pictures**  
Marilyn George
- 6 **The smoking culture in psychiatry: time for change**  
E. Ratschen, J. Britton and A. McNeill

## Reappraisal

- 8 **Eating disorders, DSM-5 and clinical reality**  
C. G. Fairburn and Z. Cooper

## Review article

- 11 **Efficacy of antidepressants and benzodiazepines in minor depression: systematic review and meta-analysis**  
C. Barbui, A. Cipriani, V. Patel, J. L. Ayuso-Mateos and M. van Ommeren

## Papers

- 17 **Timing of menarche and depressive symptoms in adolescent girls from a UK cohort**  
C. Joinson, J. Heron, G. Lewis, T. Croudace and R. Araya
- 24 **Relationship duration and mental health outcomes: findings from a 30-year longitudinal study**  
S. J. Gibb, D. M. Fergusson and L. J. Horwood
- 30 **First fictional report of *folie à deux* – extra**  
Daniel Martins de Barros, Geraldo Busatto Filho
- 31 **Mortality and suicide after self-harm: community cohort study in Taiwan**  
V. C. H. Chen, H. K. L. Tan, C.-Y. Chen, T. H. H. Chen, L.-R. Liao, C. T. C. Lee, M. Dewey, R. Stewart, M. Prince and A. T. A. Cheng
- 37 **Prospective cohort study of mental health during imprisonment**  
L. Hassan, L. Birmingham, M. A. Harty, M. Jarrett, P. Jones, C. King, J. Lathlean, C. Lowthian, A. Mills, J. Senior, G. Thornicroft, R. Webb and J. Shaw
- 43 **Social network media exposure and adolescent eating pathology in Fiji**  
A. E. Becker, K. E. Fay, J. Agnew-Blais, A. N. Khan, R. H. Striegel-Moore and S. E. Gilman

- 50 **Vincent – poems by doctors**  
Julian Leff

- 51 **Rapid acute treatment of agitation in individuals with schizophrenia: multicentre, randomised, placebo-controlled study of inhaled loxapine**  
M. D. Lesem, T. K. Tran-Johnson, R. A. Riesenberg, D. Feifel, M. H. Allen, R. Fishman, D. A. Spyker, J. H. Kehne and J. V. Cassella
- 59 **Cognitive-behavioural therapy for persistent and recurrent psychosis in people with schizophrenia-spectrum disorder: cost-effectiveness analysis**  
M. van der Gaag, A. D. Stant, K. J. K. Wolters, E. Buskens and D. Wiersma
- 66 **Behavioural activation delivered by the non-specialist: phase II randomised controlled trial**  
D. Ekers, D. Richards, D. McMillan, J. M. Bland and S. Gilbody

- 72 **Edvard Munch (1863–1944) *The Scream* – in 100 words**  
Alexandra Pitman

## Columns

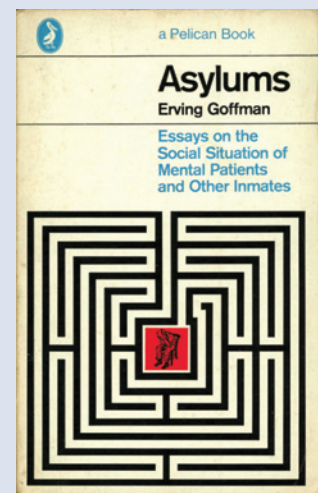
- 73 **Correspondence**  
75 **Corrections**  
76 **Book reviews**  
80 **Contents of *Advances in Psychiatric Treatment***  
81 **Contents of the *American Journal of Psychiatry***  
82 **From the Editor's desk**

## Cover picture

*Asylums*. Cover design by Briggs and McClaren for 1968 Penguin edition.

The cover of this landmark book features a man trapped in a maze. The image of the man is by Van Gogh, who produced both a lithograph and, some years later while he was a patient at Saint Remy asylum, a painting entitled *Old Man in Sorrow (On the Threshold of Eternity)*. The Pelican publishers clearly saw Goffman's book as part of the anti-psychiatry genre. The asylum is represented by a maze, which suggests it is a difficult place from which to escape. The maze also dwarfs the small lonely figure of the old man, which conveys the impression of the asylum as a large, overwhelming and de-humanising institution. The old man is portrayed in a pose of deep despair, and the viewer is invited to conclude that this is the result of his incarceration. The would-be reader of Goffman's *Asylums* is thus primed to see the book from a certain perspective and one that puts the patient in an unequal struggle with the institution. (By kind permission of Penguin Books.)

We are always looking for interesting and visually appealing images for the cover of the *Journal* and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 17 Belgrave Square, London SW1X 8PG, UK or [bjp@rcpsych.ac.uk](mailto:bjp@rcpsych.ac.uk).





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, [ajp@psych.org](mailto:ajp@psych.org) (e-mail).**

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

---

## MARCH 2011

**March 1–4**, 12th International Congress of the International Society for the Study of Personality Disorder, Melbourne, Australia. Contact: Andrew Chanen, Chair, Organizing Committee, [achanen@unimelb.edu.au](mailto:achanen@unimelb.edu.au) (e-mail), [www.isspd2011.com.au](http://www.isspd2011.com.au) (web site).

**March 27–29**, Inaugural Conference of the Rotman Research Institute and the Kunin-Lunenfeld Applied Research Unit, Toronto, Canada. Contact: Paula Ferreira, 416-785-2500, ext. 2363 (tel), [pferreira@baycrest.org](mailto:pferreira@baycrest.org) (e-mail), [www.rotman-baycrest.on.ca](http://www.rotman-baycrest.on.ca) (web site)

---

## MAY

**May 12–14**, 55th Annual Meeting of the American Academy of Psychoanalysis and Dynamic Psychiatry. Contact: AAPDP Executive Office, P.O. Box 30, Bloomfield, CT 06002; (888) 691-8281 (tel), (860) 286-0787 (fax), [info@aapdp.org](mailto:info@aapdp.org) (e-mail), [www.aapdp.org](http://www.aapdp.org) (web site).

**May 14–19**, 164th Annual Meeting of the American Psychiatric Association, Honolulu, HI. Contact: Cathy Nash, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7822.

**May 26–29**, 3rd International Congress on ADHD – From Childhood to Adult Disease, Berlin, Germany. Contact: Congress and Exhibition Office: CPO HANSER SERVICE, 011-49-40-670 88 20 (tel), [www.adhd-congress.org](http://www.adhd-congress.org) (web site), [adhd2011@cpo-hanser.de](mailto:adhd2011@cpo-hanser.de) (e-mail).

---

## OCTOBER

**October 5–8**, II International Congress, Dual Disorders, Addictive Behaviors and other Mental Disorders, Barcelona, Spain. Contact: SEPD, [www.cipd2011.com](http://www.cipd2011.com) (web site).

**October 18–23**, 58th Annual Meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Ontario. Contact: AACAP, 3615 Wisconsin Avenue, N.W., Washington, DC 20016-3007; (202) 966-7300 (tel), (202) 966-2891 (fax), [meetings@aacap.org](mailto:meetings@aacap.org) (e-mail), [www.aacap.org](http://www.aacap.org) (web site).

**October 27–30**, 63rd Institute on Psychiatric Services, American Psychiatric Association, San Francisco, CA. Contact: Jill Gruber, APA Annual Meetings Dept., 1000 Wilson Blvd., Ste. 1825, Arlington, VA 22209; (703) 907-7815.



## Continuing Medical Education

Three articles in this issue form the basis of a short course with questions that can be answered for up to 1 *AMA PRA Category 1 Credit™* each by visiting <http://cme.psychiatryonline.org/> and clicking on “American Journal of Psychiatry CME.”

CME credit is issued only online, and a paid subscription to the AJP CME course program is required.

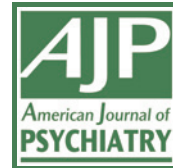
This month's courses appear on pages 107–110

**FREE AUDIO!**



## Have You Heard?

You can listen to highlights of *The American Journal of Psychiatry* by downloading a monthly free .mp3 audio file from our web site (<http://ajp.psychiatryonline.org/misc/audio.dtl>) or by subscribing to the AJP Audio podcast at iTunes or other feed reader (e.g., NewzCrawler, FeedDemon, Bloglines, Google Reader). Presented by Deputy Editor Dr. Susan Schultz or by Editorial Director Michael Roy, each month's audio lasts approximately 30 minutes and covers several research articles, the Treatment in Psychiatry feature, and one or two editorials.



Coming in the February 2011 issue\*

## THE AMERICAN JOURNAL OF PSYCHIATRY

Disrupted Reinforcement Signaling in the Orbitofrontal Cortex and Caudate in Youths With Conduct Disorder or Oppositional Defiant Disorder and a High Level of Psychopathic Traits

E.C. Finger, A.A. Marsh, K.S. Blair, M.E. Reid, C. Sims, P. Ng, D.S. Pine, and R.J.R. Blair

Aberrant Brain Activation During a Working Memory Task in Psychotic Major Depression

A. Garrett, R. Kelly, R. Gomez, J. Keller, A.F. Schatzberg, and A.L. Reiss

Association of Frontal and Posterior Cortical Gray Matter Volume With Time to Alcohol Relapse: A Prospective Study

K. Rando, K.-I. Hong, Z. Bhagwagar, C.-S. R. Li, K. Bergquist, J. Guarnaccia, and R. Sinha

Real-Time Electronic Ambulatory Monitoring of Substance Use and Symptom Expression in Schizophrenia

J. Swendsen, D. Ben-Zeev, and E. Granholm

**\*Can't wait? Visit [ajp.psychiatryonline.org](http://ajp.psychiatryonline.org) and click the “AJP in Advance” logo to see all articles uploaded in advance of print!**