

# Evidence-Based Mental Health



## Contents

February 2011 Vol 14 No 1

### Aetiology

- 1 White matter hyperintensities are associated with an increased risk of stroke, dementia and mortality
- 2 Conventional antiepileptic drugs are not associated with an increased risk of suicidal behaviour or self-harm
- 3 Current use of antiepileptic drugs is associated with an increased risk of suicidality in people with depression but not in people with epilepsy or bipolar disorder

### Diagnosis

- 4 Confusion Assessment Method is the most appropriate tool to quickly detect delirium in hospitalised patients at the bedside

### Prevalence

- 5 A quarter of people with Parkinson's disease without dementia have mild cognitive impairment
- 6 Young black females in three UK cities have higher rates of self-harm than other ethnic groups but are less likely to be referred for psychiatric care
- 7 Suicide attempts more common in offspring of depressed parents exposed to suicidal behaviour than unexposed offspring
- 8 Attachment-based family therapy reduces suicidal ideation in adolescents
- 9 Association between recent stressful life events and prevalence of depression, anxiety and PTSD differs according to exposure to childhood adversity

### Prognosis

- 10 Generalised anxiety disorder doubles risk of cardiovascular events in people with stable coronary heart disease
- 11 Early term, preterm and post-term gestation births increase the risk of special educational needs during schooling
- 12 Veterans with post-traumatic stress disorder are at increased risk of developing dementia
- 13 Rapid discontinuation of antidepressants reduces time to recurrence of depression and panic
- 14 Exposure to statins in early old age but not in late old age may be associated with a lower risk of developing Alzheimer's disease
- 15 Young children with ADHD are at increased risk of depression and suicidal behaviour in adolescence
- 16 Method used in an unsuccessful suicide attempt predicts likelihood of future completed suicide
- 17 People with bipolar disorder and comorbid substance abuse are six times more likely to be convicted of violent crime than the general population

### Therapeutics

- 18 Parent-child CBT reduces anxiety disorders among children aged 4–7 years
- 19 Type I diabetes: motivational enhancement therapy delivered with CBT by nurse therapists to people with type I diabetes leads to lowering of HbA<sub>1c</sub> values
- 20 Brief intervention in an emergency department reduces violence in the short term but not alcohol misuse in at-risk adolescents
- 21 Fluoxetine, trazodone and ritanserin are more effective than placebo when used as add-on therapies for negative symptoms of schizophrenia
- 22 Acamprosate reduces risk of return to drinking after detoxification, but is similarly effective to naltrexone
- 23 A personality-based intervention moderately reduces risk of drinking in at-risk 13–14-year-old British school children
- 24 Adding a psychosocial intervention to antipsychotic medication reduces treatment discontinuation and relapse
- 25 No differences in efficacy of atypical and typical antipsychotics in early psychosis, but side effects differ
- 26 Droperidol and midazolam, alone or combined, have similar effects on duration of violent and acute behaviour disturbance in emergency department patients
- 27 Family-based treatment increases full remission at 1-year follow-up compared with adolescent-focused individual therapy in adolescents with anorexia nervosa
- 28 CBT is effective in reducing symptoms in adults with ADHD whose symptoms persist following pharmacotherapy
- 29 Intense case management for severe mental health problems reduces time in hospital and loss to follow-up compared with standard care, but benefits over non-ICM are less clear
- 30 Adding buprenorphine implants to counselling reduces opioid use over 6 months in opioid-dependent adults


### Treatment

- 31 Review: teratogenicity of first- and second-generation antipsychotics in pregnancy is unclear

### Glossary

### Electronic pages

- e1 Purpose and procedure

 This article has been chosen by the Editor to be of special interest or importance and is freely available online.

C O P E COMMITTEE ON PUBLICATION ETHICS

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics

[www.publicationethics.org](http://www.publicationethics.org)

 equator network

 recycle  
When you have finished with this please recycle it