EDITORS

Deborah J. Hales, M.D. Arlington, Virginia

Mark Hyman Rapaport, M.D. Los Angeles, California

PATIENT MANAGEMENT EXERCISE

Ronald C. Albucher, M.D., Associate Editor San Francisco, California

B. Harrison Levine, M.D., M.P.H., Associate Editor Denver, Colorado

SENIOR ADVISORY BOARD

Carol A. Bernstein, M.D. New York, New York

Paula J. Clayton, M.D. New York, New York

Pedro L. Delgado, M.D. San Antonio, Texas

Howard H. Goldman, M.D. Potomac, Maryland

Ira M. Lesser, M.D. Torrance, California

Charles F. Reynolds III, M.D.

Pittsburgh, Pennsylvania
Pedro Ruiz, M.D.

Houston, Texas

Altha J. Stewart, M.D. Philadelphia, Pennsylvania

Stephen C. Scheiber, M.D. Glenview, Illinois

Daniel K. Winstead, M.D. New Orleans, Louisiana

> Joel Yager, M.D. Denver, Colorado

Editorial Board

Josepha A. Cheong, M.D. Gainesville, Florida

Laura Dunn, M.D. San Diego, California

John B. Herman, M.D. Boston, Massachusetts

Donald M. Hilty, M.D. Sacramento, California

Geetha Jayaram, M.D., M.B.A. Baltimore, Maryland

Thomas A.M. Kramer, M.D. Northbrook. Illinois

Daryl Matthews, M.D. Honolulu, Hawaii

Cheryl F. McCartney, M.D. Chapel Hill, North Carolina

Philip R. Muskin, M.D. New York, New York

Michele T. Pato, M.D. Los Angeles, California

Cynthia W. Santos, M.D. Houston, Texas

Deborah Spitz, M.D. Chicago, Illinois

James W. Thompson, M.D., M.P.H. Glen Cove, New York

Joyce A. Tinsley, M.D. Farmington, Connecticut

Owen M. Wolkowitz, M.D. San Francisco. California



American Psychiatric Publishing, Inc. Journals Division

MANAGING EDITOR
Michael D. Roy

American Psychiatric Association Division of Continuing Medical Education

ASSOCIATE DIRECTOR, FOCUS Kristen Moeller

FOCUS, A Journal of the American Psychiatric Association published by American Psychiatric Publishing, Inc. ISSN 1541-4094. Printed in the United States.

Published quarterly. Periodicals postage paid at Arlington, VA, and additional mailing offices. POST-MASTER: Send address changes to FOCUS, Circulation Department, American Psychiatric Publishing, Inc., 1000 Wilson Blvd., Suite 1825, Arlington, VA 22209-3901.

Subscriptions

U.S. APA member \$296.00, U.S. non-member \$476.00, student \$96.00 (electronic only), Canada and foreign APA member \$355.00, Canada and international non-member \$552.00; (703) 907-7300 or (800) 368-5777.

Officers of the Association

Nada L. Stotland, M.D., M.P.H., President Alan F. Schatzberg, M.D., President-Elect Carol A. Bernstein, M.D., Vice-President David Fassler, M.D., Secretary-Treasurer Ronald M. Burd, M.D., Speaker of the Assembly James Scully, M.D., Medical Director

Editorial Offices

Telephone: (703) 907-8637, Fax: (703) 907-7849 Journal Web site: focus.psychiatryonline.org CME Web site: cme.psychiatryonline.org

Change of Address and Assistance With Online Subscriptions

Call Circulation at (703) 907-7300 or (800) 368-5777 or send an email to accessnumber@psych.org

CME

Telephone: (703) 907-8637, Fax: (703) 907-7849

Subscriber Number

FOCUS subscriber numbers are printed on the FOCUS label above your name. Call (800) 368-5777 for assistance in identifying your subscriber number.

Copyright © 2009, American Psychiatric Association.

Criteria sets reprinted from Diagnostic and Statistical Manual of Mental Disorders, 4th Edition, Text Revision. Copyright © 2000, American Psychiatric Association. Used with permission.

FOCUS:

the Journal of Lifelong Learning in Psychiatry

EDUCATIONAL OBJECTIVES

FOCUS, the APA continuing medical education journal, is designed as a personal study resource to help practicing psychiatrists keep abreast of significant advances in the field, with particular attention to clinical practice.

Participants review current knowledge, recognize gaps in learning, and increase their understanding of an important topic in the field of psychiatry.

Participants prepare for an annual self-assessment designed to aid the physician in addressing areas where more study is needed to enhance management of patients.

TO EARN CME CREDIT

Each issue, prepared by distinguished faculty who are recognized leaders in their fields, incorporates a CME component. To earn CME credit for FOCUS, subscribers should read through the material presented in each issue. After reading the material, complete the CME Quiz and submit the evaluation and study hours to APA; or complete the Quiz and evaluation online at focus.psychiatryonline.org.

ACCREDITATION AND DESIGNATION

The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The APA designates this educational activity for a maximum of 5 AMA PRA Category 1 credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Neither the American Psychiatric Association nor American Psychiatric Publishing, Inc., holds itself responsible for statements made in its publications by contributors. Unless so stated, material in FOCUS does not reflect the endorsement, official attitude, or position of the American Psychiatric Association, American Psychiatric Publishing, Inc., or the Journal's Editorial Board.

Authorization to photocopy items for internal or personal use, or the internal or personal use of specific clients, is granted for libraries and other users registered with the Copyright Clearance Center (CCC) Transactional Reporting Service, provided that the base fee of \$15.00 per copy is paid directly to CCC, 222 Rosewood Drive, Danvers, MA 01923; (978) 750-8400 (tel), (978) 646-8600 (fax), www.copyright.com (Web site). 0002-953X/03/\$15.00.

This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works, or for resale. Permission need not be obtained for photocopying isolated articles for nonprofit classroom or library reserve use; all fees associated with such permission are waived.

Disclosure Listing for FOCUS and FOCUS Self-Assessment Editors, Associate Editors and Editorial Boards. Pedro L. Delgado, M.D., Advisory Board: Eli Lilly, Wyeth, Neuronetics; Stock: Pfizer. Howard H. Goldman, M.D., Consultant: Westat Inc. James W. Jefferson, M.D. Grant/Research/Support: GlaxoSmithKline, Lilly, Novartis, Pfizer. Consultant: GlaxoSmithKline, Lilly, Novartis, Pfizer. Consultant: GlaxoSmithKline, Lilly, Wyeth. Stock Shareholder: Bristol-Myers Squibb, GlaxoSmithKline, SciClone. Principal: Healthcare Technology Systems, Inc. Other Financial or Material Support: Various, from time to time, from the pharmaceutical companies listed above. Ira M. Lesser, M.D., Co-investigator on grant, Aspect Medical Systems; Speaker: Medical Education Speakers Network. Philip R. Muskin, M.D., Speakers Bureau: AstraZeneca, BMS, Forest, Jazz, Lilly, Takeda, Wyeth, Mark H. Rapaport, M.D. Consultant: Brain Cells Inc., Wyeth, Dainippon-Sumitamo, Astellas Pharma, Quintiles; Grant/Research Support: Pfizer. Charles F. Reynolds, M.D. Grant Support—Medication supplies for investigator initiated trials. Altha J. Stewart, M.D., Member, Health Disparities Fellowship Advisory Board: Pfizer. Joyce A. Tinsley, M.D., Employee (spouse): Pfizer, Owen M. Wolkowitz, M.D., Speaker: Forest, Jazz

Editors and Members of the Editorial Boards of FOCUS and the FOCUS Self-Assessment listed below report no disclosures. Ronald Albucher, M.D., Carol A. Bernstein, M.D., Robert Boland, M.D., John Michael Bostwick, M.D., Josepha A. Cheong, M.D., Paula J. Clayton, M.D., Arden Dingle, M.D., Laura Dunn, M.D., Deborah J. Hales, M.D., John B. Herman, M.D., Laura Fochtmann, M.D., Donald M. Hilty, M.D., Geetha Jayaram, M.D., Thomas A.M. Kramer, M.D., B. Harrison Levine, M.D., Vishal Madaan, M.D., M.B.B.S., Annette M. Matthews, M.D., Daryl Matthews, M.D., Cheryl F. McCartney, M.D., Michele T. Pato, M.D., Pedro Ruiz, M.D., Cynthia W. Santos, M.D., Stephen C. Scheiber, M.D., Deborah Spitz, M.D., Rima Styra, M.D., James W. Thompson, M.D., M.P.H., Marcia L. Verduin, M.D., Eric R. Williams, M.D., Daniel K. Winstead, M.D., Isaac K. Wood, M.D., Joel Yager, M.D.

Mission Statement Lifelong Learning in Psychiatry

An evolving series of educational initiatives developed by the American Psychiatric Association to meet the changing needs of psychiatrists for the 21st century.

FOCUS

The APA continuing education journal is designed for practicing psychiatrists to keep abreast of significant advances in the field, while developing self-directed lifelong learning skills. The goal of *FOCUS* is the lively interactive dissemination of up-to-date information for practicing psychiatrists, facilitating lifelong study skills and critical self-assessment in order to improve patient care.

The American Board of Psychiatry and Neurology has reviewed *FOCUS: The Journal of Lifelong Learning in Psychiatry* and the *FOCUS Self-Assessment Examination* and has approved this program as part of a comprehensive lifelong learning and self-assessment program, which is mandated by the American Board of Medical Specialties as a necessary component of maintenance of certification.

Royal College of Physicians and Surgeons of Canada

The Focus Self Assessment program is accredited for up to 20 hours of continuing professional development per year under Section 3 of the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

AMERICAN PSYCHIATRIC PUBLISHING, INC. BOARD OF DIRECTORS 2008–2009

President and Chair Katharine Phillips, M.D.

Secretary Donna M. Norris, M.D.

Treasurer
Joan A. Lang, M.D.

Dwight L. Evans, M.D.
John M. Oldham, M.D.
Laura Weiss Roberts, M.D.
Pedro Ruiz, M.D.
Donna E. Stewart, M.D., F.R.C.P.(C.)

EX-OFFICIO MEMBERS

APA President Nada L. Stotland, M.D., M.P.H.

APA President-Elect Alan F. Schatzberg, M.D.

APA Secretary-Treasurer David Fassler, M.D.

APA Medical Director James Scully, M.D.

Editor-in-Chief, Psychiatric Services Howard H. Goldman, M.D., Ph.D.

Editor-in-Chief, Books Robert E. Hales, M.D., M.B.A.

Chief Executive Officer Ronald E. McMillen