Editor

G Towl (UK)

Content Editor A Lovell (UK)

Associate Editors

C Barbui (Italy) D Crighton (UK) K Sayal (UK)

Content Assistant LK 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 specifi ed 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: © 2013 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 Techset and printed in the UK on acid-free paper

Evidence-Based Mental Health (ISSN 1362-0347) is published quarterly by BMJ Publishing Group and distributed in the USA by Air Business Ltd. Periodicals postage paid at Jamaica NY 11431. POSTMASTER: Send address changes to Evidence-Based Mental Health, Air Business Ltd, c/o Worldnet, Shipping Inc. 156-15, 146th Avenue, 2nd Floor, Jamaica, NY 11434, USA.

Evidence-Based Mental Health

Evidence-Based Mental Health surveys a wide range of international medical iournals 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 vou rather read 25 000 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'llget 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.

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 McKibbon, Nancy LWilczynski 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 2013

Print

£287; US\$560; €388

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:// ebmh.bmj.com/subscribe/ 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://ebmh.bmj.com/subscribe (payment by (MasterCard/Visa only).

Personal Rates 2013

Print (includes online access at no additional cost)

£116; US\$227; €157

Online only

£64; US\$125; €87

British Psychological Society members

Print (includes online access at no additional cost)

£61

Royal College of Psychiatrists members

Print (includes online access at no additional cost)

£10; US\$19.50; €13.50

Online Only

Free as a member benefit through www.rcpsych.ac.uk

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

Contact Details

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

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

T: +44 (0)20 7387 6057

F: +44 (0)20 7383 6668

E: http://ebmh.bmj.com/ifora

Permissions

See http://group.bmj.com/permissions

Subscriptions

For **ALL** subscription enquiries and orders

T: +44 (0)20 7383 6270

F: +44 (0)20 7383 6402

E: support@bmjgroup.com http://ebmh.bmj.com/subscribe/

Display Advertising Sales

Nick Gray (Sales Manager)

T: +44 (0)20 7383 6386

F: +44 (0)20 7383 6556

E: ngray@bmjgroup.com

http://group.bmj.com/advertising

Online Advertising Sales

Marc Clifford (Sales Manager)

T: +44 (0) 20 7383 6161

F: +44 (0) 20 7383 6556 E: mclifford@bmjgroup.com

http://group.bmj.com/advertising

Author Reprints

T: +44 (0)20 7383 6305

F: +44 (0)20 7554 6185

E: 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

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



