

References

- 1 Rehm J, Mathers C, Popova S, Thavorncharoensap M, Teerawattananon Y, Patra J. Global burden of disease and injury and economic cost attributable to alcohol use and alcohol-use disorders. *Lancet* 2009; **373**: 2223–33.
- 2 Burns L, Teesson M. Alcohol use disorders comorbid with anxiety, depression and drug use disorders. Findings from the Australian National Survey of Mental Health and Well Being. *Drug Alcohol Depend* 2002; **68**: 299–307.
- 3 Burns L, Teesson M, O'Neill K. The impact of comorbid anxiety and depression on alcohol treatment outcomes. *Addiction* 2005; **100**: 787–96.
- 4 Kessler RC, Crum RM, Warner LA, Nelson CB, Schulenberg J, Anthony JC. Lifetime co-occurrence of DSM-III-R alcohol abuse and dependence with other psychiatric disorders in the National Comorbidity Survey. *Arch Gen Psychiatry* 1997; **54**: 313–21.
- 5 Knopik VS, Heath AC, Madden PA, Bucholz KK, Slutske WS, Nelson EC, et al. Genetic effects on alcohol dependence risk: re-evaluating the importance of psychiatric and other heritable risk factors. *Psychol Med* 2004; **34**: 1519–30.
- 6 Kushner MG, Abrams K, Borchardt C. The relationship between anxiety disorders and alcohol use disorders: a review of major perspectives and findings. *Clin Psychol Rev* 2000; **20**: 149–71.
- 7 Swendsen JD, Merikangas KR. The comorbidity of depression and substance use disorders. *Clin Psychol Rev* 2000; **20**: 173–89.
- 8 Degenhardt L, Hall W. Patterns of co-morbidity between alcohol use and other substance use in the Australian population. *Drug Alcohol Rev* 2003; **22**: 7–13.
- 9 Australian Bureau of Statistics. *National Survey of Mental Health and Wellbeing: Summary of Results*. Australian Bureau of Statistics, 2007.
- 10 Slade T, Johnston A, Oakley Browne MA, Andrews G, Whiteford H. 2007 National Survey of Mental Health and Wellbeing: methods and key findings. *Aust N Z J Psychiatry* 2009; **43**: 594–605.
- 11 World Health Organization. *The ICD-10 Classification of Mental and Behavioural Disorders: Clinical Descriptions and Diagnostic Guidelines*. WHO, 1992.
- 12 Kessler RC, Ustun TB. The World Mental Health (WMH) Survey Initiative Version of the World Health Organization (WHO) Composite International Diagnostic Interview (CIDI). *Int J Methods Psychiatr Res* 2004; **13**: 93–121.
- 13 Australian Bureau of Statistics. *2039.0 - Information Paper: Census of Population and Housing – Socio-Economic Indexes for Areas*. Australian Bureau of Statistics, 2001.
- 14 Dixit AR, Crum RM. Prospective study of depression and the risk of heavy alcohol use in women. *Am J Psychiatry* 2000; **157**: 751–8.
- 15 Gilman SE, Abraham HD. A longitudinal study of the order of onset of alcohol dependence and major depression. *Drug Alcohol Depend* 2001; **63**: 277–86.
- 16 Fergusson DM, Boden JM, Horwood LJ. Tests of causal links between alcohol abuse or dependence and major depression. *Arch Gen Psychiatry* 2009; **66**: 260–6.
- 17 Schuckit MA. Comorbidity between substance use disorders and psychiatric conditions. *Addiction* 2006; **101**: 76–88.
- 18 Goodwin RD, Fergusson DM, Horwood LJ. Association between anxiety disorders and substance use disorders among young persons: results of a 21-year longitudinal study. *J Psychiatr Res* 2004; **38**: 295–304.
- 19 Prescott CA, Kendler KS. Genetic and environmental contributions to alcohol abuse and dependence in a population-based sample of male twins. *Am J Psychiatry* 1999; **156**: 34–40.
- 20 Kendler KS, Kuo PH, Webb BT, Kalsi G, Neale MC, Sullivan PF, et al. A joint genomewide linkage analysis of symptoms of alcohol dependence and conduct disorder. *Alcohol Clin Exp Res* 2006; **30**: 1972–7.
- 21 Nurnberger Jr JI, Wiegand R, Bucholz K, O'Connor S, Meyer ET, Reich T, et al. A family study of alcohol dependence: coaggregation of multiple disorders in relatives of alcohol-dependent probands. *Arch Gen Psychiatry* 2004; **61**: 1246–56.
- 22 O'Connor DW. Do older Australians truly have low rates of anxiety and depression? A critique of the 1997 National Survey of Mental Health and Wellbeing. *Aust N Z J Psychiatry* 2006; **40**: 623–31.
- 23 Trollor JN, Anderson TM, Sachdev PS, Brodaty H, Andrews G. Age shall not eary them: mental health in the middle-aged and the elderly. *Aust N Z J Psychiatry* 2007; **41**: 581–9.
- 24 Kessler RC, Angermeyer M, Anthony JC, De Graaf R, Demyttenaere K, Gasquet I, et al. Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry* 2007; **6**: 168–76.

100
words

Shame

Gillian Rathbone

Shame is everywhere but nowhere. From the infant's distress when he first sees disgust or anger in his mother's gaze, through teenage embarrassment, to adult horror of public disgrace: the experience of shame is so excruciating that avoiding it organises our lives. Normal shame is prosocial, underpinning and defining our social groupings. But when early socialisation goes awry, through childhood neglect, abuse or intrusion, it can cause excessive shame with its close allies, rage and violence. Severe shame incites murder. Yet we further shame those society has failed through blame, exclusion or incarceration. Perhaps we fear contamination by their shame.

Gillian Rathbone is a consultant psychiatrist and group analyst working in the NHS as lead clinician for specialist psychotherapy and personality disorder services in Birmingham.

The British Journal of Psychiatry (2011)
199, 224. doi: 10.1192/bjp.bp.111.095828