
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.
Stanford, California

COMMUNICATION COMMENTARY

Dorothy E. Stubbe, M.D.
New Haven, Connecticut

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.
Miami, Florida

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

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

Joel Yager, M.D.
Denver, Colorado

EDITORIAL BOARD

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

Richard Balon, M.D.
Rochester Hills, Michigan

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

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

Vishal Madaan, M.D.
Charlottesville, Virginia

Gail H. Manos, M.D.
Portsmouth, Virginia

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

THE JOURNAL OF LIFELONG LEARNING IN PSYCHIATRY

American Psychiatric Publishing

EDITORIAL DIRECTOR, JOURNALS

Michael D. Roy

American Psychiatric Association

Division of Continuing Medical Education

ASSOCIATE DIRECTOR, FOCUS

Kristen Moeller

EDITORIAL SERVICES MANAGER

Miriam Epstein

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. POSTMASTER: Send address changes to FOCUS, Circulation Department, American Psychiatric Publishing, 1000 Wilson Blvd., Suite 1825, Arlington, VA 22209-3901.

Subscriptions

U.S. APA member \$347.00, U.S. non-member \$557.00, student \$112.00 (electronic only), Canada and foreign APA member \$436.00, Canada and international non-member \$645.00; (703) 907-7300 or (800) 368-5777.

Officers of the Association

Jeffrey A. Lieberman, M.D., *President*

Paul Summergrad M.D., *President-Elect*

Maria A. Oquendo, M.D., *Secretary*

Saul Levin, M.D., M.P.A., *CEO and 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 appi@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 © 2013, American Psychiatric Association.

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 with a passing score of 60% 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*[™]. 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.

Material published in the journals of the American Psychiatric Association is protected by copyright and all rights are reserved. Material may not be reproduced in any form or by any means without written permission from the copyright owner. For permission to reproduce material from American Psychiatric Association journals, please visit <http://www.appi.org/CustomerService/Pages/Permissions.aspx> for more information. Permission can also be secured through the Copyright Clearance Center (www.copyright.com). For bulk reprints, please contact Cecilia Stoute at 703-907-8547; e-mail: cstoute@psych.org.

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, eFOCUS and FOCUS Self-Assessment Editors, Associate Editors and Editorial Boards. Kathleen T. Brady, M.D., *Consultant:* Ovation, Alkermes, Teva. Ian A. Cook, M.D., (professional career) *Grant Support:* Aspect Medical Systems/Covidien, Cyberonics, Eli Lilly, MedAvante, Merck, Neuronetics, Novartis, Pfizer, Seaside Therapeutics, Sepracor. *Adviser or Consultant:* Allergan, Ascent Media, Bristol-Myers Squibb, Cyberonics, Eli Lilly, Forest, Janssen, Neuronetics, NeuroSigma, Pfizer, Scale Venture Partners; *Speaker:* Bristol-Myers Squibb, CME LLC, Eli Lilly, Medical Education Speakers Network, Neuronetics, NeuroSigma, Pfizer, Wyeth *Biomedical Device Patents* assigned to the University of California. *Stock Options:* NeuroSigma is the licensee of some of his inventions. James W. Jefferson, M.D., *Lecture Honoraria:* Arbor Scientia, GlaxoSmithKline, Lilly, Merck, Purdue, Sunovion. *Stock Shareholder:* BMS, GlaxoSmithKline, SciClone. *Principal:* Healthcare Technology Systems, Inc. Vishal Madaan, M.D., M.B.B.S., *Research Support:* Otsuka, Merck, Lilly, Pfizer, Forest, Shire. Philip R. Muskin, M.D., *Speakers Bureau:* BMS, Mylan. Mark H. Rapaport, M.D. *Consultant:* PAX Neuroscience. Victor L. Reus, M.D., *Stock Shareholder:* Exelixis. Charles F. Reynolds, M.D., *Grant Research Support:* Bristol-Myers Squibb, Forest, Pfizer. Laura Weiss Roberts, M.D., M.A., *Owner, Investigator:* Terra Nova Learning Systems. Cynthia W. Santos, M.D., *Research Support:* Curemark. Joyce A. Tinsley, M.D., *Employee (spouse):* Boeinger Ingelheim.

Editors and Members of the Editorial Boards of FOCUS and the FOCUS Self-Assessment listed below report no disclosures.

Richard Balon, M.D., Carol A. Bernstein, M.D., Robert J. Boland, M.D., Peter Buckley, M.D., Carl Chan, MD, Josepha A. Cheong, M.D., Pedro L. Delgado, M.D., Arden Dingle, M.D., David L. Fogelson, M.D., Suzanne Garfinkle, M.D., Deborah J. Hales, M.D., Laura Fochtman, M.D., Glen O. Gabbard, M.D., Donald M. Hilty, M.D., Ira M. Lesser, M.D., Avram Mack, M.D., Gail H. Manos, M.D., Annette M. Matthews, M.D., Cheryl F. McCartney, M.D., Michele T. Pato, M.D., Deepak Prabhakar, M.D., Pedro Ruiz, M.D., Stephen C. Scheiber, M.D., Sidney Zisook, M.D., Deborah Spitz, M.D., Dorothy Stubbe, 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 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.

The American Board of Psychiatry and Neurology has approved the following *FOCUS* Performance in Practice clinical chart review tools of the American Psychiatric Association as Maintenance of Certification, Part 4, Clinical Modules

Performance in Practice: Physician Assessment Module for the Screening of Adults with Substance Use Disorder
Feb 2011 - Feb 2014

Performance in Practice: Physician Assessment Module for the Assessment and Treatment of Adults with Substance Use Disorder
Feb 2011 - Feb 2014

Performance in Practice: Physician Assessment Tool for the Care of Adults with Schizophrenia
June 2012 - June 2015

Performance in Practice: Physician Practice Assessment Tool for the Assessment and Treatment of Adults at Risk for Suicide and Suicide-Related Behaviors.
March 2011 - March 2014

Performance in Practice: Clinical Module for the Care of Patients With Major Depressive Disorder
July 2012 - July 2015

Performance in Practice: Clinical Module for the Care of Patients with Posttraumatic Stress Disorder
Aug 2013 - Aug 2016

Contact American Psychiatric Association, Department of CME, educme@psych.org for information regarding revised end dates and updates to the clinical modules.

Royal College of Physicians and Surgeons of Canada

The Focus Self-Assessment program is accredited for up to 24 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.
