

Editorial Board, iii

Contributors, v

Preface: Onwards and upwards, xv

By Deepak Prabhakar

Psychotherapeutics

Advances in Psychotherapy for Posttraumatic Stress Disorder, 1

By Alison Krauss, Ena Begovic, Kristina Harper, and Ellen J. Teng

Introduction, 1

Overview of evidence-based treatments for posttraumatic stress disorder, 2

Prolonged Exposure Therapy, 2

Cognitive Processing Therapy, 2

Eye Movement Desensitization and Reprocessing, 4

Cognitive Behavioral Therapy, 4

Brief Eclectic Psychotherapy for

Posttraumatic Stress Disorder, 4

Narrative Exposure Therapy, 5

Intensive and brief posttraumatic stress disorder treatment approaches, 5

Intensive Trauma-Focused Treatments, 5

Brief Treatments, 5

Technology-assisted delivery of posttraumatic stress disorder treatment, 6

Internet-Based Interventions, 6

Mobile Applications, 6

Video Telehealth, 7

Practice considerations, 7

Clinics care points, 8

Advances in Psychotherapy for Eating Disorders, 13

By Cody Staples, William Grunewald, April R. Smith, and Diana Rancourt

Background, 13

Current evidence, 13

Psychotherapy for Anorexia Nervosa, 14

Psychotherapy for Bulimia Nervosa, 14

Psychotherapy for Binge Eating Disorder, 15

Psychotherapy for Avoidant/Restrictive Food Intake Disorder, 16

Factors Predicting Treatment Outcomes, 16

Telehealth, Online Interventions, and Just-in-Time-Adaptive Interventions, 16

Other Promising Approaches, 17

Cue exposure and response prevention, 17

Appetite awareness training, 17

Biofeedback-focused approaches, 17

Unified protocol, 17

Understudied Populations, 17

Discussion, 18

Summary, 19

Clinics care points, 19

Is Less Really More? Analysis of Brief, Intensive Treatments for Obsessive-Compulsive Disorder, 25

By Bradley C. Riemann, Sarah J. David, Nicholas R. Farrell, and Brenda E. Bailey

Exposure-based treatment for obsessive-compulsive disorder: massed versus spaced models, 26

Brief intensive treatments for pediatric obsessive-compulsive disorder, 27

Brief intensive treatment for adult obsessive-compulsive disorder, 28

Strength of data, 30

Theoretic basis for findings of brief exposure and response prevention models, 31

Summary and future directions in brief, intensive treatments for obsessive-compulsive disorder, 32

Disclosure, 33

Third-Wave Cognitive Behavioral Therapy for Obsessive Compulsive Disorder?: A Promising Approach if It Includes Exposure, 37

By Erika S. Trent, Andrew G. Guzick, Andres G. Viana, and Eric A. Storch

- Introduction/background, 37
- Rationale, 38
- Approach, 39
- Current evidence, 39
 - Acceptance and Commitment Therapy, 39*
 - Mindfulness-Based Therapies, 45*
 - Metacognitive Therapy, 46*
- Discussion, 47
 - Recommendations, 47*
 - Future Directions, 48*
- Summary, 48
- Clinics care points, 48
- Disclosure, 48

Suicide Research

Digital Technology for Suicide Prevention, 53

By Jordan M. Braciszewski

- Introduction, 53
 - Gaps in Current Approaches to Identification and Treatment, 53*
 - Leveraging Digital Technologies to Address a Major Public Health Problem, 54*
- Current evidence, 55
 - Technology-Based Screening, 55*
 - Self-Guided Internet-Based Approaches, 55*
 - Mobile Applications, 55*
 - Data-Driven Approaches to Identification, 57*
- Adoption of digital strategies, 57
- Future directions, 58
- Summary and recommendations for practitioners, 59
- Clinics care points, 60
- Disclosure, 60

Identifying People at Risk for Suicide: Implementation of Screening for the Zero Suicide Initiative in Large Health Systems, 67

By Karen J. Coleman, Christine C. Stewart, Cambria Brusckke, Jean P. Flores, Andrea Altschuler, Arne Beck, Frances L. Lynch, Ashli A. Owen-Smith, Julie E. Richards, Rebecca Rossom, Gregory E. Simon, Stacy Sterling, and Brian K. Ahmedani

- Introduction, 68
- Methods, 69
 - Study Design, 69*
 - Settings and Population, 69*
 - Zero Suicide Care Improvements, 69*
 - Data and Sources for Evaluation, 70*
- Analyses, 70
- Results, 70
- Discussion, 72
 - Considerations for Implementation, 73*
 - Limitations, 73*
 - Future Directions, 74*
- Clinics care points, 74
- Disclosure, 74

Lethal Means Safety Approaches for Suicide Prevention, 77

By Leslie Barnard, Ali Rowhani-Rahbar, and Marian E. Betz

- Background, 77
- Framework for prevention efforts, 78
 - Societal, 78*
 - Community, 80*
 - Relationship, 81*
 - Individual, 82*
- Challenges for lethal means safety approaches, 83
- Future directions, 84
- Summary, 85
- Clinics care points, 85
- Disclosure, 85

Women's Mental Health

Treatment of Premenstrual Dysphoric Disorder (PMDD): Advances and Challenges, 91

By Liisa Hantsoo and Julia Riddle

- Introduction, 91
 - Diagnosis Informs Treatment, 91*
- Premenstrual dysphoric disorder treatment, 92
 - Selective Serotonin Reuptake Inhibitors, 92*
 - Hormonal Contraceptives, 93*
 - Psychotherapy, 93*
 - Gonadotropin-Releasing Hormone Medications, 93*
 - Surgical Oophorectomy, 94*
- Treatment challenges, 94
 - Medication Nonresponse, 94*
 - Comorbidities, 94*

Reproductive Transitions, 100
 Recent developments in treatment, 100
*Neuroactive Steroid-Based
 Pharmacotherapy, 100*
*Internet-Based Cognitive-Behavioral
 Therapy, 101*
 Discussion, 101
 Summary, 101
 Clinics care points, 101
 Disclosure, 102

**Novel Neurosteroid Pharmaceuticals:
 Implications Across a Woman's Lifecycle, 107**

*By Leah C. Susser, Clare Swanson, and
 Alison D. Hermann*

Introduction, 107
 Background, 107
 Perinatal depression, 108
Brexanolone, 108
Zuranolone (SAGE-217), 112
Ganaxolone, 112
SGE-516, 112
 Premenstrual dysphoric disorder, 113
Dutasteride, 113
Sepranolone, 113
Ulipristal acetate (UPA), 114
 Perimenopausal depression, 114
 Other periods of a woman's life, 114
 Limitations and future directions for
 reproductive depression treatment with
 neuroactive steroids, 114
 Summary, 115
 Clinics care points, 115
 Disclosure, 115

Sports Psychiatry

**Mental Health in Youth Athletes: A Clinical
 Review, 119**

*By Courtney C. Walton, Simon Rice, R.I. (Vana) Hutter,
 Alan Currie, Claudia L. Reardon, and Rosemary Purcell*

Introduction, 119
 Young people can thrive through sport, 120
 Mental health and related stressors in youth
 sport, 120
Pressure to Perform and Perfectionism, 120
Burnout and Early Specialization, 123
Peer and Parental Conflict, 123
Abuse and Maltreatment, 123

Injury and Concussion, 124
Body Image and Weight Concerns, 124
Disrupted Sleep, 124
 Assessment of youth athletes, 125
*Athlete Resistance and Mental Health
 Stigma, 125*
Assessment Tools, 125
Collateral Information, 126
 Treatment of youth athletes, 126
Psychological Approaches, 126
Pharmacologic Considerations, 126
 Summary, 129
 Disclosure, 129

**Diagnosis and Management of Substance Use
 Disorders in Athletes, 135**

*By Pamela Walters, Bradley Hillier, Filippo Passetti,
 Anju Soni, and Ian Treasaden*

Introduction, 135
 Background, 135
*Neurobiological Correlates: Athletes and
 Addictive Behaviors, 136*
*Diagnostic Criteria for Substance Use
 Disorder, 136*
Assessment, 136
 Pharmacologic interventions, 136
Background, 136
Alcohol, 136
Cannabis, 140
Nicotine, 140
Stimulants, 140
Opioids, 141
Psychosocial Interventions, 141
 Summary, 141
 Disclosure, 142

**Sex Differences in Psychiatric Diagnosis and
 Management of Athletes, 145**

By Danielle Kamis

Sex differences in psychopathology, 145
Mood Disorders, 145
Anxiety Disorders, 145
The Female Athletic Triad, 145
Eating Disorders, 146
Substance Use, 146
Clinical Case, 147
 Summary and future direction, 147
 Disclosure, 147

Anxiety Disorders in Athletes: A Clinical Review, 149

By Claudia L. Reardon, Paul Gorczynski, Brian Hainline, Mary Hitchcock, Rosemary Purcell, Simon Rice, and Courtney Walton

- Introduction/background, 149
- General information, 150
- Generalized anxiety disorder, 150
- Panic disorder, 150
- Social anxiety disorder, 151
- Obsessive-compulsive disorder, 151
- Competitive performance anxiety, 152
- Other anxiety-related disorders, 153
- General principles of diagnosis and management, 153
- Discussion, 156
- Summary, 157
- Clinics care points, 157
- Disclosure, 157

Neurosciences

Neuropsychiatric Manifestations of COVID-19: A Review, 161

By Moein Foroughi, Rishab Gupta, Amvrine Ganguly, Junaid Mirza, and Aryandokht Fotros

- Introduction, 161
- Methods, 162
- COVID-19 and delirium, 162
- COVID-19 and cognitive deficits, 163
- COVID-19 and psychosis, 163
- COVID-19 and depression, 164
- COVID-19 and suicide, 164
- COVID-19 and mania, 165
- COVID-19 and anxiety, 165
- Proposed neurobiological mechanisms, 166
- Neuropsychiatric adverse effects of medications used to treat COVID-19, 166
- Psychosocial factors associated with COVID-19 as risk factors for neuropsychiatric disorders, 167
- Discussion, 167
- Disclosure, 169

The Use of Repetitive Transcranial Magnetic Stimulation in Depression and Other Psychiatric Disorders; the Knowns and the Unknowns, 173

By Mandana Modirrousta, Benjamin P. Meek, and Mohamed Abo Aoun

- Introduction, 173
- Patient factors, 174
- Disease factors, 175
- Treatment-specific factors, 175
 - Frequency, 175
 - Number of Pulses, 175
 - Stimulation Intensity, 176
 - Stimulation Target, 176
 - Duration of Treatment, 177
 - Side Effects, 177
 - Pre-TMS Evaluation, 177
- rTMS in other psychiatric disorders, 178
 - Obsessive Compulsive Disorder (OCD), 178
 - Schizophrenia, 178
 - Substance Use Disorder, 178
 - Eating Disorders, 178
 - Anxiety Disorders, 178
 - Posttraumatic Stress Disorder (PTSD), 178
- Summary, 178
- Clinics care points, 179
- Disclosure, 179

Advances in Depression Management: Multifunctional Antidepressant Medications, 185

By Michael Ingram, Gerald Maguire, and Stephen M. Stahl

- Introduction, 185
 - Multifunctional antidepressant mechanisms, 186
 - Monoamine reuptake inhibition, 186
 - Combining types of monoamine reuptake inhibition for multifunctional treatment of depression, 186
 - Combining norepinephrine and dopamine reuptake inhibition, 189
 - Combining serotonin reuptake inhibition with agonist or antagonist actions at multiple serotonin receptor subtypes, 192
 - Combining serotonin reuptake inhibition with serotonin receptor antagonism, 195
 - Norepinephrine antagonism and mirtazapine, 199
 - Should a combination of antidepressant mechanisms be the standard for treating unipolar depression?, 200
- Summary, 202

Disclosures, 202

Education

Dementia After Traumatic Brain Injury: From Neural Mechanisms to Psychiatry, 205

By Vassilis E. Koliatsos, Vani Rao, and

Athanasios S. Alexandris

The problem and its significance, 205

The typology of chronic traumatic brain injury, 206

Traumatic Brain Injury: Transient Versus Chronic Disease, 206

Focal Contusions, 207

Acceleration Injuries: Diffuse Axonal Injury, 207

Repetitive Mild Traumatic Brain Injury and Chronic Traumatic Encephalopathy, 207

Blast Injury to Brain, 208

Select mechanisms of degeneration after traumatic brain injury, 208

Traumatic Axonopathy and Disconnection—the Importance of the White Matter, 208

Protein Aggregation (Proteinopathy), 209

Chronic traumatic brain injury as neuropsychiatric disease, 209

Clinical Presentations, 209

Brain-Behavior Correlations, 210

Cognitive impairments and dementia after traumatic brain injury, 211

Overview, 211

Neurodegenerative Disease Specific to Traumatic Brain Injury: the Problem of Athletic Concussions and Chronic Traumatic Encephalopathy, 212

Traumatic Brain Injury as a Risk Factor for Neurodegeneration Other Than Chronic Traumatic Encephalopathy, 214

Summary, 214

Learning Psychiatry: Then and Now, 219

By Lisa MacLean and Deepak Prabhakar

Introduction, 219

Discussion, 220

Training Attitudes, 220

Culture of Medicine, 221

Assessment of Clinician Well-Being, 222

Advances in Technology, 222

Supervision Challenges, 223

The Current and Future Practice of Psychiatry, 223

Summary, 226

Disclosure, 226

Clinical Psychology Training: Past, Present, and Future, 229

By Lisa R. Miller-Matero, Nora Coultis,

Anissa J. Maffett, Brittany A. Haage, Sai B. Narotam, and Kellie M. Martens

Introduction, 229

Specialties and board certification, 229

Training in Specialties and Board Certification, 230

Future Directions, 231

Integrated care, 231

Training in Integrated Care, 231

Future Directions, 232

Technology, 232

Training in Technology, 232

Future Directions, 232

Multiculturalism, 233

Training in Multicultural Considerations, 233

Future Directions, 234

Summary, 234

Disclosure, 234

Integrating Book Club in Psychiatric Education, 239

By Deepak Prabhakar and Lisa MacLean

Introduction, 239

Background, 240

Book club design, 240

Other considerations, 242

Book descriptions and session details, 242

Summary, 243

Clinics care points, 244

Disclosure, 244