



The American Journal of Psychiatry

Official Journal of the American Psychiatric Association

Officers 2015–2016

President

Renée L. Binder, M.D.

President-Elect

Maria A. Oquendo, M.D.

Treasurer

Frank W. Brown, M.D.

Secretary

Altha J. Stewart, M.D.

Assembly

Speaker

Glenn A. Martin, M.D.

Speaker-Elect

Daniel J. Anzia, M.D.

Recorder

Theresa Miskimen, M.D.

Office of the CEO and Medical Director

CEO and Medical Director

Saul Levin, M.D., M.P.A.

Board of Trustees

Jeffrey Akaka, M.D.

Lama Bazzi, M.D.

R. Scott Benson, M.D.

Ronald M. Burd, M.D.

Stella Cai, M.D.

Brian Crowley, M.D.

Anita S. Everett, M.D.

Jeffrey L. Geller, M.D., M.P.H.

Dilip V. Jeste, M.D.

Jeffrey A. Lieberman, M.D.

Vivian B. Pender, M.D.

Gail E. Robinson, M.D.

Ravi N. Shah, M.D.

Paul Summergrad, M.D.

Melinda Young, M.D.

Editorial Board

Editor

Robert Freedman, M.D.

Deputy Editors

David A. Lewis, M.D.

Robert Michels, M.D.

Daniel S. Pine, M.D.

A. John Rush, M.D.

Susan K. Schultz, M.D.

Carol A. Tamminga, M.D.

Associate Editors

Alan Brown, M.D., M.P.H.

Tyrone Cannon, Ph.D.

Benjamin G. Druss, M.D., M.P.H.

Graham J. Emslie, M.D.

Daniel C. Javitt, M.D.

Bankole Johnson, M.D.

Ellen Leibenluft, M.D.

Joan L. Luby, M.D.

Constantine G. Lyketsos, M.D., M.H.S.

Helen S. Mayberg, M.D., F.R.C.P.C.

Barbara Milrod, M.D.

Terrie E. Moffitt, Ph.D.

Anita Thapar, M.B.B.Ch., F.R.C.Psych.,

Ph.D., F.Med.Sci.

Mauricio Tohen, M.D., Dr.PH., M.B.A.

Eduard Vieta, M.D., Ph.D.

Katherine L. Wisner, M.D., M.S.

Xin Yu, M.D.

Editor Emerita

Nancy C. Andreasen, M.D., Ph.D.

Former Editors

Amariah Brigham, M.D., 1844–1849

T. Romeyn Beck, M.D., 1849–1854

John P. Gray, M.D., 1854–1886

G. Alder Blumer, M.D., 1886–1894

Richard Dewey, M.D., 1894–1897

Henry M. Hurd, M.D., 1897–1904

Edward N. Brush, M.D., 1904–1931

Clarence B. Farrar, M.D., 1931–1965

Francis J. Braceland, M.D., 1965–1978

John C. Nemiah, M.D., 1978–1993

Editorial Staff

Executive Editor

Michael D. Roy

Senior Editors

John J. Guardiano, Ph.D.

Jane Weaver

Production Manager

Susan Westrate

Assistant Editor

Angela Moore

Online Content Manager

Michael Pogachar

Editorial Assistant

Linda LaCour

Editorial Assistant/Permissions

Coordinator

Jane Cha

Assistants to the Editors

Lois Lilienthal

Laura English

Rachel Hogg

Russell A. Scholl

Publisher

Rebecca D. Rinehart

The Residents' JOURNAL

The American Journal of Psychiatry Residents' Journal

July 2015

Volume 10

Issue 7

Inside

- 2** **New Formats and New Opportunities: The Time to Get Involved is "Now!"**
Rajiv Radhakrishnan, M.B.B.S., M.D.
- 3** **Prevention of Posttraumatic Stress Disorder: Predicting Response to Trauma**
Jennifer H. Harris, M.D.
- 7** **Weight Gain in Patients With Schizophrenia: A Recipe For Timely Intervention**
Ammar El Sara, M.B.Ch.B.
- 10** **Hyperprolactinemia and Antipsychotics: Update for the Training Psychiatrist**
Stephanie Pope, M.D.
- 13** **A Clinical Case Conference on Spiritual Growth and Healing**
Elizabeth S. Stevens, D.O.
- 15** **Priapism: A Rare but Serious Side Effect of Trazodone**
Kamalika Roy, M.D.
- 17** **Classifying Psychopathology: Mental Kinds and Natural Kinds**
Reviewed by Aaron J. Hauptman, M.D.
- 18** **Residents' Resources**

IN THIS ISSUE



This issue of the *Residents' Journal* features a variety of topics. Jennifer H. Harris, M.D., discusses prevention of posttraumatic stress disorder, with an overview of various responses to trauma. Ammar El Sara, M.B.Ch.B., presents a review of clinically applicable evidence-based interventions targeting obesity in schizophrenia patients. Stephanie Pope, M.D., examines antipsychotic-induced hyperprolactinemia, including variables affecting prolactin and clinical implications. Elizabeth S. Stevens, D.O., discusses several psychological, social, and spiritual developmental frameworks in a clinical case conference. Kamalika Roy, M.D., presents a case of priapism as a side effect of trazodone in a middle-aged patient. Lastly, Aaron J. Hauptman, M.D., offers his review of the book *Classifying Psychopathology: Mental Kinds and Natural Kinds*.

Editor-in-Chief
Rajiv Radhakrishnan, M.B.B.S., M.D.

Senior Deputy Editor
Katherine Pier, M.D.

Deputy Editor
Hun Millard, M.D., M.A.

Associate Editors
Rafik Sidaros, M.B.B.Ch.
Janet Charoensook, M.D.

Staff Editor
Angela Moore

Editors Emeriti
Sarah B. Johnson, M.D.
Molly McVoy, M.D.
Joseph M. Cerimele, M.D.
Sarah M. Fayad, M.D.
Monifa Seawell, M.D.
Misty Richards, M.D., M.S.

Editor-in-Chief

Rajiv Radhakrishnan, M.B.B.S., M.D.

Senior Deputy Editor

Katherine Pier, M.D.

Deputy Editor

Hun Millard, M.D., M.A.

Associate Editors

Rafik Sidaros, M.B.B.Ch.
Janet Charoensook, M.D.

The Residents' Journal accepts manuscripts authored by medical students, resident physicians, and fellows. To submit your paper, please visit the manuscript submission site at mc.manuscriptcentral.com/appi-ajp and either create an account or use your existing account. For manuscript type, select "Residents." Then follow the instructions to upload your manuscript. Residents who are interested in participating as Guest Section Editors should e-mail *The Residents' Journal* Editor-in-Chief Rajiv Radhakrishnan at rajiv.radhakrishnan@yale.edu.

The Residents' Journal is sent free-of-charge to all psychiatry residents. Anyone interested in being included on the distribution list should contact Angela Moore, *The Residents' Journal* staff editor at ajp@psych.org with "Subscribe to Residents' Journal" in the subject line.

To access the complete Residents' Journal archives, visit ajp.psychiatryonline.org/residents_journal

There's So Much More to AJP Than Meets the Page!

Visit *The American Journal of Psychiatry's* website on PsychiatryOnline for the following features!



AJP in Advance

The very latest research advances!

At **AJP in Advance**, you can discover the following before their appearance in print:

Randomized Trial of Cognitive-Behavioral Therapy Versus Light Therapy for Seasonal Affective Disorder: Acute Outcomes

Specially adapted CBT is similar in efficacy to light therapy for winter seasonal affective disorder. With both treatments, comorbid disorders are associated with more severe depressive symptoms throughout treatment.

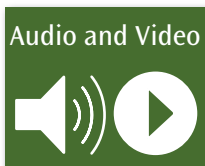
Efficacy and Safety of Brexpiprazole for the Treatment of Acute Schizophrenia

Brexpiprazole, a new second-generation antipsychotic that modulates serotonin and dopamine activity, demonstrated efficacy and acceptable tolerability in patients with an acute schizophrenia episode.



AJP CME

Three articles in this issue form the basis of a short course with questions that can be answered for up to 1 *AMA PRA Category 1 Credit™* each by visiting <http://psychiatryonline.org/cme> and clicking on the "American Journal of Psychiatry" tab. CME credit is issued only **online**, and a paid subscription to AJP CME course program is required. This month's courses appear on pages 813–816.



Have You Heard?

With AJP Audio you can listen to highlights of this issue. This month, Deputy Editor Susan K. Schultz, M.D., discusses the role of the psychiatrist in the collaborative care model, pharmacological management of Lewy body dementia, the relationship of depression subtype to antidepressant response, amygdala activity at rest in paranoid individuals with schizophrenia, and use of clonidine in opioid abstinence to prolong abstinence and decouple stress from craving in daily life.

Also, visit the online edition of this month's Journal to view a video of Deputy Editor Daniel S. Pine, M.D., presenting highlights from the issue.



Revisit the field's rich history!

50 years ago this month: "On Meeting Psychiatry: A Note on the Student's First Year"

Dr. Joel Elkes, at that time Director of the Department of Psychiatry at Johns Hopkins University School of Medicine, presents a nuanced overview of an increasingly complex field and describes an extensive exploratory course of psychiatric education delivered to first-year medical students at Johns Hopkins.

25 years ago this month: "Prediction of Adult-Onset Schizophrenia From Childhood Home Movies of the Patients"

Drs. Elaine Walker and Richard J. Levine found that graduate students and clinicians viewing childhood home movies of adult patients with schizophrenia, in family settings with siblings, could often pick out the child who later developed the disorder. The authors emphasize that the findings are preliminary, and they note that the "characteristics of the preschizophrenic children that determined the viewers' judgments may not be direct manifestations of the schizophrenic diathesis but, rather, nonspecific signs of vulnerability that are associated with increased risk for a variety of disorders."

