

# Evidence-Based Mental Health

## Contents

<b>Purpose and procedure</b> .....	90	Collaborative care depression management for older adults: level of comorbidity does not affect outcome ..	105
<b>EBMH notebook</b>		Collaborative care management improves physical functioning in older people with depression .....	106
Risk assessment .....	91	St John's wort is at least as effective as paroxetine in reducing severity of depression and is better tolerated	107
With apologies to Albert: everything is <i>not</i> relative ....	93	Postnatal home visits from healthcare professionals show promise for preventing postnatal depression.....	108
<b>Other articles noted</b> .....	94	Adding hypnosis to cognitive behavioural therapy may reduce some acute stress disorder symptoms .....	109
<b>Prognosis</b>		Coordinated care consisting of cognitive behavioural therapy plus medication improves panic disorder.....	110
The incidence of delirium in older people with a mood disorder is similar with lithium and valproate .....	95	Pharmacotherapy is an effective treatment option for generalised anxiety disorder .....	111
Lifetime risk of suicide in people with schizophrenia lower than commonly reported .....	96	Methadone plus contingency management or performance feedback reduces cocaine and opiate use in people with drug addiction .....	112
Attendance at accident and emergency for deliberate self harm predicts increased risk of suicide, especially in women.....	97		
Early onset of drinking increases alcohol use in adulthood.....	98		
<b>Diagnosis</b>		<b>Aetiology</b>	
The sentence completion test for depression can distinguish between people with and without major depressive disorder .....	99	Forensic database study suggests selective serotonin reuptake inhibitors do not increase the risk of suicide in people taking antidepressants .....	113
<b>Therapeutics</b>		Suicide risk peaks in first week of psychiatric hospitalisation and post-discharge.....	114
Long acting injectable naltrexone is effective and safe for treating alcohol dependence .....	100	Atypical antipsychotic use during the first trimester of pregnancy may not increase major malformations.....	115
Bipolar disorder in young people: divalproex sodium no more effective than lithium for maintenance .....	101	<b>Prevalence</b>	
Adding cognitive therapy to minimal psychiatric care prevents short term, but not long term, relapse in people with bipolar disorder .....	102	Comorbid pain related somatisation is common in Latin Americans with major depressive disorder .....	116
Cognitive behavioural therapy reduces psychological distress in carers of people with Parkinson's disease ..	103	Prescription of pharmacotherapy for depression in elderly people varies with age, race, gender, and length of care .....	117
Some psychosocial therapies may reduce depression, aggression, or apathy in people with dementia .....	104	Fifteen per cent of people treated for mental health disorders are homeless .....	118