

SPRING 2020 | VOLUME 18 | NUMBER 2

Focus

The Journal of Lifelong Learning in Psychiatry



NNDC Special Issue: Challenges of Mood Disorders Care

Guest editors: John F. Greden, M.D., and J. Raymond DePaulo, Jr., M.D.,

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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.

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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.

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Focus

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March 2011–March 2023

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REVIEWS

88 Suicide Risk Assessment and Prevention: Challenges and Opportunities

Eileen P. Ryan, D.O., and Maria A. Oquendo, M.D., Ph.D.

Strategies such as restricting access to lethal means and treating a comorbid psychiatric disorder are effective in suicide risk assessment and management. Various scientific and technological advances may enhance the ability to identify and treat at-risk patients, but further research is needed.

100 Clinical Perspective on Opioids in the Context of Suicide Risk

Paul S. Nestadt, M.D., and Amy S. B. Bohnert, Ph.D., M.H.S.

Rising rates of suicide and opioid overdose deaths in the U.S. may be linked. Interventions targeting shared risk factors and tools, such as naloxone, medications for opioid use disorders, and improved risk screening and prescription methods, should be implemented to reduce risk.

106 Is Postpartum Depression Different From Depression Occurring Outside of the Perinatal Period? A Review of the Evidence

Melissa M. Batt, M.D., M.P.H., et al.

Evidence as to whether postpartum depression (PPD) is distinct from major depressive disorder is mixed, affected largely by how the postpartum period is defined. This review found that depression occurring in the early postpartum period may be distinct whereas depression occurring in the later postpartum period may be more like major depressive disorder.

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120 Consequences of Recurrence of Major Depressive Disorder: Is Stopping Effective Antidepressant Medications Ever Safe?

Jennifer Severe, M.D., et al.

People who experience a major depressive episode often face a recurring longitudinal treatment course. The time has come for major depressive disorder to be categorized as a chronic illness, such as diabetes and heart disease, for which prevention and maintenance of wellness interventions are imperative.

129 The Care of Patients With Complex Mood Disorders

Zachary A. Corder, M.D., Ph.D., et al.

Perspectives are offered on treatment management for patients with mood disorders complicated by physical and psychological disorders, personality vulnerabilities, drug misuse, and/or interpersonal problems. These commonly encountered conditions can make depressive states harder to treat.

139 Management of Complex Co-occurring Psychiatric Disorders and High-Risk Behaviors in Adolescence

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Susan K. Conroy, M.D., Ph.D., et al.

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162 Computer-Assisted CBT and Mobile Apps for Depression: Assessment and Integration Into Clinical Care

Jesse H. Wright, M.D., Ph.D., and Matthew Mishkind, Ph.D.

Two experts in treating depression with the help of computer-assisted CBT and mobile apps offer an introduction to these technological tools. How effective are they? Advantages and disadvantages? How can clinicians choose the most useful ones? And how best to introduce them into clinical practice?

169 Advancing Treatment of Depression and Other Mood Disorders Through Innovative Models of Telepsychiatry

Jay H. Shore, M.D., M.P.H., et al.

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175 Real-Time Monitoring: A Key Element in Personalized Health and Precision Health

John Zulueta, M.D., et al.

Numerous advances in computing and sensor technologies can enhance objective, real-time data collection and patient outcome prediction, informing the diagnosis and management of psychiatric disorders but also prompting concern for ensuring data integrity and ethical and legal issues.

181 Next-Step Treatment Considerations for Patients With Treatment-Resistant Depression That Responds to Low-Dose Intravenous Ketamine

William V. Bobo, M.D., M.P.H., et al.

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William Styron, Pulitzer Prize-winning novelist, chronicled his battles with depression in his 1990 memoir *Darkness Visible: A Memoir of Madness*: "For those who have dwelt in depression's dark wood, and known its inexplicable agony, their return from the abyss is not unlike the ascent of the poet, trudging upward and upward out of hell's black depths..." (Photo by Michael Abramson/The LIFE Images Collection via Getty Images/Getty Images)