

## You Should Read This! Department of Psychiatry Reading List 2019

### Faculty Submissions

Submission by:	Article/Reference	Comments:
Dr. Jacob Cookey	<p>Malhi, G. S., Outhred, T., &amp; Irwin, L. (2019). <b>Bipolar II Disorder Is a Myth</b>. <i>The Canadian Journal of Psychiatry</i>, 0706743719847341.</p> <p>Nierenberg, A. A. (2019). <b>Bipolar II Disorder Is NOT a Myth</b>. <i>The Canadian Journal of Psychiatry</i>, 64(8), 537-540.</p> <p>Vieta, E. (2019). <b>Bipolar II Disorder: Frequent, Valid, and Reliable</b>. <i>The Canadian Journal of Psychiatry</i>, 64(8), 541-543.</p> <p>Post, R. M. (2019). <b>Bipolar II Disorder: Not So Sure It Is Time for Something New</b>. <i>The Canadian Journal of Psychiatry</i>, 64(8), 544-547.</p> <p>Ha, K., Ha, T. H., &amp; Hong, K. S. (2019). <b>Bipolar I and Bipolar II: It's Time for Something New for a Better Understanding and Classification of Bipolar Disorders</b>. <i>The Canadian Journal of Psychiatry</i>, 64(8), 548-549.</p>	<p><i>Here is a series of very brief articles that I'd submit for the "You should read this" rounds at the end of the year. I think debate and dialogue is very healthy for our profession and this series of articles presents one such example. Whichever side of the argument you stand on, this short article series will get you thinking not only about mythology versus reality of the Bipolar II diagnosis, but likely will stimulate you to think more broadly about psychiatric diagnoses in general. I found it was a fun and informative read and I hope others do too.</i></p>
Dr. Lara Hazelton	<p>Holzhausen, Y., Maaz, A., Cianciolo, A. T., ten Cate, O., &amp; Peters, H. (2017). <b>Applying occupational and organizational psychology theory to entrustment decision-making about trainees in health care: a conceptual model</b>. <i>Perspectives on medical education</i>, 6(2), 119-126.</p>	<p><i>With CBME upon us, this is thought-provoking article that divides factors affecting entrustment decisions into trainee characteristics, supervisor characteristics, characteristics of the task at hand and contextual factors. My personal favorite insight: "We need to understand which factors mainly influence the intention to entrust a trainee and which ones influence the degree of supervision provided to the trainee (behaviour)."</i></p>
Dr. Bradley MacNeil, R. Psych	<p>Goldfried, M. R. (2018). <b>Obtaining consensus in psychotherapy: What holds us back?</b>. <i>American Psychologist</i>.</p>	

Dr. Jason Morrison, Psychiatrist	Palaniyappan, L. (2019). <b>Inefficient neural system stabilization: a theory of spontaneous resolutions and recurrent relapses in psychosis.</b> <i>Journal of psychiatry &amp; neuroscience: JPN</i> , 44(6), 367.	<i>A paper that will mostly appeal to neuroscience nerds, but one that really excited me. The author pulls together numerous strands of evidence from a variety of neuroscience fields to posit a plausible biological account for the pathophysiology of psychosis. Audacious in scope, yet he manages to pull it off. I'd say this is my favorite paper on this topic since reading Kapur's salience paper as a resident. It's long, but worth it.</i>
Dr. Margaret Rajda, Psychiatrist	Redhead, K., Walsh, J., Galbally, M., Newnham, J. P., Watson, S. J., & Eastwood, P. (2019). <b>Obstructive sleep apnea is associated with depressive symptoms in pregnancy.</b> <i>Sleep</i> .	
Dr. Rami Rudnick, Psychiatrist	Mueller, L., Wolfe, W. R., Neylan, T. C., McCaslin, S. E., Yehuda, R., Flory, J. D., ... & Davis, L. L. (2019). <b>Positive impact of IPS supported employment on PTSD-related occupational-psychosocial functional outcomes: Results from a VA randomized-controlled trial.</b> <i>Psychiatric rehabilitation journal</i> , 42(3), 246.	<i>This article adds evidence to the literature demonstrating that in addition to improving employment outcomes and occupational functioning for adults with posttraumatic stress disorder, Individual Placement and Support (IPS) services – which are the most evidence based vocational rehabilitation intervention in mental health care – are shown to significantly improve functioning in the nonvocational areas of interpersonal relationships, daily lifestyle, and quality of life. For these reasons, expanded access to IPS supported employment in mental health care should be provided to more adults recovering from PTSD (and other mental disorders). This demonstrates that psychiatric rehabilitation is relevant not just for people with the particularly severe mental disorders such as schizophrenia.</i>
Dr. Tanya Tulipan, Psychiatrist	Angelotta, C., & Wisner, K. L. (2017). <b>Treating depression during pregnancy: Are we asking the right questions?.</b> <i>Birth defects research</i> , 109(12), 879-887.	<i>This article succinctly reviews the process by which we can assist women in making decisions regarding treatment of mental illness in pregnancy. Although it focuses on antidepressants for the treatment of depression in pregnancy, the approach of risk/benefit (I use that term deliberately) decision making can apply to most medications in both pregnancy and breastfeeding. Dr. Wisner pioneered research in perinatal mental health and is widely respected as a leading expert in this field.</i>

### Resident and Medical Student Submissions

Submission by:	Article/Reference	Comments:
Sarah Brothers, Medical Student	<b>It's Not Just a Chemical Imbalance.</b> <i>New York Times</i> , July 27, 2019. <a href="https://www.nytimes.com/2019/07/27/opinion/sunday/its-not-just-a-chemical-imbalance.html">https://www.nytimes.com/2019/07/27/opinion/sunday/its-not-just-a-chemical-imbalance.html</a>	
Dr. Lauren Chan, PGY-3	Patel, R. S., Bachu, A., & Youssef, N. A. (2019). <b>Combination of lithium and electroconvulsive therapy (ECT) is associated with higher odds of delirium and cognitive problems in a large national sample across the United States.</b> <i>Brain stimulation</i> .	<i>This paper was useful in broadening my understanding of the potential risks (especially of delirium and cognitive impairment) versus benefits of using Li in ECT for a potential patient with treatment resistant MDD. Our patient was very bothered by her cognitive side effects from ECT, thus, this paper helped guide our management with her.</i>
Dr. Emily Fraser, PGY-3	Anderl, C., Li, G., & Chen, F. S. (2019). <b>Oral contraceptive use in adolescence predicts lasting vulnerability to depression in adulthood.</b> <i>Journal of Child Psychology and Psychiatry</i> .	<i>Interesting paper showing long-term association between adolescent oral contraceptive use and depression risk in adulthood (regardless of current OC use). It raises an interesting question about whether OCPs in adolescence could possibly increase women's risk of depression in adulthood. A relevant paper during core child and adolescent psychiatry as part of PGY-3.</i>
Dr. Amy Gough, PGY-3	Wallace, L. M., Theou, O., Godin, J., Andrew, M. K., Bennett, D. A., & Rockwood, K. (2019). <b>Investigation of frailty as a moderator of the relationship between neuropathology and dementia in Alzheimer's disease: a cross-sectional analysis of data from the Rush Memory and Aging Project.</b> <i>The Lancet Neurology</i> , 18(2), 177-184.	<i>This is an article from the geriatric medicine research group at Dalhousie published in Lancet Neurology demonstrating that the degree of frailty may modify the association between Alzheimer's disease pathology and expression of Alzheimer's dementia. I found this very relevant both in emphasizing the potential implications of frailty and highlighting this as a key area for clinical intervention.</i>
Dr. Marissa Leblanc, PGY-3	Di Forti, M., Quattrone, D., Freeman, T. P., Tripoli, G., Gayer-Anderson, C., Quigley, H., ... & La Barbera, D. (2019). <b>The contribution of cannabis use to variation in the incidence of psychotic disorder across Europe (EU-GEI): a multicentre case-control study.</b> <i>The Lancet Psychiatry</i> , 6(5), 427-436.	<i>I found this Lancet publication extremely relevant, especially with the recent legalization of cannabis in Canada. The paper relates patterns of cannabis use with psychotic disorder across Europe, highlighting important implications for mental health services and public health. It further informs the need for further education regarding the regular use of cannabis, which is becoming increasingly available across the world. Enjoy!</i>

Dr. Katie Lines, PGY-2	<p><b>Royal College Indigenous Health Primer.</b> <i>The Indigenous Health Writing Group of the Royal College, 2019.</i></p> <p><a href="http://www.royalcollege.ca/rcsite/health-policy/initiatives/indigenous-health-e">http://www.royalcollege.ca/rcsite/health-policy/initiatives/indigenous-health-e</a></p>	<p><i>The Indigenous Health Primer is an excellent resource thoughtfully put together to help clinicians understand indigenous history, rights and how this should inform Indigenous Peoples' health care. I came across this document at a Royal College Advisory Committee meeting that I attended. I personally found it helpful to have one resource that put all of these concepts together. Given that we provide care to Indigenous Peoples I believe this is an important and accessible resource for all clinicians. This document can also serve as a CPD activity through the Royal College of Physician and Surgeons of Canada.</i></p>
Clara Long, Medical Student	<p><b>The Challenge of Going Off Psychiatric Drugs.</b> <i>The New Yorker, April 8, 2019.</i></p> <p><a href="https://www.newyorker.com/magazine/2019/04/08/the-challenge-of-going-off-psychiatric-drugs">https://www.newyorker.com/magazine/2019/04/08/the-challenge-of-going-off-psychiatric-drugs</a></p>	<p><i>I read this article in the New Yorker last year, before we had our psych unit, and it's interesting to reread it now that I have more perspective on psychiatry. It's about the patient experience with de-prescribing and the challenges with diagnosis.</i></p>
Dr. Matthew McAdam, PGY-1	<p>Huhn, M., Nikolakopoulou, A., Schneider-Thoma, J., Krause, M., Samara, M., Peter, N., ... &amp; Davis, J. (2019). <b>Comparative efficacy and tolerability of 32 oral antipsychotics for the acute treatment of adults with multi-episode schizophrenia: a systematic review and network meta-analysis.</b> <i>The Lancet, 394</i>(10202), 939-951.</p>	<p><i>I enjoy it because it is such a comprehensive and thorough comparison of antipsychotics.</i></p>
Lauren Miller, Medical Student	<p><b>Prevent Burnout by Making Compassion a Habit.</b> <i>Harvard Business Review, May 11, 2017.</i></p> <p><a href="https://hbr.org/2017/05/prevent-burnout-by-making-compassion-a-habit">https://hbr.org/2017/05/prevent-burnout-by-making-compassion-a-habit</a></p>	<p><i>This article has impacted me pretty strongly (particularly the section on practicing self-compassion). It originally popped up in a pro-comp reading from last year, but I have since made it an assigned reading in an IPE I co-developed ('Battling the Burnout Epidemic'), and have printed it off and put it on both my own and my partner's walls above our desks. I think it is so easy to get wrapped up in feeling overwhelmed in school and at work – especially in the medical field where Type A personalities are running rampant. This is a quick read that I think everybody can really take away something valuable from.</i></p>

Dr. Kathleen Singh, PGY-6 Geriatric Psychiatry Fellow	<b>Driving Fitness in Different Forms of Dementia: An Update.</b> MedScape.  <a href="https://www.medscape.com/viewarticle/920079">https://www.medscape.com/viewarticle/920079</a>	<i>I wasn't doing much reading of scientific literature on maternity leave, but I liked this recent review on driving in dementia.</i>
Mehmet Topyurek, Dept. of Psychiatry Master's Student	Bowie, C. R., McGurk, S. R., Mausbach, B., Patterson, T. L., & Harvey, P. D. (2012). <b>Combined cognitive remediation and functional skills training for schizophrenia: Effects on cognition, functional competence, and real-world behavior.</b> <i>American Journal of Psychiatry</i> , 169(7), 710-718.	<i>Cognitive deficits affect 75% of schizophrenia patients but there are no approved or widely accepted treatments. This Canadian author investigates a nonpharmacological approach to improving cognition and functional outcome-- a method that can be used by any patient in the comfort of their own home as long as they have access to a computer.</i>
Dr. Crystal Zhou, PGY-5 Geriatric Psychiatry Fellow	Tible, O. P., Riese, F., Savaskan, E., & von Gunten, A. (2017). <b>Best practice in the management of behavioural and psychological symptoms of dementia.</b> <i>Therapeutic advances in neurological disorders</i> , 10(8), 297-309.	<i>I was looking for a good review article on current evidence for different treatments of BPSD and liked how this article gave an overview of different clinical presentations of BPSD and also went into some of the neuroanatomical substrates of the manifestations.</i>

#### Other

Submission by:	Article/Reference	Comments:
Mandy Eslinger, Education Specialist	Gruppen, L., Irby, D. M., Durning, S. J., & Maggio, L. A. (2018). <b>Interventions designed to improve the learning environment in the health professions: a scoping review.</b> <i>MedEdPublish</i> , 7.	<i>This is the lengthy article (33 pages) I mentioned that I referenced in the upcoming January Med Ed Minute on the learning environment (LE). I thought it was an interesting article as it defines the LE, its importance to learners and its effects on their educational outcomes. It also speaks to the complexity of the LE, how it is based on context, and that despite the importance of it, there is a lack of a recognized theory of the LE and clearly identified, evidence-based interventions or conditions that positively impact the LE. However, the authors have attempted to identify the main components of the LE which they came up with four: personal component, social component, organizational component, and physical and virtual components. They discuss each component and have pulled together a list of possible interventions from various studies that may improve the LE.</i>