



APA Publishing

Publisher

John McDuffie

Editorial Director, Journals

Michael D. Roy

Managing Editor, Journals

Demarie S. Jackson

Production Manager, Journals

Wendy Lieberman Taylor

APA Department of Continuing Medical Education

Associate Director, Focus

Kristen Moeller

Editorial Manager, CME and MOC

Ann Thomas

Focus (ISSN 1541-4094) is published quarterly by the American Psychiatric Association, 800 Maine Ave. S.W., Suite 900, Washington, D.C. 20024. Printed in U.S.A. Periodicals postage paid at Washington, D.C., and additional mailing offices. POSTMASTER: Send all address changes to *Focus*, Circulation Department, American Psychiatric Association Publishing, 800 Maine Ave. S.W., Suite 900, Washington, D.C. 20024.

Subscriptions

U.S. APA member \$441, U.S. non-member \$690. For additional subscription options, including international and student rates, contact Customer Service at (202) 559-3900 or (800) 368-5777.

Officers of the Association

Vivian Pender, M.D., M.P.H., *President*

Rebecca W. Brendel, M.D., J.D.,

President-Elect

Saul Levin, M.D., M.P.A., *CEO and Medical Director*

Editorial Offices

Telephone: (202) 559-3897

Journal Web site: focus.psychiatryonline.org

Focus CME: education.psychiatry.org/diweb/mylearning

Change of Address and Assistance With Subscriptions

Contact Customer Service at (202)

559-3900 or (800) 368-5777 or e-mail

appi@psych.org.

CME

Email: educme@psych.org

Online Access

Call (800) 368-5777 or e-mail appi@psych.org

for assistance with online access to

Focus and CME activities.

APA Learning Center

education.psychiatry.org

Copyright © 2021, American Psychiatric Association

Focus

The Journal of Lifelong Learning in Psychiatry

Editor

Mark Hyman Rapaport, M.D.
Salt Lake City, Utah

Applied Armamentarium

Boadie Dunlop, M.D.
Atlanta, Georgia

Communication Commentary

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

Ethics Commentary

Laura B. Dunn, M.D.
Palo Alto, California
Jarrod A. Marks, M.D.
Syracuse, New York

Patient Management Exercise

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

Safety Commentary

Yad M. Jabbarpour, M.D.
Catawba, Virginia

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.
Richmond, Virginia
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
Daniel K. Winstead, M.D.
New Orleans, Louisiana
Joel Yager, M.D.
Denver, Colorado

Editorial Board

Richard Balon, M.D.
Rochester Hills, Michigan
Joseph A. Cheong, M.D.
Nashville, Tennessee
Raymond Lam, M.D., F.R.C.P.C.
Vancouver, Canada
Sherrell T. Lam, MD, F.A.C.P.
Bethesda, Maryland
Avram H. Mack, M.D.
Philadelphia, Pennsylvania

Vishal Madaan, M.D., M.B.B.S.
Charlottesville, Virginia
David Mischoulon, M.D., Ph.D.
Boston, Massachusetts
Francisco A. Moreno, M.D.
Tucson, Arizona
Philip R. Muskin, M.D.
New York, New York
Michele T. Pato, M.D., M.P.H.
Brooklyn, New York
Jeffrey Rakofsky, M.D.
Atlanta, Georgia
Victor I. Reus, M.D.
San Francisco, California
James W. Thompson, M.D., M.P.H.
Palm Beach, Florida
Marcia L. Verduin, M.D.
Orlando, Florida
Sidney Zisook, M.D.
San Diego, California

Associate Editors eFOCUS

David L. Fogelson, M.D.
Los Angeles, California
Robert J. Boland, M.D.
Boston, Massachusetts

Focus Self-Assessment Editorial Board

Rashi Aggarwal, M.D.
Newark, New Jersey
Nicole Cotton, M.D.
Atlanta, Georgia
Vikas Gupta, M.D., M.P.H.
Greenville, North Carolina
Venkata Kolli, M.B.B.S.
Columbus, Nebraska
John Luo, M.D.
Orange, California
Vishal Madaan, M.D.
Charlottesville, Virginia
Lindsay J. Moskowit, M.D.
Greenwich, Connecticut
Jeffrey J. Rakofsky, M.D.
Atlanta, Georgia
Lorena Reyna, M.D.
Alton, Texas
John Teshima, M.D., M.Ed.
Toronto, Canada
Jose Vito, M.D.
New York, New York

Editor Emerita

Deborah J. Hales, M.D.
Washington, D.C.



EDUCATIONAL OBJECTIVES

Focus, the APA clinical review and continuing medical education (CME) 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.

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

Participants also can 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 online at education.psychiatry.org/diweb/mylearning, and earn credit with a passing score of 60%.

ACCREDITATION AND DESIGNATION

The American Psychiatric Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide CME for physicians. The APA designates this journal-based CME activity for a maximum of 5 AMA PRA Category 1 credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Neither the American Psychiatric Association nor American Psychiatric Association 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 Association 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 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 permissions@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.

Focus

The Journal of Lifelong Learning in Psychiatry

"Lifelong Learning in Psychiatry" is an evolving series of educational initiatives developed by the American Psychiatric Association to meet the changing needs of psychiatrists for the 21st century.

Focus offers clinical reviews and original research for practicing psychiatrists to keep abreast of significant advances in the field. Developed as part of APA's "Lifelong Learning in Psychiatry" series—educational initiatives to meet the changing needs of psychiatrists for the 21st century—*Focus* has as its goal the dissemination of up-to-date information while facilitating lifelong study skills and critical self-assessment for improving patient care and preparation for maintenance of certification. Each issue is designed as a personal study resource with particular attention to clinical practice and offers opportunities to earn AMA PRA Category 1 Credit™.

The American Board of Psychiatry and Neurology

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 is an Accredited Self-Assessment Program (Section 3) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Canadian Psychiatric Association. You may claim a maximum of 24 hours (credits are automatically calculated).

Editor and Advisor Program Planner Disclosure Listing for *Focus*, eFOCUS and *Focus*, Self-Assessment Editors, Associate Editors, Editorial Boards, and staff:

Ian Cook, M.D., active biomedical device patents assigned to the University of California; CEO and director of HeartCloud Inc. and BrainCloud Corporation; CEO and board chair of NeuroSigma Inc. (on leave since 2016 as chief medical officer); equity interest in HeartCloud Inc. and the BrainCloud Corporation; stock options in NeuroSigma Inc. Boadie Dunlop, M.D., grant/research funding from Compass Pathways, Otsuka, Aptinyx, Acadia; consultant at Myriad Neuroscience, Sage Therapeutics, Otsuka Pharmaceutical, Greenwich Biosciences. Raymond Lam, M.D., consultant: Allergan, Asia-Pacific Economic Cooperation, Canadian Network for Mood and Anxiety Treatments, Janssen, Lundbeck, Myriad Neuroscience, Otsuka, Pfizer; ad hoc speaking honoraria: Canadian Network for Mood and Anxiety Treatments, Canadian Psychiatric Association, Hansoh, Lundbeck, Lundbeck Institute, Pfizer; grant/research funding from BC Leading Edge Endowment Fund, Canadian Institutes of Health Research, Canadian Network for Mood and Anxiety Treatments, Healthy Minds Canada, Janssen, Lundbeck, Michael Smith Foundation for Health Research, MITACS, Ontario Brain Institute, St. Jude Medical, University Health Network Foundation, VGH-UBCH Foundation; book royalties: Cambridge University Press, Informa Press, Oxford University Press; copyright: Lam Employment Absence and Productivity Scale (LEAPS). Vishal Madaan, M.D., grant/research funding from Allergan, Boehringer-Ingelheim, Neurocrine, Otsuka, Pfizer, Shire, Supernus. David Mischoulon, M.D., Ph.D., employed part time, MGH Clinical Trials Network and Institute (CTNI), which has received research funding from multiple pharmaceutical companies and NIMH; grant/research funding from Nordic Naturals (donated omega-3 fatty acid medication and placebo for clinical trial) and heckel medizintechnik GmbH (supplied whole body hyperthermia device for clinical trial). Francisco A. Moreno, M.D., Liva Nova: DSMB chair. Jeffrey J. Rakofsky, M.D., grant/research funding from Compass, Otsuka. Sidney Zisook, M.D., grant/research funding from COMPASS Pathways.

Editors and Members of the Editorial Boards of *Focus* and the *Focus* Self-Assessment and staff listed below report no disclosures:

Rashi Aggarwal, M.D., Richard Balon, M.D., Carol A. Bernstein, M.D., Robert J. Boland, M.D., Kathleen T. Brady, M.D., Peter F. Buckley, M.D., Ph.D., Josepha A. Cheong, M.D., Nicole Cotton, M.D., Laura B. Dunn, M.D., David L. Fogelson, M.D., Glen O. Gabbard, M.D., Tristan Gorrindo, M.D., Vikas Gupta, M.D., M.P.H., Yad M. Jabbarpour, M.D., Venkata Kolli, M.B.B.S., Sherrell T. Lam, M.D., Ira M. Lesser, M.D., John Luo, M.D., Avram H. Mack, M.D., Jarrod A. Marks, M.D., Kristen Moeller, Lindsay J. Moskowitz, M.D., Philip R. Muskin, M.D., Michele T. Pato, M.D., M.P.H., Mark H. Rapaport, M.D., Lorena Reyna, M.D., Victor I. Reus, M.D., Charles F. Reynolds, III, M.D., Pedro Ruiz, M.D., Dorothy E. Stubbe, M.D., John Teshima, M.D., M.Ed., Ann Thomas, James W. Thompson, M.D., M.P.H., Marcia L. Verduin, M.D., Jose Vito, M.D., Daniel K. Winstead, M.D., Joel Yager, M.D.

Improvement in Medical Practice/Performance in Practice (PIP) Clinical Modules Published in *Focus*

Contact American Psychiatric Association, Department of CME, educme@psych.org for information regarding revised end dates and updates to the MOC Part 4 PIP clinical modules. Performance in Practice modules are available to all *Focus* subscribers online in the APA Learning Center at education.psychiatry.org.

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: Practice Assessment
Tool for the Care of Patients with Schizophrenia
October 2020–October 2023

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 2023

Performance in Practice: Clinical Module for the Care
of Patients with Posttraumatic Stress Disorder
September 2018–September 2023

Performance in Practice: Clinical Module for
Screening Adult Psychiatric Patients for Substance
Use Disorders
September 2018–September 2024

PIP Clinical Modules online (MOC Part 4)

FOCUS subscribers who are also APA members: Access and complete PIP Clinical Modules online in the APA Learning Center at education.psychiatry.org using your APA member login.

Non-member subscribers: Contact educme@psych.org for access to PIP Clinical Modules online at education.psychiatry.org.