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# 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.

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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 issues that are published throughout the year, saving you all important time to concentrate on other things.

To further emphasise the point, a study\*, 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.

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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 LWilczynski and Robert Brian Haynes, Sept 2004. Available at BioMed Central: <http://www.biomedcentral.com/1741-7015/2/33>.

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### Editorial Offices

Editorial Office, Bazian Ltd, 10 Fitzroy Square, London W1T 5HP, UK  
T: +44 20 7874 1593  
F: +44 20 7388 3101  
E: [journals@bazian.com](mailto:journals@bazian.com)

BMJ Publishing Group Ltd, BMA House, Tavistock Square, London WC1H 9JR, UK  
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T: +44 (0)20 7383 6386  
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E: [ngray@bmjgroup.com](mailto:ngray@bmjgroup.com)  
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Marc Clifford (Sales Manager)  
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Nadia Gurney-Randall  
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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@bmjgroup.com](mailto:mfogler@bmjgroup.com)



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