Contents

Purpose and procedure ......................... 90

EBMH notebook
Risk assessment ........................................ 91
With apologies to Albert: everything is not relative .... 93

Other articles noted ............................... 94

Prognosis
The incidence of delirium in older people with a mood disorder is similar with lithium and valproate .... 95
Lifetime risk of suicide in people with schizophrenia lower than commonly reported .................. 96
Attendance at accident and emergency for deliberate self harm predicts increased risk of suicide, especially in women .................................................. 97
Early onset of drinking increases alcohol use in adulthood .................................................. 98

Diagnosis
The sentence completion test for depression can distinguish between people with and without major depressive disorder .................................................. 99

Therapeutics
Long acting injectable naltrexone is effective and safe for treating alcohol dependence .............. 100
Bipolar disorder in young people: divalproex sodium no more effective than lithium for maintenance .... 101
Adding cognitive therapy to minimal psychiatric care prevents short term, but not long term, relapse in people with bipolar disorder ........................................ 102
Cognitive behavioural therapy reduces psychological distress in carers of people with Parkinson’s disease .. 103
Some psychosocial therapies may reduce depression, aggression, or apathy in people with dementia .. 104

Collaborative care depression management for older adults: level of comorbidity does not affect outcome ... 105
Collaborative care management improves physical functioning in older people with depression ........ 106
St John’s wort is at least as effective as paroxetine in reducing severity of depression and is better tolerated 107
Postnatal home visits from healthcare professionals show promise for preventing postnatal depression .... 108
Adding hypnosis to cognitive behavioural therapy may reduce some acute stress disorder symptoms ...... 109
Coordinated care consisting of cognitive behavioural therapy plus medication improves panic disorder .... 110
Pharmacotherapy is an effective treatment option for generalised anxiety disorder ...................... 111
Methadone plus contingency management or performance feedback reduces cocaine and opiate use in people with drug addiction ........................................ 112

Aetiology
Forensic database study suggests selective serotonin reuptake inhibitors do not increase the risk of suicide in people taking antidepressants .................. 113
Suicide risk peaks in first week of psychiatric hospitalisation and post-discharge ...................... 114
Atypical antipsychotic use during the first trimester of pregnancy may not increase major malformations .... 115

Prevalence
Comorbid pain related somatisation is common in Latin Americans with major depressive disorder ........ 116
Prescription of pharmacotherapy for depression in elderly people varies with age, race, gender, and length of care .................................................. 117
Fifteen per cent of people treated for mental health disorders are homeless .................................. 118