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Proportion of patients without mental disorders being treated in mental health services worldwide

Bruffaerts *et al*

Mindfulness group therapy in primary care patients with depression, anxiety and stress and adjustment disorders: randomised controlled trial

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Clinical usefulness of dopamine transporter SPECT imaging with ^{123}I -FP-CIT in patients with possible dementia with Lewy bodies: randomised study

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Pharmacotherapy for post-traumatic stress disorder: systematic review and meta-analysis

Hoskins *et al*

BJPsych

Contents

- A5 Editorial Board
A7 Highlights of this issue

Editorials

- 89 **Danger ahead: challenges in undergraduate psychiatry teaching and implications for community psychiatry**
R. Abed and A. Teodorczuk
- 91 **A gilded cage is still a cage: Cheshire West widens 'deprivation of liberty'**
C. Penny and T. Exworthy

Review article

- 93 **Pharmacotherapy for post-traumatic stress disorder: systematic review and meta-analysis**
M. Hoskins, J. Pearce, A. Bethell, L. Dankova, C. Barbui, W. A. Tol, M. van Ommeren, J. de Jong, S. Seedat, H. Chen and J. I. Bisson

Papers

- 101 **Proportion of patients without mental disorders being treated in mental health services worldwide**
R. Bruffaerts, J. Posada-Villa, A. O. Al-Hamzawi, O. Gureje, Y. Huang, C. Hu, E. J. Bromet, M. C. Viana, H. R. Hinkov, E. G. Karam, G. Borges, S. E. Florescu, D. R. Williams, K. Demyttenaere, V. Kovess-Masfety, H. Matschinger, D. Levinson, G. de Girolamo, Y. Ono, R. de Graaf, M. Oakley Browne, B. Bunting, M. Xavier, J. M. Haro and R. C. Kessler
- 110 **Postpartum change in common mental disorders among rural Vietnamese women: incidence, recovery and risk and protective factors**
T. T. Nguyen, T. D. Tran, T. Tran, B. La, H. Nguyen and J. Fisher

- 115 **Community psychiatry – in 100 words**
Tom K. J. Craig

- 116 **Youth mental health after civil war: the importance of daily stressors**
E. A. Newnham, R. M. Pearson, A. Stein and T. S. Betancourt

- 121 **Just a room – extra**
Clare Wadlow

- 122 **Participant views on involvement in a trial of social recovery cognitive-behavioural therapy**
C. Notley, R. Christopher, J. Hodgekins, R. Byrne, P. French and D. Fowler

- 128 **Mindfulness group therapy in primary care patients with depression, anxiety and stress and adjustment disorders: randomised controlled trial**
J. Sundquist, Å. Lilja, K. Palmér, A. A. Memon, X. Wang, L. M. Johansson and K. Sundquist

- 136 **Brain functional changes across the different phases of bipolar disorder**
E. Pomarol-Clotet, S. Alonso-Lana, N. Moro, S. Sarró, M. C. Bonnín, J. M. Goikolea, P. Fernández-Corcuera, B. L. Amann, A. Romaguera, E. Vieta, J. Blanch, P. J. McKenna and R. Salvador

- 144 **On *Memoirs of My Nervous Illness*, by Daniel Paul Schreber – reflection**
Louis Sass

- 145 **Clinical usefulness of dopamine transporter SPECT imaging with ¹²³I-FP-CIT in patients with possible dementia with Lewy bodies: randomised study**
Z. Walker, E. Moreno, A. Thomas, F. Inglis, N. Tabet, M. Rainer, G. Pizzolato and A. Padovani, on behalf of the DaTSCAN DLB Phase 4 Study Group

- 153 **Prediction of general hospital admission in people with dementia: cohort study**
T. C. Russ, M. A. Parra, A. E. Lim, E. Law, P. J. Connelly and J. M. Starr

- 159 **Wes Anderson's *The Grand Budapest Hotel* – psychiatry in the movies**
Roxanne Keynejad

- 160 **Frequency of delusional infestation by proxy and double delusional infestation in veterinary practice: observational study**
P. Lepping, M. Rishniw and R. W. Freudenmann

Short report

- 164 **Prevalence of serum N-methyl-D-aspartate receptor autoantibodies in refractory psychosis**
K. Beck, J. Lally, S. S. Shergill, M. A. P. Bloomfield, J. H. MacCabe, F. Gaughran and O. D. Howes

Columns

- 166 Correspondence
169 Corrections
170 Book reviews
171 Contents of *Advances in Psychiatric Treatment*
172 Contents of the *American Journal of Psychiatry*
173 Kaleidoscope
175 From the Editor's desk

Cover picture

Untitled (1949) by Raphael Domingues (1913–1979).

The Museu de Imagens do Inconsciente was founded in 1952 by Dr Nise da Silveira (1905–1999), a Brazilian psychiatrist and pioneer of occupational therapy in Brazil. The collection is a rich store of patient art and it has always attracted a high level of public interest.

Raphael Domingues is among the foremost artists in the collection. He was born in São Paulo state. His father was a sculptor who made cemetery monuments. He was a shy, sensitive and withdrawn boy. When his father left the family, Raphael had to seek work, but he also managed to study drawing and worked as a designer for private companies. He first experienced mental symptoms aged 15, and at 19 he was admitted to hospital, eventually to the Pedro II Psychiatric Centre. When he was noticed to be doodling on the walls, he was referred to the hospital's art studio.

He was a master of line, notably in drawing human faces. When he finished a work, he would start to cover it with criss-crossing lines, so that staff had to remove it before it was obliterated. He would then start on the next piece of paper. His technique was swift and free-flowing. He achieved critical recognition and had several exhibitions, both in a group and solo, in Brazil and abroad.

With thanks to Dr Cesar Giserman, Old Age Psychiatrist, Nucleus For Assistance to the Elderly (NAI), University of the Third Age (UnATI), and State University of Rio de Janeiro (UERJ), and Luiz Carlos Mello, Director of the Museum of Unconscious Images, Rio de Janeiro.

Work submitted by Tom Dening, Professor of Dementia Research, Institute of Mental Health, University of Nottingham.

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, 21 Prescot Street, London E1 8BB, UK or bjp@rcpsych.ac.uk.



Highlights of this issue

By Kimberlie Dean

Evaluating treatments: pills for PTSD, mindfulness, social recovery CBT and treating the worried well

Although widely used, pharmacotherapeutic approaches to the treatment of post-traumatic stress disorder (PTSD) have been undermined by uncertainty about efficacy. Hoskins *et al* (pp. 93–100) systematically reviewed the relevant literature and found that selective serotonin reuptake inhibitors (SSRIs) appear to be superior to placebo in reducing PTSD symptoms but with a small associated effect size. Fluoxetine, paroxetine and venlafaxine were individually identified as potential treatments. The authors highlight the lack of evidence to support the use of other pharmacological agents and also the absence of adequately controlled head-to-head trials of pharmacological and psychological interventions for PTSD. Set in primary care, Sundquist *et al* (pp. 128–135) undertook a randomised controlled trial of mindfulness group therapy for patients with depression, anxiety or stress and adjustment disorders, with a treatment-as-usual control arm (treatment as usual was individual cognitive-behavioural therapy (CBT) primarily). Improvement was seen in both treatment groups with no difference found between the groups. The authors comment on the potential resource- and cost-saving implications for mindfulness group therapy delivered by certified instructors in primary care compared with individual CBT delivered by psychologists or counsellors.

Two different approaches to evaluating mental health treatment are presented in the *BJPsych* this month – one a qualitative sub-study linked to a pilot trial and the other an analysis of international survey data. Notley *et al* (pp. 122–127) qualitatively examined participant views and experiences in relation to involvement in the PRODIGY trial, a pilot trial of social recovery CBT for young people with emerging psychological difficulties. They found that participants in both arms reported perceived benefits of involvement in the trial beyond the intervention itself. The authors discuss the implications of their findings for addressing ethical concerns associated with trial recruitment in this group, including the issue of disclosure during assessments, which was found by many of the participants to be beneficial. Concerns about the extent to which mental health treatments and services are wasted on the ‘worried well’ prompted Bruffaerts *et al* (pp. 101–109) to analyse data from the World Health Organization’s World Mental Health Surveys of community samples recruited from 23 countries. Around half of those reporting mental health treatment in the previous 12 months were found to meet criteria for a past-year DSM-IV disorder, an additional 18% for a lifetime disorder and a further 13% for another indicator of need (multiple subthreshold disorders, recent stressors or suicidal behaviours).

General hospital admission and SPECT imaging in dementia

On the basis that those with dementia are vulnerable to poorer outcomes when admitted to general hospitals and thus unscheduled admissions should be prevented where possible, Russ *et al* (pp. 153–159) examined data from a cohort of 730 persons with dementia to identify predictors of such admission. Neuropsychiatric symptoms were identified as independently predictive of non-psychiatric hospital admission, prompting the authors to call for research to examine whether or not treatment of such symptoms can reduce admission. The authors also note that neuropsychiatric symptoms have been linked to carer burden in previous studies. Seeking to improve the certainty of a clinical diagnosis of dementia with Lewy bodies (DLB), Walker *et al* (pp. 145–152) found that among those with clinically determined possible DLB, randomisation to undergo dopamine transporter single photon emission computed tomography (SPECT) imaging with ¹²³I-FP-CIT was significantly associated with a change in clinician diagnosis (from possible to probable DLB or possible to non-DLB) and thus appeared to improve diagnostic certainty.

Mental ill health following pregnancy, civil war and among those attending veterinary clinics

Common mental disorder (CMD) in pregnancy and immediately after giving birth is relatively common among women in low- and lower-middle-income countries with rates found to be higher than in higher-income countries. In a population-based prospective study in rural Vietnam, Nguyen *et al* (pp. 110–115) found that 70% of women with perinatal CMD had recovered within the first postpartum year. Such recovery was associated with the quality of intimate and domestic relationships and participation by family members in domestic work and infant care. The authors comment on the modifiability of these social factors, which are thus potential targets for improving recovery from perinatal mental ill health in resource-constrained settings. Newnham *et al* (pp. 116–121) also identified a range of potentially modifiable factors mediating associations between war exposures and post-traumatic stress symptoms in a sample of young people living in Sierra Leone. Daily stressors such as poor economic circumstances, including unemployment of the household’s main earner, poor personal health, having experienced the death of someone close, and depression suffered by a member of the household, played an important role in mediating the association between war exposure and post-traumatic stress symptoms. Such factors were also found to be associated with depression, while the extent of war exposure was not.

In the novel setting of veterinary clinics, Lepping *et al* (pp. 160–163) conducted a survey of clinicians to determine the extent of apparent psychosis among pet owners. Among over 30 000 respondents, 724 suspected cases of delusional infestation by proxy in a pet were reported, with a proportion of such pet owners reporting double delusional infestation – believing themselves to be affected also.