## **EDITORS**

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

Mark Hyman Rapaport, M.D. Atlanta, Georgia

Patient Management Exercise

Ian A. Cook. M.D. Los Angeles, California

ETHICS COMMENTARY

Laura Weiss Roberts, M.D. Palo Alto, California

## SENIOR ADVISORY BOARD

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

Kathleen T. Brady, M.D., Ph.D. Charleston, South Carolina

> Peter F. Buckley, M.D. Augusta, Georgia

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

Glen O. Gabbard, M.D. Houston, Texas

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

Charles F. Reynolds III, M.D.

Pittsburgh, Pennsylvania

Pedro Ruiz, M.D. Houston, Texas

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

Richard Balon, M.D. Rochester Hills, Michigan

Donald M. Hilty, M.D.

Sacramento, California

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

Avram H. Mack, M.D. Washington, D.C.

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

Victor I. Reus, M.D. San Francisco, 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

Sidney Zisook, M.D. San Diego, California





FOCUS, A Journal of the American Psychiatric Association published by American Psychiatric Publishing

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, 1000 Wilson Blvd., Suite 1825, Arlington, VA 22209-3901.

#### **Subscriptions**

U.S. APA member \$314.00, U.S. non-member \$505.00, student \$102.00 (electronic only), Canada and foreign APA member \$395.00, Canada and international non-member \$585.00; (703) 907-7300 or (800) 368-5777.

### Officers of the Association

John M. Oldham, M.D., President Dilip V. Jeste, M.D., President-Elect Roger Peele, M.D., Secretary James H. Scully, Jr., 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 © 2011, 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.

American Psychiatric Publishing

## EDITORIAL DIRECTOR, JOURNALS Michael D. Roy

American Psychiatric Association Division of Continuing Medical Education

ASSOCIATE DIRECTOR, FOCUS
Kristen Moeller

# 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 pa-

### 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, a minimum performance level of 70% is required, 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 journal based CME activity for a maximum of 5 AMA PRA Category 1 credits<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Neither the American Psychiatric Association nor American Psychiatric Publishing 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 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 non-profit classroom or library reserve use; all fees associated with such permission are waived.

## 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.