

**Editor**  
S Reid (UK)

**Content Editor**  
A Lovell (UK)

**Associate Editors**  
C Barbui (Italy)  
S Hatcher (New Zealand)  
K Sayal (UK)  
D Taylor (UK)  
G Towl (UK)

**Production Editor**  
J Breen (UK)

**Content Assistant**  
L K Lee (UK)

ISSN 1362-0347 (print)  
ISSN 1468-960X (online)

**Disclaimer:** *Evidence-Based Mental Health* is owned and published by the British Psychological Society, the Royal College of Psychiatry and the BMJ Publishing Group Ltd, a wholly owned subsidiary of the British Medical Association. The owners grant editorial freedom to the Editor of *Evidence-Based Mental Health*. *Evidence-Based Mental Health* follows guidelines on editorial independence produced by the World Association of Medical Editors and the code on good publication practice of the Committee on Publication Ethics.

*Evidence-Based Mental Health* is intended for medical professionals and is provided without warranty, express or implied. Statements in the journal are the responsibility of their authors and advertisers and not authors' institutions, the BMJ Publishing Group, the Royal College of Psychiatry, The British Psychological Society or the BMA unless otherwise specified or determined by law. Acceptance of advertising does not imply endorsement.

To the fullest extent permitted by law, the BMJ Publishing Group shall not be liable for any loss, injury or damage resulting from the use of *Evidence-Based Mental Health* or any information in it whether based on contract, tort, or otherwise. Readers are advised to verify any information they choose to rely on.

**Copyright:** © 2009 BMJ Publishing Group Ltd, the British Psychological Society and the Royal College of Psychiatrists. All rights reserved; no part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without prior permission of the copyright owners.

*Evidence-Based Mental Health* is published by the BMJ Publishing Group Ltd, the British Psychological Society and the Royal College of Psychiatrists, typeset by The Charlesworth Group and printed in the UK on acid-free paper by Cambrian Printers Limited, Aberystwyth.

*Evidence-Based Mental Health* (USPS No: 018-803) is published quarterly by BMJ Publishing Group and distributed in the USA by Pitney Bowes International Mailing Services Inc as mailing agent. Periodicals postage paid at Kearny, NJ and additional mailing offices. POSTMASTER: send address changes to *Evidence-based Mental Health*, PB International Mailing Services Inc, 500 US Hwy 46, Clifton, NJ 07011, USA.

# Evidence-Based Mental Health

Evidence-Based Mental Health surveys a wide range of international medical journals applying strict criteria for the quality and validity of research. Practising clinicians assess the clinical relevance of the best studies in mental health. The key details of these essential studies are presented in a succinct, informative abstract with an expert commentary on its clinical application.

## Evidence-Based Mental Health – Would you rather read 50 000 articles or 96?

An enormous amount of work goes on behind the scenes to make sure that *Evidence-Based Mental Health* provides you with all the information you need. We scan over 50 journals and around 25 000 articles a year so that we can identify the most important and valid 96 research articles and publish them in the journal. This means that if you read *Evidence-Based Mental Health*, you'll get all the important research material you need in just 4 volumes that are published throughout the year, saving you all important time to concentrate on other things.

To further emphasise the point, in a recent study\*, it was found that you'd have to read 227 articles in the *Lancet* or 118 articles in the *New England Journal of Medicine* to get the relevant information that would be contained in 1 *Evidence-Based Mental Health* article.

What's more, *Evidence-Based Mental Health* includes the "Et al" section which includes mentions of high-quality articles that were not abstracted but are still recommended reading. This means that you have a ready-made list of extra reading for you to use. And all the articles are rated for clinical relevance and newsworthiness so you'll be able to quickly and clearly see how relevant the article will be to you, again saving you time.

So for time-saving, distilled research information make sure you subscribe to *Evidence-Based Mental Health*.

\*What do evidence-based secondary journals tell us about the publication of clinically important articles in primary healthcare journals?; Kathleen Ann McKibbin, Nancy L Wilczynski and Robert Brian Haynes, Sept 2004. Available at BioMed Central: <http://www.biomedcentral.com/1741-7015/2/33>.

## Subscription Information

*Evidence-Based Mental Health* is published quarterly. Each issue will include abstracts and commentaries for 24 articles.

### Institutional Rates 2009

**Print**  
£234; US\$456; €316

### Online Only

Site licences are priced on FTE basis and allow access by the whole institution. Print is available at deeply discounted rates for online subscribers; details available online at <http://group.bmj.com/group/subs-sales/subscriptions> or contact the Subscription Manager in the UK (see above right)

ISSN 1362-0347 (print)  
ISSN 1468-960X (online)

Personal print or online only and institutional print subscriptions may be purchased online at <http://group.bmj.com/group/subs-sales/subscriptions> (payment by (MasterCard/Visa only).

### Personal Rates 2009

**Print** (includes online access at no additional cost)  
£96; US\$187; €130

**Online only**  
£54; US\$105; €73

Members of the Royal College of Psychiatrists, the Royal College of Nursing and the British Psychological Society

**Print** (includes online access at no additional cost)  
£60; US\$110; €89

First-time subscribers from the Royal College of Psychiatrists and the British Psychological Society

**Print** (includes online access at no additional cost)  
£43; US\$79; €64

Residents of some EC countries must pay VAT; for details call us or visit <http://group.bmj.com/group/subs-sales/subscriptions/subs-vat>

## Contact Details

### Editorial Offices

Alan Lovell, Bazian Ltd, 10 Fitzroy Square, London W1T 5HP, UK

T: +44 (0)20 7874 1593

F: +44 (0)20 7388 3101

E: [alan.lovell@bazian.com](mailto:alan.lovell@bazian.com)

BMJ Publishing Group Ltd, BMA House, Tavistock Square, London WC1H 9JR, UK

T: +44 (0)20 7387 4410

F: +44 (0)20 7383 6668

E: [journals@bmjgroup.com](mailto:journals@bmjgroup.com)

### Permissions

See <http://journals.bmj.com/misc/permissions.dtl>

### Subscriptions (except USA)

Subscription Manager, BMJ Journals, BMJ Publishing Group Ltd, PO BOX 299, London WC1H 9TD, UK

T: +44 (0)20 7383 6270

F: +44 (0)20 7383 6402

E: [subscriptions@bmjgroup.com](mailto:subscriptions@bmjgroup.com)

<http://group.bmj.com/group/subs-sales/subscriptions>

### US Subscriptions

PP&F PO Box 361, Birmingham, AL35201-0361

T: +1 800 348 6473 (toll free in the USA)

F: +1 205 995 1588

E: [bmj-clinicalevidence@ebSCO.com](mailto:bmj-clinicalevidence@ebSCO.com)

### Advertising

T: +44 (0)20 7383 6181

F: +44 (0)20 7383 6556

E: [ecurrer@bmjgroup.com](mailto:ecurrer@bmjgroup.com)

<http://group.bmj.com/group/advertising>

### Author Reprints

T: +44 (0)150 251 5161

F: +44 (0)20 7554 6185

E: [admin.reprints@bmjgroup.com](mailto:admin.reprints@bmjgroup.com)

### Commercial Reprints (except USA & Canada)

Nadia Gurney-Randall

T: +44 (0)20 8445 5825

M: +44 (0)7866 262344

F: +44 (0)20 8445 5870

E: [ngurneyrandall@bmjgroup.com](mailto:ngurneyrandall@bmjgroup.com)

### Commercial Reprints (USA & Canada)

Marsha Fogler

T: +1 800 482 1450 (toll free in the USA)

T: +1 856 489 4446 (outside the USA)

F: +1 856 489 4449

E: [mfogler@medicalreprints.com](mailto:mfogler@medicalreprints.com)



The  
British  
Psychological  
Society

