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Official Journal of the American Psychiatric Association

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Issue 3

## The American Journal of **Psychiatry**

Residents' Journal

March 2016

Humanities More Important Than Ever in the Era of Scientific Psychiatry Vivek Datta, M.D., M.P.H.

Using Patient Writings in Psychotherapy: Review of Evidence for Expressive Writing and Cognitive-Behavioral Writing Therapy Phaedra Elizabeth Pascoe, Mr. D. writing and cognitive-behavioral writing the evidence for expressive writing and cognitive-behavioral writinerapy, including theoretical background and subsequent research.

An Introduction to the Buddhist Underpinnings of Mindfulness-Based Interventions: Buddha-Nature and Intrinsic Goodness David Saunders, M.D., Ph.D. Analyzing the role of Buddha-nature in mindfulness-based stress reduction

10 Mental Disorders and Naturalism

13 Diagnosis and the Structure of Scientific Revolutions

15 I Am Not Sick, I Don't Need Help! How to Help Someone with

Mental Illness Accept Treatment
M.M. Naveen, M.D.
Review of the book by Xavier Amador, Ph.D., describing lack of insight as a chronic symptom of mental illness rather than denial of it.

16 Call for Applications to Join the 2016 Editorial Board

17 Residents' Resources

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mc.manuscriptcentral.com/appi-ajp and select a manuscript type for AJP Residents' Journal. You may submit a commentary (500 words), book review (500 words), history of psychiatry (500 words), clinical case conference (1,250 words), review article (1,500 words), treatment in psychiatry article (1,500 words), research article (1,250 words), drug review (1,500 words), or letter to the editor (250 words).

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Children of mothers who took phosphatidylcholine during pregnancy had fewer attention problems and social withdrawal at 40 months of age than children of mothers who took placebo. The children's behavior was moderated by *CHRNA7* variants associated with later mental illness and was related to previously reported enhanced cerebral inhibition in infancy.

#### Ultra-Low-Dose Buprenorphine as a Time-Limited Treatment for Severe Suicidal Ideation: A Randomized Controlled Trial

Short-term, low-dose sublingual buprenorphine had greater efficacy than placebo in reducing suicidal ideation among severely suicidal patients without substance abuse. Antidepressant use and a borderline personality disorder diagnosis did not affect the results.



#### AJP CME

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*<sup>™</sup> each by visiting **http:/psychiatryonline.org/cme** and clicking on the "**American Journal of Psychiatry**" tab. CME credit is issued only **online**, and a paid subscription to AJP CME course program is required. This month's courses appear on pages 437–440.



#### Have You Heard? \_

With AJP Audio you can listen to highlights of this issue. This month, Deputy Editor Susan K. Schultz, M.D., discusses lurasidone for major depression with mixed features, bitemporal ECT compared with high-dose unilateral ECT given twice a week, neurocircuitry of depression with increased versus decreased appetite, attenuated psychosis syndrome, identification of distinct psychosis biotypes, and comprehensive community care for first-episode psychosis.

Also, visit the online edition of this month's *Journal* to view a video of Deputy Editor Daniel S. Pine, M.D., presenting highlights from the issue.



#### Revisit the field's rich history! \_\_\_

#### 150 years ago this month: "The Labor Question, and Hospitals for Incurables"

At a time when cost considerations commonly led the discharge of incurable patients from mental institutions to the "open air system," Dr. I. Ray examines the practicalities—or rather impracticalities—of underwriting the housing and care of this population with the patients' own labor.

#### 25 years ago this month: "Origins of DSM-I: A Study in Appearance and Reality"

Gerald N. Grob, Ph.D., a historian of mental health policy and medicine, "traces the history of psychiatric nosology in the United States from its origins in the early nineteenth century to the introduction of DSM-I in 1952. ... The author's basic argument is that nosology reflected not only psychiatric ideology but also other, external determinants at any given point in time."





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