

List of interesting articles

What is happening in research elsewhere?

- **Lithium in drinking water and suicide mortality**
Kapusta ND et al. *The British Journal of Psychiatry* 2011; 198: 346-50
The study utilized 6460 lithium measurements from drinking water of all 99 districts across Austria. The geographic regions with higher natural lithium concentrations were associated with lower suicide mortality rates, after adjustment for various socio-economic factors.
- **Pharmacogenetic approach at the serotonin transporter gene as a method of reducing the severity of alcohol drinking**
Johnson BA et al. *American Journal of Psychiatry* 2011; 168: 265-75
The authors of the double-blind RCT propose a new pharmacogenetic approach using *Ondansetron* (a serotonin receptor antagonist) to treat severe drinking and improve abstinence in alcoholic individuals. The study also underscores the importance of stratifying sample on basis of biomarkers the effect of ondansetron was seen only among individuals with LL genotype of 5-HTT regulatory region and not in LS/SS types.
- **Factors predictive of ten-year mortality in severe anorexia nervosa patients**
Huas C et al. *Acta Psychiatrica Scandinavica* 2011; 123: 61-70
The study shows that the anorexia nervosa in-patients are at high risk of death, with 40 recorded deaths among 601 consecutive in-patients of anorexia nervosa (DSM-IV). Six factors at admission were associated with death: older age, longer eating disorder duration, history of suicide attempt, diuretic use, intensity of eating disorder symptoms, and desired body mass index at admission.
- **Depressive and manic symptoms are not opposite poles in bipolar disorder**
Johnson SL et al. *Acta Psychiatrica Scandinavica* 2011; 123: 206-10
The article suggests that depressive and manic symptoms are not opposite poles. Rather, both of them appear to fluctuate relatively independently within bipolar disorder. Weekly severity ratings of mania and depression were assessed for 72 weeks in 236 individuals. Contrary to the one-dimension model, mania and depression symptoms were not negatively related.
- **Epidemiology of Autism spectrum disorders in Adults in the community in England**
Brugha TS et al. *Archives of General Psychiatry*. 2011;68: 459-65
This is the first attempt at studying autism spectrum disorders in adult population, with a stratified, multiphase random sample of 7461 people. The weighted prevalence was estimated to be 9.8 per 1000 using two-phase assessments.
- **Prevalence and correlates of bipolar spectrum disorder in the world mental health survey initiative.**
Merikangas KR et al. *Archives of General Psychiatry*. 2011;68:241-51
Household surveys of 61,392 community adults in 11 countries (including India) were conducted

using CIDI-version 3.0. The aggregate lifetime prevalences were 0.6% for Bipolar type I disorder, 0.4% for BP-II, 1.4% for subthreshold BP, and 2.4% for BP spectrum disorders. Role impairment was similar across BP subtypes. In low-income countries, only 25.2% reported contact with the mental health system.

- **Disease-modifying properties of long-term lithium treatment for amnesic mild cognitive impairment: randomised controlled trial**

Orestes V et al. *The British Journal of Psychiatry* 2011;198:351-6.

This randomised controlled trial support the notion that lithium has disease-modifying properties with potential clinical implications in the prevention of Alzheimer's disease

- **The Same or Different? A Phenomeno-logical Comparison of Auditory Verbal Hallucinations in Healthy and Psychotic Individuals**

Daalman et al. *Journal of Clinical Psychiatry* 2011;72: 320-5

The phenomenology of Auditory verbal hallucinations (AVHs) was studied in psychotic outpatients and otherwise healthy individuals experiencing AVHs at least once a month. The perceived location of voices (inside/outside the head), the number of voices, loudness, and personification did not differentiate between psychotic and healthy individuals. The most prominent differences between AVHs in healthy and psychotic individuals were the emotional valence of the content, the frequency of AVHs, and the control subjects had over their AVHs.

- **Sleep misperception and chronic insomnia in the general population: Role of objective sleep duration and psycho-logical profiles**

Fernandez-Mendoza J et al. *Psychosomatic Medicine* 2011; 73: 88-97

On polysomnographic evaluation of insomniacs and controls, it was seen that the underestimation of sleep duration is prevalent among insomniacs with objective normal sleep duration. Anxious-ruminative traits and poor resources for coping with stress seem to mediate the underestimation of sleep duration.

- **Melatonin decreases delirium in elderly patients: A randomized, placebo-controlled trial**

Al-Aama T et al. *International Journal of Geriatric Psychiatry* 2011; 26:687-94

Disturbance in the metabolism of trypto-phan and related compounds (e.g. mela- tonin) may have a role in the pathogenesis of delirium. Elderly Individuals admitted through the emergency department to a medical unit were randomized to receive either 0.5 mg of melatonin or placebo every night for 14 days or until discharge Exogenous low dose melatonin adminis-tered nightly to elderly patients admitted to acute care may represent a potential protective agent against delirium.