

# Evidence-Based Mental Health

## Contents

|  |    |   |                   |
|--|----|---|-------------------|
| <b>Purpose and procedure</b> .....   | 2  | Behavioural family therapy reduced disruptive behaviour in children at risk for conduct problems .....                              | 20                |
| <b>EBMH notebook</b>   |    | Review: nicotine replacement treatments achieve smoking abstinence at 6–12 months .....   | 21                |
| So much research evidence, so little dissemination and uptake: mixing the useful with the pleasing .....   | 3  | Cognitive behavioural therapy reduced distress and doctor visits in patients with medically unexplained symptoms .....              | 22                |
| Applying the results of trials and systematic reviews to our individual patients .....   | 6  | Review: newer drugs have not yet been shown to be better than clozapine for schizophrenia .....                                     | 23                |
| <b>Other articles noted</b> .....  | 8  | Review: donepezil, metrifonate, rivastigmine, and <i>Ginkgo biloba</i> are more effective than placebo in Alzheimer's disease ..... | 24                |
| <b>Therapeutics</b>  |    | <b>Diagnosis</b>  |                   |
| Divalproex did not differ from placebo or lithium in preventing recurrence of new mood episodes in bipolar I disorder, remission phase .....                                     | 9  | Review: strong evidence recommends genetic and metabolic testing in subgroups of children with autism .....                         | 25                |
| Review: family intervention added to standard treatment for schizophrenia reduces relapse .....  | 10 | The Quick PsychoDiagnostics Panel was accurate for identifying psychiatric disorders in primary care .....                          | 26                |
| Review: patient education is effective for improving patient knowledge of schizophrenia .....  | 11 | <b>Prognosis</b>  |                   |
| Review: school based child sexual abuse prevention programmes are effective for improving prevention skills and knowledge .....  | 12 | Review: the location of stroke is not associated with the risk of depression .....  | 27                |
| Review: home visiting programmes that include $\geq 1$ postnatal home visit are associated with improved quality of home environment and parenting .....                         | 13 | Diagnostic stability was higher in schizophrenia than other psychoses .....   | 28                |
| A comprehensive coping strategy programme reduced nausea and fatigue after autologous bone marrow transplantation for breast cancer .....  | 14 | <b>Aetiology</b>  |                   |
| A psychosocial group intervention reduced psychological distress and enhanced coping in primary breast cancer .....  | 15 | Children who participated in school extracurricular activities were less likely to drop out or to have been arrested .....          | 29                |
| Review: advice from doctors and nurses, behavioural interventions, nicotine replacement treatment, and several pharmacological treatments increase smoking cessation rates ..... | 16 | Genetic and specific environmental risk factors affected comorbidity of major depression and alcoholism .....                       | 30                |
| Lithium reduced aggression and was safe in aggressive children and adolescents with conduct disorder admitted to hospital .....  | 17 | <b>Qualitative</b>  |                   |
| Disulfiram was effective in patients with cocaine abuse who were also methadone treated opioid addicts .....   | 18 | Psychiatric nurses expressed conflicting feelings in the decision to use physical restraints .....                                  | 31                |
| In hospital cognitive rehabilitation was as effective as home rehabilitation in moderate to severe traumatic brain injury .....  | 19 | Inpatients with personality disorders who stopped treatment had problems with the institutional culture and relationships .....     | 32                |
|  |    | <b>Glossary</b> .....   | Inside back cover |