# Contents

## Purpose and procedure

**EBMH notebook**

Manual-based treatment. Part 2: the advantages of manual-based practice in psychotherapy .................................................. 100

Do we under utilise actuarial judgement and decision analysis? .................................................................................. 102

## Other articles noted

## Therapeutics

Exercise was more effective in the long term than sertraline or exercise plus sertraline for major depression in older adults ................................................. 105

Both multisensory stimulation and activity sessions improved mood and behaviour in dementia in the short term ................................................................. 106

Written, personalised feedback in addition to a standard intervention increased smoking cessation ................................................................. 107

Psychosocial therapy reduced the risk of cardiovascular death at 2 years after “out of hospital” sudden cardiac arrest ................................................................. 108

Review: pharmacological and non-pharmacological interventions improve outcomes in patients with dementia and in their caregivers ............................................. 109

Intensive case management decreased hospital resource use in psychotic patients with borderline intelligence quotient ................................................................. 110

Continuation phase cognitive therapy reduced relapse or recurrence in recurrent *DSM-IV* major depressive disorder ................................................................. 111

Review: haloperidol is effective for schizophrenia but increases parkinsonism, dystonia, and akathisia ................................................................. 112

A depression relapse prevention programme improved adherence to medication and depressive symptoms but did not decrease relapses ................................................................. 113

Men and women with chronic major depression responded differently to sertraline and imipramine ................................................................. 114

Review: self help, media based behavioural therapy is effective for behaviour problems in children ................................................................. 115

Fluvoxamine reduced symptoms of social phobia, separation anxiety disorder, and generalised anxiety disorder in children ................................................................. 116

Fluvoxamine plus lithium increased time to relapse in unipolar depressed patients who responded to electroconvulsive therapy ................................................................. 117

Group oriented interpersonal therapy reduced postpartum depression in women at risk ................................................................. 118

## Prognosis

Patients with early adolescent bipolar disorder had 37.1% recovery and 38.3% relapse rates ................................................................. 119

Children with Asperger’s syndrome had higher socialisation scores and fewer autistic symptoms than children with autism ................................................................. 120

## Aetiology

Review: prenatal exposure to cocaine does not independently affect physical growth, cognition, or language skills ................................................................. 121

Life dissatisfaction was associated with an increased risk of suicide but adjustment for confounding factors attenuated the association ................................................................. 122

Risk of schizophrenia increased with increasing paternal age ................................................................. 123

## Quality Improvement

Group and individual academic detailing for clinicians influenced prescribing of antidepressants for the elderly ................................................................. 124

## Qualitative

Patients with schizophrenia found that clozapine improved their wellbeing without resulting in extrapyramidal motor side effects ................................................................. 125

3 themes related to a critical incident were identified in the decision to place a relative with Alzheimer’s disease in an assisted living facility ................................................................. 126

Patients with traumatic brain injury relayed neutral or positive self narratives for coping with their changed lives ................................................................. 127

Physically injured patients described several forms of post-traumatic concerns ................................................................. 128

## Glossary

Glossary .................................................................................. Inside back cover