

# Evidence-Based Mental Health

## Contents

<b>Purpose and procedure</b> .....	2	Toddler temperament cognition and caregiver, interaction predict impulsive functioning .....	20	
<b>EBMH Notebook</b>				
Disseminating evidence-based mental health practices .....	4			
Strategies for implementing evidence-based practices in routine mental health settings .....	6			
<b>Resource corner</b> .....				8
<b>Prevalence</b>				
9% of a US community sample had a DSM-IV personality disorder .....	9			
22% of preschool children, 8% of primary school students and 3% of adolescents have tics .....	10			
17% of people with traumatic brain injury attempted suicide .....	11			
Parents under-report children's suicide ideation and attempts .....	12			
Young men who do not drink, as well as those who drink heavily, have high levels of depression and distress .....	13			
<b>Aetiology</b>				
Existing psychological problems predict depression in primary care better than sociodemographic factors .....	14			
Mothers depression in early childhood increases the risk of adolescent anxiety and depression .....	15			
There was no sex difference in genetic correlations between neuroticism and major depression .....	16			
Persistent early childhood developmental impairment may be associated with later schizophreniform disorder .....	17			
Childhood motor impairment is associated with male anxiety at 11 and 16 years .....	18			
Markers of minor brain damage are associated with developmental performance in preschool children .....	19			
		<b>Diagnosis</b>		
		Three new childhood anxiety scales have comparable reliability and validity to traditional diagnostic scales .....	21	
		RBANS has reasonable test-retest reliability in schizophrenia .....	22	
		<b>Therapeutics</b>		
		Review: in obsessive-compulsive disorder, clomipramine may be more effective than selective serotonin reuptake inhibitors after controlling for other factors .....	23	
		Long term citalopram prevents recurrent depression in the elderly and is well tolerated .....	24	
		Review: cognitive therapy may be no more effective than other bona fide psychological therapies for depression .....	25	
		Brief cognitive behavioural intervention delivered by nurses reduces overall symptoms in schizophrenia .....	26	
		10 mg intramuscular olanzapine reduces acute agitation in schizophrenia more effectively than lower doses .....	27	
		Olanzapine reduces mania more effectively than divalproex, but has more adverse effects .....	28	
		Sertraline with or without interpersonal psychotherapy reduces dysthymia symptoms over psychotherapy alone .....	29	
		High dose buprenorphine may be an effective interim treatment for long term heroin users waiting for drug-assisted rehabilitation .....	30	
		At 10 year follow up, brief interventions had no effect on harmful alcohol consumption .....	31	
		<b>Prognosis</b>		
		Personality disorders have a differential effect on the outcome of anxiety disorders .....	32	
		<b>Glossary</b> .....	Inside back cover	