

## Editor

Andrea Cipriani (UK)

## Deputy Editors

Toshi Furukawa (Japan)

Samuele Cortese (UK)

## Digital Content Editor

Michael Ostacher (USA)

## Section Editors

Child and Adolescent Mental Health

Tony James (UK)

Forensic Psychiatry

Seena Fazel (UK)

Health economics

Judit Simon (Austria)

New technologies, digital innovation and mHealth

Lisa Marzano (UK)

Old Age Psychiatry

Klaus Ebmeier (UK)

Statistics in Practice

Georgia Salanti (Switzerland)

## Associate Editors

Georgina Cox (Australia)

Sarah Hetrick (New Zealand)

Stephen Lawrie (UK)

Stefan Leucht (Germany)

Gin Malhi (Australia)

Dimitris Mavridis (Greece)

Kapil Sayal (UK)

Scott Stroup (USA)

Til Wykes (UK)

**Disclaimer:** The Editor of *Evidence-Based Mental Health* has been granted editorial freedom and *Evidence-Based Mental Health* is published in accordance with editorial guidelines issued by the World Association of Medical Editors and the Committee on Publication Ethics. *Evidence-Based Mental Health* is primarily intended for healthcare professionals and its content is for information only. The Journal is published without any guarantee as to its accuracy or completeness and any representations or warranties are expressly excluded to the fullest extent permitted by law. Readers are advised to independently verify any information on which they choose to rely. Acceptance of advertising by *Evidence-Based Mental Health* does not imply endorsement. Neither the *British Psychological Society* and the *Royal College of Psychiatrists* nor BMJ Publishing Group Limited shall have any liability for any loss, injury or damage howsoever arising from *Evidence-Based Mental Health* (except for liability which cannot be legally excluded).

**Copyright:** © 2021 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 in any form without permission.

*Evidence-Based Mental Health* is published by BMJ Publishing Group Ltd, the British Psychological Society and the Royal College of Psychiatrists, typeset by Exeter Premedia and printed in the UK on acid-free paper.

*Evidence-Based Mental Health* (ISSN 1362-0347) is 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

## International Early Career Researchers Advisory Board members

**Astrid Chevance**

France

**Dixon Chibanda**

Zimbabwe

**Nathalie Holz**

Germany

**Ayşe Kurtulmus**

Turkey

**Giorgia Michelini**

USA

**Edoardo Giuseppe Ostinelli**

Italy

**Anneka Tomlinson**

UK

## International Editorial board members

**David Coghill**

Australia

**Christoph U. Correll**

USA

**Pim Cuijpers**

The Netherlands

**John M. Davis**

USA

**Anne Duffy**

Canada

**Stephen V. Faraone**

USA

**Brad Gaynes**

USA

**Oye Gureje**

Nigeria

**John M. Kane**

USA

**Ronald C. Kessler**

USA

**Giovanni A. Salum**

Brazil

**Nina R. Schooler**

USA

**Emanuel Severus**

Germany

**Manpreet K Singh**

USA

**Pratap Sharan**

India

**Dan J Stein**

South Africa

**Peng Xie**

China

## Contact Details

### Editorial Office

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

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

### Content Editor

For ScholarOne queries

E: [info.ebmh@bmj.com](mailto:info.ebmh@bmj.com)

### Production Editor

Kate Spencer

For Production queries

E: [production.ebmh@bmj.com](mailto:production.ebmh@bmj.com)

### Permissions

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

### Subscriptions

For all subscription enquiries and orders

T: +44 (0)20 7111 1105

W: [support.bmj.com](mailto:support.bmj.com)

### Display Advertising Sales

Sophie Fitzsimmons (Sales Manager)

T: +44 (0)20 3655 5612

E: [sfztsimmons@bmj.com](mailto:sfztsimmons@bmj.com)

<https://www.bmj.com/company/for-advertisers-and-sponsor/>

### Online Advertising Sales

Marc Clifford (Sales Manager)

T: +44 (0)20 3655 5610

E: [mclifford@bmj.com](mailto:mclifford@bmj.com)

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

### Display & Online Advertising Sales (USA)

American Medical Communications (AMC)

T: +1 973 214 4374

E: [rgordon@americanmedicalcomm.com](mailto:rgordon@americanmedicalcomm.com)

### Author Reprints

E: [admin.reprints@bmj.com](mailto: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](mailto:ngurneyrandall@bmj.com)

### Commercial Reprints (USA & Canada)

Ray Thibodeau

T: +1 267 895 1758

M: +1 215 933 8484

E: [ray.thibodeau@contentednet.com](mailto:ray.thibodeau@contentednet.com)

### For all other EBMH journal contacts

<http://ebmh.bmj.com/pages/contact-us/>

## Subscription Information

*Evidence-Based Mental Health* is published quarterly.

### Institutional Rates

2021

#### Print

£431

#### 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 <https://ebmh.bmj.com/pages/subscribe/> (payment by (MasterCard/Visa only).

### Personal Rates 2021

**Print** (includes online access at no additional cost)

£175

#### Online only

£98.00

### British Psychological Society members

**Print** (includes online access at no additional cost)

£65

#### Online only

£37

### Royal College of Psychiatrists members

**Print** (includes online access at no additional cost)

£13.20

#### Online only

Free as a member benefit through [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)  
Residents of some EC countries must pay VAT; for details call us or visit <https://www.bmj.com/company/eu-vat-rates/>



The British Psychological Society  
Promoting excellence in psychology

