

You Should Read This! Department of Psychiatry Reading List 2020

Submission by:	Article/Reference	Comments:
Dr. Edie Baxter (Family Physician)	Lewis, G., Duffy, L., Ades, A., Amos, R., Araya, R., Brabyn, S., ... & Gilbody, S. (2019). The clinical effectiveness of sertraline in primary care and the role of depression severity and duration (PANDA): a pragmatic, double-blind, placebo-controlled randomised trial. <i>The Lancet Psychiatry</i> , 6(11), 903-914.	My reasons for reading and recommending this article are that it attempted to shed light on the question of antidepressant efficacy for milder forms of depression by examining a primary care population for whom there was uncertainty about the potential benefit of pharmacotherapy. This was interesting to me as a primary care provider, since this is the setting where the majority of mild to moderate depression is treated. In my practice I encounter this type of clinical uncertainty on a daily basis. The article highlighted that the benefits are modest, and may be more attributable to reduction in anxiety symptoms and global perception of change, as opposed to reduction in depressive symptoms.
Laura Carnegie, RN, MN (IWK Youth Psychosis)	Salvatore, P., Bhuvaneswar, C., Tohen, M., Khalsa, H. M. K., Maggini, C., & Baldessarini, R. J. (2014). Capgras' syndrome in first-episode psychotic disorders. <i>Psychopathology</i> , 47(4), 261-269.	This study investigated the prevalence and correlated clinical factors of Capgras' phenomenon in a broad sample of patient-subjects with first-lifetime episodes of psychotic affective and nonaffective disorders. Study evaluated 517 cases initially hospitalized with FEP. Capgras syndrome was identified in 14% of population and was prevalent across a broad spectrum of first episode psychotic disorders, most often in acute psychoses of rapid onset. This paper was relevant as 4 cases of capgras in FEP and substance induced psychosis at IWK in the past year.
Dr. Keri-Leigh Cassidy (Geriatric Psychiatrist)	Livingston, G., Huntley, J., Sommerlad, A., Ames, D., Ballard, C., Banerjee, S., ... & Costafreda, S. G. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. <i>The Lancet</i> , 396(10248), 413-446.	<p>The article I selected was an update of the 2017 Lancet dementia prevention - the report indicates that 35% of dementias could be prevented/ delayed through modifiable lifestyle factors.</p> <p>The paper is important in raising optimism that interventions in key lifestyle areas could reduce dementia prevalence. I gave journal club to my team on this paper last month- a copy of my slides are here in case they are useful.</p>

Dr. Lauren Chan (Resident)	Markowitz, J. C., Milrod, B., Heckman, T. G., Bergman, M., Amsalem, D., Zalman, H., ... & Neria, Y. (2020). Psychotherapy at a Distance . <i>American Journal of Psychiatry</i> , appi-ajp.	Markowitz et al wrote about psychotherapy in a virtual setting and I found this really enjoyable to read and reflect upon my own experience learning psychotherapy throughout a pandemic.
Dr. Laura Downing (Resident)	Strand, J., Boström, P., & Grip, K. (2020). Parents' descriptions of how their psychosis affects parenting . <i>Journal of Child and Family Studies</i> , 29(3), 620-631.	This article covers an area that often gets ignored in our clinical day-to-day work, and helped me understand my patients who are parents a little better, and how I might be able to approach recovery planning.
Mandy Eslinger (Evaluation & Curriculum Specialist)	LaDonna, K. A., Ginsburg, S., & Watling, C. (2018). "Rising to the level of your incompetence": what physicians' self-assessment of their performance reveals about the imposter syndrome in medicine . <i>Academic Medicine</i> , 93(5), 763-768.	This is an interesting article about self-assessment and how it relates to imposter syndrome that can occur at all stages of a physician's career. It discusses the spectrum of self-doubt, some strategies for managing self-doubt, and the importance of medical educators to recognize that self-doubt doesn't just occur in underperforming or failing learners and that medical culture must create space for physicians to share their struggles.
	Côté, L., & Turgeon, J. (2005). Appraising qualitative research articles in medicine and medical education . <i>Medical teacher</i> , 27(1), 71-75.	This is a useful article for anyone interested in appraising qualitative research articles. It was part of my masters program curriculum and I found it very useful for learning (and later improving) appraising such literature.
Dr. Selene Etches (Child and Adolescent Psychiatrist)	Szalavitz, M. (2016). Unbroken brain: A revolutionary new way of understanding addiction . St. Martin's Press.	It illustrates perfectly how addiction is a developmental disorder that is a result of repetitive attempts to manage distress that over time becomes a learned behaviour. It also clearly demonstrates how trying to treat addiction with a punitive approach is counterproductive as adding distress simply engages and strengthens this learned behaviour response.
	Walker, M. (2017). Why we sleep: Unlocking the power of sleep and dreams . Simon and Schuster.	This book gives a fascinating and engaging overview of how sleep works, how our society dismisses the value of sleep, and the negative effects on the body and mind of too little sleep and

		decreased sleep quality. The hypotheses of how many of the DSM-V disorders are actually disorders of sleep is thought provoking. It will make you want to sleep more!
Dr. Amy Gough (Resident)	Uher, R., Frey, B. N., Quilty, L. C., Rotzinger, S., Blier, P., Foster, J. A., ... & Turecki, G. (2020). Symptom Dimension of Interest-Activity Indicates Need for Aripiprazole Augmentation of Escitalopram in Major Depressive Disorder: A CAN-BIND-1 Report. <i>The Journal of clinical psychiatry</i> , 81(4), 0-0.	This study demonstrated that individuals with MDD who have prominent loss of interest and reduction of activity responded less from escitalopram monotherapy and more from augmentation with aripiprazole. I was particularly interested in the author's comments on 1) the idea of being able to demonstrate positive response in people with a symptom cluster which has previously been identified as a poor predictor of response to treatment and 2) whether future trials may test the use of pro-dopaminergic drugs earlier on in the treatment course for patients with this symptom cluster.
Dr. Holly Greer (Resident)	Howard, D. M., Adams, M. J., Clarke, T. K., Hafferty, J. D., Gibson, J., Shirali, M., ... & Alloza, C. (2019). Genome-wide meta-analysis of depression identifies 102 independent variants and highlights the importance of the prefrontal brain regions. <i>Nature neuroscience</i> , 22(3), 343-352.	In preparing for neuroscience rounds this year, the above article very much broadened my understanding of the range of genetic contributors to the etiology of major depression, as well as highlighted unique brain regions where these risk genes are predominantly expressed (prefrontal cortex and anterior cingulate cortex). In addition, provided interesting data on potential interactions between genes and pharmacological targets, lending potential support for an increased role of dopaminergic agents in the treatment of depression.
Emma Hazelton-Provo (Med III)	If You Have Anxiety and Depression but You're Feeling Better During Coronavirus, You're Not Alone https://www.thedailybeast.com/coronavirus-is-making-a-lot-of-people-anxious-and-depressed-but-some-sufferers-actually-feel-better-now?ref=scroll	I think this article does a good job of describing how much easier things have been for some people with anxiety/depression with choice and social interaction being removed.
	Why Race Matters When it Comes to Mental Health https://www.bbc.com/future/article/20200804-black-lives-matter-protests-race-mental-health-therapy	This article is European, but I think it holds true here. Talks about the challenges Black people face when navigating the mental health system, something very applicable to Nova Scotia.

Dr. Lara Hazelton (Psychiatrist)	Hasel, M. C. (2013). A question of context: the influence of trust on leadership effectiveness during crisis. <i>M@ n@ gement</i> , 16(3), 264-293.	This article about how leaders are perceived during times of crisis is especially relevant during the pandemic. One observation was that providing feedback to followers on their performance is especially important - which I think may be why the MacNeil and Strang Show, with its regular updates on the numbers of cases, has been such a hit with Nova Scotians.
Dr. Marissa Leblanc (Resident).	Pillinger T, McCutcheon, RA, Vano L, Mizuno Y, Arumuham A, Hindley, G., ... & Howes, O. D. (2020). Comparative effects of 18 antipsychotics on metabolic function in patients with schizophrenia, predictors of metabolic dysregulation, and association with psychopathology: a systematic review and network meta-analysis. <i>The Lancet Psychiatry</i> , 7(1), 64-77.	I would say this is a paper I enjoyed and found helpful this year. It's a good reminder of the impact our psychotropics have on our population, no matter what field of psychiatry we work in. It's important to consider this when making a choice about medication suggestions.
Dr. Dave Lovas (Child and Adolescent Psychiatrist)	McMain, S. F., Guimond, T., Streiner, D. L., Cardish, R. J., & Links, P. S. (2012). Dialectical behavior therapy compared with general psychiatric management for borderline personality disorder: clinical outcomes and functioning over a 2-year follow-up. <i>American Journal of Psychiatry</i> , 169(6), 650-661.	I came across it as I was trying to update myself on adjunctive pharmacology to support a patient who was already doing DBT. It was a fairly radical paper, as it showed that "good general psychiatric management" conducted weekly did not have significantly different outcomes as weekly DBT. Negative outcomes and use psychotropic medication did not differ between groups. It should be noted that treaters in both arms were experienced in treating BLPD had weekly supervision to support this work, so perhaps this is more experience and support than is typically found in community psychiatric clinics. However, it was still a good reminder that the work we do as psychiatrists is important, and can support recovery in BLPD, even in instances in which patients do not have access to DBT.
Dr. Michelle MacDonald (Resident)	Moffitt, T. E., Houts, R., Asherson, P., Belsky, D. W., Corcoran, D. L., Hammerle, M., ... & Poulton, R. (2015). Is adult ADHD a childhood-onset neurodevelopmental disorder? Evidence from a four-decade longitudinal	This is a 40-year-long longitudinal cohort studying looking at ADHD in children and adults. The authors report only a small overlap between the group of children who met criteria for ADHD before the age of 12, and adults who met criteria at the age of 38. Additionally, the authors found that among childhood ADHD cases,

	cohort study. <i>American Journal of Psychiatry</i> , 172(10), 967-977.	only 23% had parents who recalled that their child had core ADHD symptoms 20 years later. The authors raise the possibility that adults presenting with ADHD symptoms may not have a childhood-onset neurodevelopmental disorder and provide other possible etiologies to consider. Much research has been done as a follow-up to this study, and this paper is a nice starting point to appraise whether or not "late-onset" ADHD exists.
Dr. Alexandra Manning (Child and Adolescent Subspecialty Resident)	Scotto, T. (2018). <i>Jerome by Heart</i> . Enchanted Lion Books.	It was published in 2018 but I came across it this year and it is wonderful. I think it is so great because it's about a young boy who falls in love. The story and the illustrations invite you into Raphael's inner turmoil as he processes these complicated feelings in his social world.
	Waller, G. (2012). The myths of motivation: time for a fresh look at some received wisdom in the eating disorders? . <i>International Journal of Eating Disorders</i> , 45(1), 1-16.	Dr. Herb Orlik gave this to me during my rotation and truly believes that everyone should read this because Waller is "someone who really makes you think."
Dr. Anastasia McArville (Resident)	Davis, A. K., Barrett, F. S., May, D. G., Cosimano, M. P., Sepeda, N. D., Johnson, M. W., ... & Griffiths, R. R. (2020). Effects of psilocybin-assisted therapy on major depressive disorder: a randomized clinical trial. <i>JAMA psychiatry</i> .	I would recommend this because the two studies done by the authors so far have shown hopeful and encouraging results in the treatment of depression (in the terminally ill, and in refractory depression) with a brief course of psilocybin with exceptionally large, rapid, and sustained effects. What's particularly notable is the effect size - far greater in magnitude than what has been shown in traditional first/second line treatments.
Louise Moodie (Medical Student)	Wiepjes, C. M., Nota, N. M., de Blok, C. J., Klaver, M., de Vries, A. L., Wensing-Kruger, S. A., ... & Gooren, L. J. (2018). The Amsterdam cohort of gender dysphoria study (1972–2015): trends in prevalence, treatment, and regrets. <i>The journal of sexual medicine</i> , 15(4), 582-590.	I feel that this paper is essential reading! Gender dysphoria causes a lot of mental distress for trans and non-binary folks and we as clinicians should continue to educate ourselves to help serve this patient population. This is the largest cohort of transgender individuals ever studied (n = 6793). The major take-away from this study is that the number of people with gender identity issues seeking professional help has increased dramatically in recent

		decades. Therefore, there is an increasing need for greater availability of transgender-competent healthcare.
Dr. Jason Morrison (Psychiatrist)	Cohen, M., & Kiran, T. (2020). Closing the gender pay gap in Canadian medicine. <i>CMAJ</i> , 192(35), E1011-E1017.	An interesting paper looking at the persisting compensation disparities between male and female physicians, even in the same specialty. How can this be? The billing codes are the same for everyone, right? This paper made me think about issues that I hadn't considered before. Check it out.
Dr. Abraham Nunes (Resident)	See attached pdf for multiple submissions (and a fun framework to accompany them!)	
Dr. Katie Radchuck (Child and Adolescent Subspecialty Resident)	Boy – a New Zealand comedy-drama film written and directed by Taika Waititi (2010).	C+A residents were suggested to watch a movie called "Boy" to formulate and discuss. I have since watched multiple movies by New Zealand film director/actor/screenwriter/producer Taika David Cohen and feel this could be a fun holiday activity while brushing up on some character formulation. I find his movies are great to watch multiple times as I seem to see or learn something new each time. It appears to me that he writes every character to have depth and complexity worthy of a good formulation and if you like dry wit mixed with some silliness like I do, it's a perfect combo. Some of his movies include : Boy (2010) and Hunt for the Wilderpeople (2016) as two options that also include topics like child welfare systems, poverty, family, and a lot of heart. I hope you enjoy.
Ayush Ray (Med IV, Dalhousie Medicine New Brunswick)	Sadowsky, J. (2017). Electroconvulsive Therapy: A History of Controversy, But Also of Help. <i>Theconversation.com</i> . January, 12.	Recently I had the opportunity to witness and aid in delivering electroconvulsive therapy (ECT) during a psychiatry elective. I went into the experience with an opinion on ECT, which was based on outdated images from media and misinformed conversations. However, after speaking with my attending and having a chance to "push the button" myself I have a much different perspective. The article above provides reasons why the public still holds an idea of ECT that is much different from reality in our modern practice.

Dr. Sandra Reyno (Psychologist)	Limowski, A. R., Krychiw, J. K., Arunagiri, V., & Sanderson, W. C. (2020). COVID-19 mental health consultation service: Intervention Protocol. PsyArXiv. https://osf.io/7caqg/	I shared this paper with colleagues as it presents evidence-based cognitive behavioral strategies that may prove useful in reducing the emotional suffering associated with the COVID pandemic, with reference to an online manual on coping with fear and sadness during the COVID crisis.
Dr. Abraham Rudnick (Psychiatrist)	Van Rosmalen, L., Van der Veer, R., & van der Horst, F. C. (2020). The nature of love: Harlow, Bowlby and Bettelheim on affectionless mothers. <i>History of Psychiatry</i> , 31(2), 227-231.	This paper is not too technical but is suggestive and uses a comparative approach that is always helpful.
Dr. Kathleen Singh (Geriatric Psychiatrist)	Montero-Odasso, M., Pieruccini-Faria, F., Ismail, Z., Li, K., Lim, A., Phillips, N., ... & Verghese, J. (2020). CCCDTD5 recommendations on early non cognitive markers of dementia: A Canadian consensus. <i>Alzheimer's & Dementia: Translational Research & Clinical Interventions</i> , 6(1), e12068.	This Canadian group has been publishing clinical care guidelines for dementia for over 20 years. This year, for the first time, they published a section on early non-cognitive markers of dementia including behavioral symptoms. If you don't have time to go through the whole document, I would suggest jumping to the <i>behavioral markers</i> section, as it outlines the multitude of psychiatric symptoms that will inevitably present to us in psychiatry.

The Best Papers I Read in 2020

Abraham Nunes

December 2020

Many might be familiar with the old rhyme regarding selection of a bride's garments on her wedding day such that she may enjoy good luck:

*Something old,
something new,
something borrowed,
something blue,
and a sixpence in her shoe.*

Here, I will endeavour to show that this rhyme not only provides excellent superstitious fashion advice, but a capacity to organize a year end reading list rivaled only by the Dewey decimal system.

Something Old

Traditionally, the “something old” refers to an item symbolizing continuity, recognizing the stability inherent in acknowledgment and respect for family history. As such, the first of the best papers I have read in 2020 concern historical aspects of psychiatric nosology. Although the papers themselves are not old, they provide interesting considerations of the historical characterizations of perhaps the three most significant conditions in psychiatry: mania, depression, and schizophrenia. Surely there are many Department members who share my enjoyment of a good Kendler paper, so here are four:

- Kendler, K. S. (2017). The genealogy of major depression: Symptoms and signs of melancholia from 1880 to 1900. *Molecular Psychiatry*, 22(11), 1539–1553.
- Kendler, K. S. (2017). The clinical features of mania and their representation in modern diagnostic criteria. *Psychological Medicine*, 47(6), 1013–1029.
- Kendler, K. S. (2016). The phenomenology of major depression and the representativeness and nature of DSM criteria. *American Journal of Psychiatry*, 173(8), 771–780.
- Kendler, K. S. (2016). Phenomenology of schizophrenia and the representativeness of modern diagnostic criteria. *JAMA Psychiatry*, 73(10), 1082–1092.

Something New

“Something new” symbolizes hope for the future. My hope is that psychiatry will at some point have a full connection from neural activity to clinical phenomena. One paper, probably more than any other study from 2020, has excited me about this prospect.

Stern and colleagues previously showed that dentate gyrus (DG) neurons derived from induced pluripotent stem cells (iPSCs) of patients with bipolar disorder are hyperexcitable compared to similar neurons derived from healthy control subjects. They also provided exciting results showing differences between lithium responders and non-responders. One such difference is that of further hyperexcitability in hippocampal CA3 pyramidal cell neurons derived from iPSCs of lithium responders. What excites me about the following paper is that Stern et al. were able to replicate their findings in standard computational models of DG and CA3 neurons.

- Stern, S., et al. (2020). A Physiological Instability Displayed in Hippocampal Neurons Derived From Lithium-Nonresponsive Bipolar Disorder Patients. *Biological Psychiatry*, 88(2), 150–158.

Here’s why I’m hopeful. If Stern et al. are correct and we can develop reasonably good computational models of live spiking neurons from people with and without bipolar disorder, then we might be able to simulate *networks* of these neurons. The fact that they looked at DG and CA3 neurons of the hippocampus makes this still more exciting, because the DG-CA3 network has long been thought to serve important associative memory functions called *pattern separation* and *pattern completion*:

- Marr, D. (1971). Simple memory: a theory for archicortex. Philosophical Transactions of the Royal Society B: Biological Sciences, 262(841), 23–81.

By simulating a DG-CA3 network composed of the Stern et al. simulated neurons, we can take a step toward deriving *theoretically driven but fully testable predictions* of associative memory functions in patients with bipolar disorder. Connecting single neuron abnormalities to functions at the network level would be a massive step toward linking brain and behaviour: something for which I am very hopeful.

Something Borrowed

Our folk rhyme suggests that a bride wear “something borrowed” from a happily married couple (as I understand it), such that she and her groom may share in that luck. Perhaps we, too, will find good fortune from reading outside of our discipline!

There were so many good papers this year in ecology, physics, economics, and mathematics, but the best thing I read from outside of psychiatry in 2020—and that I think might be of interest to the broader group—was *The Book of Why* by Judea Pearl and Dana Mackenzie.

- Pearl, J., and Mackenzie, D. *The Book of Why: The New Science of Cause and Effect*. (2018) Basic Books; New York, NY.

In this book, Judea Pearl—perhaps the world’s foremost expert on causality—provides a popular non-fiction overview of how we can understand, and more importantly discover, cause and effect relationships. In psychiatry, we are interested in many causal questions for which RCTs will be neither possible nor ethical: for instance, “does cannabis *cause* psychosis?” Perhaps you are also interested in developing some intuition about how things like structural equation models or “path analysis” work (for that matter, why do RCTs work?). Alternatively, you might be curious about what experimental design looked like in the Old Testament (hint: Daniel 1), or why humans can reason causally. Pearl and Mackenzie’s book will give you a good sense of what causal reasoning really is, why it is important, and how RCTs might not be the only way to extract causal relationships from data.

Something Blue

“Something blue” is suggested on account of blue’s apparent symbolic representation of purity, love, and fidelity. I for one am skeptical about the specificity of this association, since blue apparently also represents “serenity, stability, inspiration, or wisdom, ... reliability, ... [divine grace],” and of course sadness ([Wikipedia page on Colour Symbolism](#)), but that’s folk rhymes for you.

I’ll confess that I read the following paper several years ago, but I did read it again in 2020! It asks how trust might operate as an algorithm implemented by the brain. Why would our brains have evolved to implement a “trust function”? If our brains are statistical learning machines, what purpose would trust serve? What might the algorithmic components of trust be, and where are they implemented in the brain? Is this theory consistent with experimental evidence in humans? Montague, Lohrenz, and Dayan discuss these questions and highlight applications of this formalization of trust toward understanding conditions such as autism spectrum disorder and borderline personality disorder, among others.

- Read Montague, P., Lohrenz, T., & Dayan, P. (2015). The three R’s of trust. *Current Opinion in Behavioral Sciences*, 3, 102–106.

And a Sixpence in the Shoe

From what I gather, the English tradition was for a father to provide his daughter with a sixpence to place in her shoe, as a symbol of his best wishes for prosperity and good luck in starting a new family. Frankly, I can’t understand why someone would put coins in their shoes, let alone women’s shoes which as far as I can tell look uncomfortable enough without nickels in there. Why not give her a \$100 bill instead? It’s form fitting and could cover the cost of bus travel in case she chooses instead

to run off with a [Dustin Hoffman-type character a la *The Graduate*](#) (but see [Wayne's World 2](#) for a more contemporary example).

Alas, I cannot re-write folk bridal traditions, but I can provide interested readers with a sixpence-related (i.e. economics) paper. There is increased discussion in the popular media concerning historical origins of modern economic inequalities. Furthermore, socio-cultural and economic environments are the contexts in which people function psychologically, and every third paper seems to call for radical and sweeping economic changes. Yet, how many of us are equipped with the knowledge of how to critically appraise such claims? For these and other reasons, I find the field of economic history interesting.

The following review paper was published in *Science*, and I found it useful as a little window into how people have studied claims about historical economic and cultural evolution, and how those might be connected to present day phenomena. You won't use knowledge from this paper in your clinic tomorrow, but it is a fun read for anyone who is interested in human social organization and history.

- Nunn, N. (2020). The historical roots of economic development. *Science*, 367(6485). <https://doi.org/10.1126/science.aaz9986>