

**Editor**

Patricia Casey (Ireland)

Editorial Board

Selamawit Alemayehu (Ethiopia)
 Danilo Arnone (UAE)
 Kamaldeep Bhui (UK)
 Asit Biswas (UK)
 Billy Boland (UK)
 William Burbridge-James (UK)
 Angela Carballedo (Ireland)
 Carlos Carona (Portugal)
 John Cookson (UK)
 Sergio Covarrubias-Castillo (Mexico)
 Oliver Gale-Grant (UK)
 Gian Maria Galeazzi (Italy)

Sanju George (India)
 Malcolm Hopwood (Australia)
 Roger Ho (Singapore)
 Jason Luty (UK)
 Beatriz Moyano (Argentina)
 Femi Oyeboode (UK)
 Mariana Pinto da Costa (UK)
 Abdul Raouf (UK)
 David Reiss (UK)
 Keith Rix (UK)
 Howard Ryland (UK)
 Jan Scott (UK)
 Aastha Sharma (UK)
 Itoro Udo (Canada)

Wang Wei (Norway)
 Jessica Yakeley (UK)

Trainee Editor

Norella Broderick (Ireland)
 Sundar Gnanavel (UK)
 Arul Velusamy (UK)

Cochrane Corner

Editor
 Riccardo De Giorgi (UK)

Managing Editor

Anna Munks

Subscriptions

BJPsych Advances Volume 29, 2023 (six issues)

	Non-members	Institutions
Print and electronic	N/A	£253/\$438
Electronic only	£172/\$261	£217/\$344

Members of the Royal College of Psychiatrists receive free online access to *BJPsych Advances* as part of their membership. In addition, members can choose to receive up to two journals in print from the BJPsych Journal portfolio. Any additional printed journals can be purchased at a special discounted member rate of £50 per subscription per year via Cambridge University Press Customer Services team via phone (+44 [0]1223326070) or email (journals@cambridge.org).

Orders from non-members of the College, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfillment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA, email subscriptions_newyork@cambridge.org. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Online access *BJPsych Advances* is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-advances>. Information about the College's publications is available at <http://www.rcpsych.ac.uk>.

Instructions to authors Full instructions to authors are given at <https://www.cambridge.org/core/journals/bjpsych-advances/information/instructions-contributors>.

Continuing professional development (CPD) Those wishing to register for CPD with the Royal College of Psychiatrists should contact the CPD unit (tel: +44 (0)20 3701 2621 or +44 (0)20 3701 2610). There is no charge for participation in the CPD scheme for Members, Fellows and Affiliates of the College.

CPD eLearning The College also publishes an interactive online learning facility for CPD in psychiatry. Further details, sample modules and subscription information can be viewed at <https://elearninghub.rcpsych.ac.uk>.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, Dorchester, Dorset DT1 1HD.

This journal issue has been printed on FSC™-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

© The Royal College of Psychiatrists 2023. Published by Cambridge University Press on behalf of the Royal College of Psychiatrists, a charity registered in England and Wales (228636) and in Scotland (SC038369). Unless so stated, material in *BJPsych Advances* does not necessarily reflect the views of the Editor or the Royal College of Psychiatrists. The publishers are not responsible for any errors of omission or fact.

The College crest is a registered trade mark of the Royal College of Psychiatrists.

ISSN 2056-4678



New from CPD eLearning

The online resource for mental health professionals

CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our new eLearning Hub.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. During the pandemic, there will be no limit on eLearning that can be counted for CPD; it will be possible for ALL 50 CREDITS to be obtained in this way. Access to the modules is through annual subscription, but we also offer a series of free modules and podcasts for you to trial first.

For more information, visit CPD eLearning on the eLearning Hub: <https://elearninghub.rcpsych.ac.uk> *BJPsych Advances* and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

[View related CPD eLearning content](#)

Recent modules and podcasts

Module Behavioural activation in young people with low mood

COVID-19 created dramatic population behavioural change. With lockdown, families had to adjust to a new context, and were presenting with behaviours that were both adaptive and maladaptive. Behavioural activation (BA) is an important tool to help families notice and understand these behaviours, not only within the context of COVID-19, but also more generally. This module will cover the evidence base and the key parts of BA for depression. BA can structure and ground conversations between professionals and families, by helping young people and family members adjust goals and activities in order to negotiate the COVID-19 experience. **CPD credits: 1**

Podcast The role of artificial intelligence in drug discovery

In this podcast Dr Raj Persaud discusses artificial intelligence with Professor Peter Richardson, the Vice President of Pharmacology at BenevolentAI, and how it is being used to advance medicine. **CPD credits: 0.5**

Podcast Saving Freud

In this podcast Dr Raj Persaud talks to author Andrew Nagorski about his latest book *Saving Freud: A Life in Vienna and an Escape to Freedom in London*. They discuss Freud's life and career and the dramatic true story of his last-minute escape to London in 1938. **CPD credits: 0.5**

Podcast The Reluctant Carer

In this podcast, Dr Raj Persaud talks to the anonymous author of the book *The Reluctant Carer: Dispatches from the Edge of Life* and discusses their experiences when looking after their elderly parents. **CPD credits: 0.5**

Module Planning ahead: end-of-life care, treatment escalation and advance care planning

Planning ahead, including advance care and treatment escalation planning, increases the likelihood that care and treatment is consistent with the individual's preferences and minimises invasive treatment of limited clinical benefit. All professionals involved in care should be equipped to support patients, and within psychiatry we face additional challenges when addressing these emotive and complex concepts. **CPD credits: 1**

Module Depersonalisation-derealisation disorder (DDD): assessment and treatment

Meeting your first patient with depersonalisation-derealisation disorder (DDD) may be challenging if you lack confidence in knowing how to diagnose this condition and what evidence-based treatments to offer. This module provides a brief, but comprehensive, overview from both a consultant psychiatrist and clinical psychologist who have extensive experience working with DDD. The module includes information on common presentations, comorbidity and the main triggers for onset, as well as guidance on how to assess and diagnose DDD. Learners will also be given an overview of the main treatments and a stepped care guide to implementing these. **CPD credits: 1**

Other recently published CPD eLearning podcasts (each worth 0.5 CPD credits and freely accessible) include:

- Mental health in Ukraine
- The psychology of the Ukrainian soldier
- The impact of COVID-19 on maternal mental health
- Are you ignorant about the pandemic?
- Lost in thought: can intellect save you in a pandemic?
- The psychology behind mathematical modelling of epidemics
- Managing alcohol withdrawal in acute in-patient psychiatry
- Coping with the 'pointless suffering' of COVID-19
- Re-reading Camus's 'The Plague' in pandemic times
- Obedience to authority – lessons from Milgram applied to COVID-19
- Mental Health Tribunals: response to the COVID-19 emergency
- How do we lead effectively through the COVID-19 pandemic?
- Working with patients remotely
- Ethical considerations arising from COVID-19
- COVID-19: Isolation and loneliness – is there a 'social cure'?
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.