

Editor

A Cipriani (UK)

Deputy Editor

Toshi Furukawa (Japan)

Digital Communications Editor

Holly Millward (UK)

Digital Content Editor

Michael Ostacher (USA)

Section Editors

Forensic Psychiatry

Seena Fazel (UK)

Statistics

Georgia Salanti (Greece)

Associate Editors

Tony James (UK)

Stephen Lawrie (UK)

Stefan Leucht (Germany)

Gin Malhi (Australia)

Dimitris Mavridis (Greece)

Paul Ramchandani (UK)

Kapil Sayal (UK)

Scott Stroup (USA)

Til Wykes (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 specified 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: © 2015 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 aims to "engage" psychiatrists and psychologists, particularly younger professionals, in the challenge of basing their practice on evidence. It aims to provide material to allow professionals to develop the necessary skills, practice evidence-based mental health in their own practices, and keep up to the latest evidence in the field and the ever expanding suite of evidence-based approaches, joining the growing community of people with active interest in EBMH across the world.



twitter.com/ebmentalhealth



youtube.com/user/EBMHBMJ



blogs.bmj.com/ebmh/



facebook.com/EvidenceBased.Mental.Health

From the Editor

The scope of *Evidence-Based Mental Health* is to introduce and promote the practice of evidence-based medicine in mental health across the world. This means that we are not interested in simply selecting and disseminating the best evidence by itself. Scientific literature is continuously made available (sometimes too much and too often misleading) with websites and other sources regularly updating, almost in real time, with the latest content. Our mission is rather different. We want to help interested readers learn how to select and use the best available evidence to answer their questions and markedly improve their own clinical practice. This journal should be seen (and built) as a tool to learn how to practice evidence-based medicine in the context of specific and diverse mental health clinical settings across the world.

Despite the fact that practicing within the frame of evidence-based medicine is the most robust approach we have today to improve care and limit risks for our patients, practicing evidence-based medicine is not a one-size-fits-all approach. Evidence-based medicine is not like following a recipe: it is not a warranty of clinical success and it is challenging because it requires medical knowledge, critical appraisal and clinical skills. Moreover, practicing in an evidence-based medicine manner can be harder in mental health because psychiatry and clinical psychology have specific features that are unique from the rest of medicine. The editorial board welcomes any feedback, positive or negative (but constructive), and look forward to interaction and collaboration with our readers to make EBMH as useful, meaningful and fun as possible.

@And_Cipriani <http://blogs.bmj.com/ebmh/>

Subscription Information

Evidence-Based Mental Health is published quarterly. Each issue will include abstracts and commentaries for 24 articles.

Institutional Rates 2015

Print

£327; US\$638; €442

Online Only

Site licences are priced on FTE basis and allow access by the whole institution.

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/site/help/index.xhtml> (payment by (MasterCard/Visa only).

Personal Rates 2015

Print (includes online access at no additional cost)

£132; US\$258; €179

Online only

£73; US\$143; €99

British Psychological Society members

Print (includes online access at no additional cost)

£61

£35

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/subs-sales/subscriptions/subs-vat>

Contact Details

Editorial Offices

Bazian Ltd, 20 Cabot Square, London E14 4QW, UK

T: +44 (0)20 7576 8366

E: journals@bazian.com

Twitter: @EBMentalHealth

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

T: +44 (0)20 7387 6057

<http://ebmh.bmj.com/fora>

Production Editor

Kelly Stroud

E: production.ebmh@bmj.com

Permissions

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

Subscriptions

For ALL subscription enquiries and orders

T: +44 (0)20 7111 1105

E: support@bmj.com

<http://ebmh.bmj.com/site/help/index.xhtml>

Display Advertising Sales

Sophie Fitzsimmons (Sales Manager)

T: +44 (0)20 7383 6783

E: sfitzsimmons@bmj.com

<http://group.bmj.com/advertising>

Online Advertising Sales

Marc Clifford (Sales Manager)

T: +44 (0) 20 7383 6161

E: mclifford@bmj.com

<http://group.bmj.com/advertising>

Display & Online Advertising Sales (USA)

Jim Cunningham

T: +1 201 767 4170

E: jcunningham@cunnasso.com

Author Reprints

T: +44 (0)20 7383 6305

E: admin.reprints@bmj.com

Commercial Reprints (except USA & Canada)

Nadia Gurney-Randall

T: +44 (0)20 8445 5825

M: +44 (0)7866 262344

E: ngurneyrandall@bmj.com

Commercial Reprints (USA & Canada)

Ray Thibodeau

T: +1 267 895 1758

M: +1 215 933 8484

E: ray.thibodeau@contentednet.com



The British Psychological Society
Promoting excellence in psychology

