Psychopathology Class Resource List
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Bibliography
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These reference entries include sources that may be cited in class. The purpose of this bibliography is to assist students in finding a source of information if the citation is not contained in the lecture notes or presentation decks. These sources vary widely in terms of their degree of scholarly value, ranging from publications in peer-reviewed scientific and professional journals to internet blog posts describing the personal experiences of individual authors. As a general rule when writing papers, students should cite only scholarly sources and peer-reviewed research. These reference entries include sources that may be cited in class. The purpose of this bibliography is to assist students in finding a source of information if the citation is not contained in the lecture notes or presentation decks. These sources vary widely in terms of their degree of scholarly value, ranging from publications in peer-reviewed scientific and professional journals to internet blog posts describing the personal experiences of individual authors. As a general rule when writing papers, students should cite only scholarly sources and peer-reviewed research. Some reference list entries are written in APA (2010) Publication Manual (6th ed.) style, which provides more detail for print publications (e.g., such as location of publisher), whereas other reference list entries are written in APA (2020) Publication Manual (7th ed.) style, which provides more detail for digital sources (e.g., such as name of website).


Based on a longitudinal study and home interview of a population representative of U.S. older adults (i.e., a total of 2,906 men and women aged 57 to 85), the authors investigated the relationship between olfactory dysfunction and subsequent diagnosis of dementia. Objective odor identification ability was measured at baseline using a validated five-item test using “odor pens” (Sniffing Sticks) with the scents of peppermint, orange, rose, fish, leather. Five years later, the respondent, or a proxy if the respondent was too sick to interview or had died, reported physician diagnosis of dementia. The association between baseline olfactory dysfunction and an interval dementia diagnosis was tested using multivariate logistic regression, controlling for age, sex, race and ethnicity, education, comorbidities, and cognition at baseline. Older adults with olfactory dysfunction had more than twice the odds of having developed dementia 5 years later (odds ratio = 2.13,
95% confidence interval = 1.32-3.43), controlling for the above covariates. The authors conclude that the validated five-item odor identification test is an efficient, low-cost component of the physical examination that can provide useful information while assessing individuals’ risk of dementia.


Science writer Fred Adler notes that the simplicity that stems from the small physical size of viruses has changed how scientists think about the process of evolution. As in all organisms, a mutation in a virus changes one molecule. Evolution in an RNA virus is distinct from that of more traditionally studied organisms because of its tiny genome of single-stranded RNA. Rhinoviruses, for example, carry just 10 genes. A swarm of viruses probably explores more evolutionary space than any other evolving entity, as seen in the rapid evolution of resistance to antiviral therapies in patients with HIV. In fact, there may well be more viruses in a single common cold infection than there have been primates in the entire history of life on Earth. Mutation rates of rhinoviruses, which are small RNA viruses, are roughly 100,000 times higher than in humans. With a global population exceeding one billion trillion people, rhinoviruses are arguably the most successful rapidly infecting viruses on Earth today.


Although antidepressants are increasingly discouraged in the treatment of bipolar I disorder, psychiatrists have different opinions regarding their use in the treatment of bipolar II disorder. In reviewing a study by psychiatrist Gordon Parker (2019), in which 18 international experts were surveyed regarding their treatment of bipolar II disorder, psychiatrist Chris Aiken summarizes the survey results by concluding that antidepressants were preferred by physicians if the patient responded to them in the past or got worse after stopping them. Antidepressants were also seen as a viable option when depression was long-standing and hypomanias were mild and restricted to the distant past. Psychiatrists avoided prescribing antidepressants when there was (1) a history of manic symptoms, mixed states, or rapid cycling within a few months of starting an antidepressant, (2) rapid cycling, or (3) recent hypomanic or mixed symptoms within the past 6 months.


Chris Aiken, M.D., Bipolar Disorder Section C-Editor for *Psychiatric Times,* discusses similarities between borderline personality disorder and cyclothymic disorder, a misunderstood variant of bipolar disorder. This disorder was known as *cycloid personality disorder* in early drafts of the DSM-III. Cyclothymic personality may be a risk factor that may contribute to the development of borderline personality disorder.


Psychiatrist Chris Aiken, M.D. provides a brief discussion of a cross-sectional survey (see Jackson et al., 2019) of over 13,000 adults in which self-reported chocolate consumption was compared with self-reported depressive symptoms as measured by the Patient Health Questionnaire—9 (PHQ-9). People who ate dark chocolate in the past 24 hours were 70% less likely to report depression. The same effects were not seen with milk chocolate, suggesting that the benefits were not simply due to the pleasures of the food. In consideration of possible confounding variables, the researchers controlled for other lifestyle factors such as total sugar and caloric intake, physical activity, smoking, alcohol, as well as age, sex, marital status, education, income, weight, and presence of
chronic medical problems. In the end, the association remained. Those who consumed dark chocolate reported lower levels of depression, and those who ate the largest quantities of chocolate had the lowest rates of depression. On average, the consumers of dark chocolate ate only 12 grams a day—a little less than half an ounce. The cut-off for “dark” chocolate was ≥ 45% cocoa. In contrast, the optimal dose for physical health is 1 to 2 ounces a day of ≥ 70% cocoa. According to Aiken, keeping the percentage high and the ounces low maximizes the healthy ingredients while minimizing the calories and sugar.

Psychiatrist Chris Aiken, M.D. provides a concise summary of a review in Nature Immunology that concludes that it’s “chronic sleep loss that is detrimental rather than acute sleep loss, which instead might enhance the immune system.” Cognitive Behavioral Therapy for Insomnia (CBT-i) is an approved method for treating insomnia without the use of sleeping pills. CBT-i improves immune function: CBT-i raised levels of interferons, neutrophils; lymphocytes, and interleukins in a randomized controlled trial of women with compromised immune function due to breast cancer. CBT-i is antiinflammatory and antidepressive: CBT-i treated depression in over a dozen randomized controlled trials, and reduced inflammatory markers like CRP and inflammatory cytokines in two randomized trials.


Richard Allen is Professor of Law and Director, Institute of Law, Psychiatry and Criminology, The George Washington University School of Law, Washington, D.C. In this article, he compares the Brawner Rule with the Durham Rule.


In 2017, the highest U.S. age-adjusted suicide rate was among Whites (15.85) and the second highest rate was among American Indians and Alaska Natives (13.42). Much
lower and roughly similar rates were found among Black or African Americans (6.61) and Asians and Pacific Islanders (6.59). The age-adjusted suicide rate in 2017 was 14.0 per 100,000 individuals. The rate of suicide is highest in middle-age white men in particular. In 2017, men died by suicide 3.54 times more often than women. On average, there are 129 suicides per day. White males accounted for 69.67% of suicide deaths in 2017. In 2017, firearms were the most common method of death by suicide, accounting for a little more than half (50.57%) of all suicide deaths. The next most common methods were suffocation (including hangings) at 27.72% and poisoning at 13.89%. In 2017, firearms accounted for 50.57% of all suicide deaths: Firearm (50.6%), Suffocation (27.7%), Poisoning (13.9), and Other (7.8%). The data are based on age-adjusted rates. According to AFSP, the data were derived from Centers for Disease Control and Prevention (CDC) Data & Statistics Fatal Injury Report for 2017.


The so-called Goldwater Rule refers to Section 7 of Paragraph 3: “On occasion psychiatrists are asked for an opinion about an individual who is in the light of public attention or who has disclosed information about himself/herself through public media. In such circumstances, a psychiatrist may share with the public his or her expertise about psychiatric issues in general. However, it is unethical for a psychiatrist to offer a professional opinion unless he or she has conducted an examination and has been granted proper authorization for such a statement” (APA, 2013, p. 9).


Key words: COVID-19, Coronavirus
This article provides state-specific information related to emergency orders relevant to licensed psychologists during the COVID-19 public health crisis. This resource is updated regularly for the duration of the COVID-19 public health emergency. Government and payer policies in response to the coronavirus crisis are changing rapidly, so it is recommended that psychologists check the APA Practice Information Hub frequently. It is important to note that the state-specific information below does not apply to Medicare, including information about trainees’ services. The Centers for Medicare and Medicaid Services does not cover services provided by supervised trainees to Medicare beneficiaries. With regard to Medicaid, Georgia Medicaid is temporarily waiving any restrictions on originating sites (where the patient is located) and distant sites (where the provider is located) during the public health emergency. Qualified
providers should continue to follow all applicable licensure rules specific to their profession. Services delivered from distant sites will be billed using the provider billing address associated with the enrolled Medicaid practice or facility. Claims must be billed using the associated procedure code, GT modifier and place of service code 02 to indicate telehealth delivery. With regard to Supervised Trainee Telehealth Services – Telesupervision and Medicaid Reimbursement, Georgia Emergency Rule amending Board Rule 510-2-.05 allows for supervision of practicum students, interns or post-doctorate fellows to be conducted by telephone and/or videoconferencing for the duration of the COVID-19 state of emergency, and for a period of not more than 120 days thereafter.


Andrade, C. (2016). Cannabis and neuropsychiatry: The longitudinal risk of psychosis as an adverse outcome. *Journal of Clinical Psychiatry, 77*, e739-e742. THC appears to accelerate the onset of a first psychotic episode by 2 to 3 years in individuals who are at risk. An exposure-dependent effect has also been demonstrated. Frequent cannabis use and more potent THC levels increase the risk of psychosis. Ongoing cannabis use after a first psychotic episode is correlated with an increased risk of relapse, as well as a higher severity of positive symptoms and a greater decline in overall functioning. Abstinence reduces the relapse risk.


In the Medicare Access and CHIP Reauthorization Act of 2015, there is a provision that repeals the requirement of having to renew an opt-out status every two years. Physicians opting out of Medicare after June 16, 2015 need to file an affidavit to opt out of Medicare only once, and it will have permanent effect. The physician will no longer need to renew his opt-out every two years thereafter. However patients will still need to sign a private contract every two years.

A list of Medicare carriers by state is listed at this link: https://www.cms.hhs.gov/MedicareProviderSupEnroll/downloads/contact_list.pdf

A sample contract recommended by a Medicare Administrative Contractor, Noridian, is available at this link: https://med.noridianmedicare.com/documents/10525/2052366/Opt-Out+Private+Contract


Axelson et al. sought to identify diagnostic risk factors of manic, mixed, or hypomanic episodes in the offspring of parents with bipolar disorder (“high-risk offspring”). The authors concluded that subthreshold manic or hypomanic episodes were a diagnostic risk factor for the development of manic, mixed, or hypomanic episodes in the offspring of parents with bipolar disorder and should be a target for clinical assessment and treatment research. Major depressive episodes and disruptive behavior disorders are also indications for close clinical monitoring of emergent bipolarity in high-risk offspring.


David Baker, Ph.D. and Ludy Benjamin, Ph.D. discuss the professionalization of psychology after World War II with the synthesis of the Boulder Conference on Graduate Education in Clinical Psychology in 1949. The major outcome of the Boulder conference was the endorsement of the scientist-practitioner model of training in professional psychology. According to baker and Benjamin’s (2000) review, David Shakow, Ph.D. (1901–1981) was largely responsible for the ideas and developments of the Boulder
Model. On May 3, 1941, while he was chief psychologist at Worcester State Hospital in Massachusetts, Shakow drafted his first training plan to educate clinical psychology graduate students during a Conference at The New York Psychiatric Institute, now referred to as Shakow’s 1941 American Association for Applied Psychology Report. As an aside, it is interesting to note that Worcester State Hospital was originally known as the Worcester Lunatic Asylum, which dated back to the 1830s. Shakow’s 1941 report outlined a 4-year education track that became the first model for training clinical psychologists: Year 1 (establish a strong foundation in psychology and other applied sciences), Year 2 (learn therapeutic principles and practices needed to treat patients), Year 3 (internship, gain supervised field experience), and Year 4 (complete research dissertation). For a review of the contemporary scientist-practitioner model (i.e., the current Boulder model), see Shapiro (2002).


According to Joseph Wolpe (1969), a South African psychiatrist who was one of the most influential figures in the development and clinical application of behavior therapy, thought stopping was introduced by Bain.


Marcella Biro Barton, Assistant Professor of History in Rio Grande College, Ohio, addresses the possibility that Saint Teresa of Ávila may have had a form of epilepsy known as temporal lobe seizures that were integrated by a holistic view of the world into a description of her understanding of mystical life.


Key words: Gaming disorder


Beck, J. (2019, January 8). The personality trait that makes people feel comfortable around you: People with positive “affective presence” are easy to be around and oil the gears of social interactions. https://www.theatlantic.com/family/archive/2019/01/affective-presence-how-you-make-other-people-feel/579643/

Key words: Affective presence

Although it is not a scholarly article, Julie Beck provides a basic summary of the importance of positive affective presence, based on research by Noah Eisenkraft and Hillary Anger Elfenbein (2010).


Key words: COVID-19, Coronavirus

Sharon Begley discusses aerosolization, which is the process in which some physical substance can be converted into the form of particles small and light enough to be carried on the air (i.e., into an aerosol) in the absence of an air filtration system.


The Barnum Effect was generated to teach students about the ethics of deception in research and the feelings of subjects who are deceived. The Barnum Effect occurs when individuals are duped into believing invalid results of psychological tests. People are most accepting when given favorable feedback about themselves. They interpret evaluations as being uniquely descriptive even when the feedback is so general that it
applies to virtually everybody. Twenty-eight female and 11 male students in research methods classes received feedback based on a bogus personality inventory. Subjects then rated the perceived validity of the interpretations. Students accepted the feedback, although seniors were more skeptical than were juniors or sophomores. A discussion was conducted of the ethics of deception based on students, own reactions to the knowledge that they were deceived. Students agreed that the approach was effective in helping them learn firsthand about the costs and benefits of deception in research. Men and women reacted in the same ways. The demonstration seems useful for a wide range of students. Appendices contain the test items from the inventory and the evaluation questions. A seven-item list of references is included.


The Barnum effect was generated to teach students about the ethics of deception in research and the feelings of subjects who are lied to. Students in research methods classes received feedback based on a bogus personality inventory and rated the perceived validity of the interpretations. Students accepted the feedback, although seniors were more skeptical than juniors or sophomores. The class discussed the ethics of deception based on their own reactions to the knowledge that they were deceived. Students agreed that the approach was effective in helping them learn firsthand about the costs and benefits of deception in research.


Key words: Trigger effect, Weapons effect

Leonard Berkowitz, Ph.D. is often attributed to have coined the term “weapons effect” to refer to the phenomena, observed in several experimental studies conducted in the laboratory and in the field, in which the presence of a weapon may instigate the expression of aggression even if the weapon is not actually used to express aggression. In the words of Professor Berkowitz, “Guns not only permit violence, they can stimulate it as well. The finger pulls the trigger, but the trigger may also be pulling the finger” (p. 22).


Key words: Trigger effect, Weapons effect

Leonard Berkowitz and Anthony Page conducted an experiment designed to investigate whether external stimuli could affect aggression. The study consisted of 100 Midwestern male undergraduates who participated in a task in which they were given the opportunity to aggress against a confederate by administering an electric shock. Half of the participants were angered beforehand (shocked repeatedly by the confederate) and half were not. In the experimental group, angry participants were seated at a table that had a shotgun and a revolver on it. In the control group, participants were seated at a table that had badminton racquets and shuttlecocks. In both conditions, the items able were described as part of another experiment that the researchers had supposedly forgotten to put away. The research participants were to decide what level of electric shock to deliver to a confederate, and the electric shocks were used to measure aggression. The participants were told to ignore the items on the table, but the results suggested that did not. Instead, the participants who saw the guns were more aggressive than were the participants who saw the sports items. Berkowitz and LePage concluded that “many hostile acts which supposedly stem from unconscious motivation really arise because of the operation of aggressive cues” (p. 206).


Using the results of a study involving 547 psychotherapy clients, Matt Blanchard, Ph.D. and Barry A. Farber, Ph.D. found that 93% of clients said they had consciously lied at least once to their therapist. In a second survey, 84% of clients said this dishonesty continued on a regular basis. In addition, 73% of clients reported that “the truth about their lies had never been acknowledged in therapy. Only 3.5% of clients owned up to the lies voluntarily. In only 9%” of cases had therapists uncovered the truth, which seems to suggest that therapists aren’t particularly good at detecting lies.


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy

Jan Dirk Blom, M.D., Ph.D. is Clinical Professor of Psychopathology, Leiden University, Parnassia Psychiatric Hospital, University of Groningen, Netherlands. The focus of his research is on hallucinations and other perceptual disorders. According to Blom’s review, only 56 cases of clinical zoanthropy could be found in the international scientific literature. Since specific studies have yielded a relatively large numbers of cases in the past, it can be concluded that the disorder is probably more prevalent than is suggested in the literature. These cases may well be not only primary types, based on mental or unclear causes, but also secondary types, mediated by aberrant somatosensory sensations.
Treatment of the underlying condition (in most cases a psychotic or mood disorder) has proved to be increasingly successful over time.


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy

According to Blom, his interest in these disorders stems from his dissatisfaction with the term schizophrenia, which in his opinion is little more than an umbrella term for numerous neurobiological and neuropsychological conditions that are currently hardly on the radar of healthcare professionals, but which, when diagnosed correctly, allow for more specific treatments than does a diagnosis of “schizophrenia.” An example of such disorders is Alice in Wonderland syndrome, which may be mistaken for schizophrenia, but warrants a proper psychiatric as well as neurological work-up in search of underlying causes and treatment possibilities. Examples of other unusual conditions are catatonia, musical hallucinosis, sexual hallucinations, and—in this article—clinical lycanthropy.

In his 2014 article, Blom provides an overview and critical reassessment of the cases of clinical lycanthropy reported in the medical literature from 1850 onwards. Lycanthropy is the delusion of being an animal, usually a wolf, with correspondingly altered behavior. According to Blom, out of 56 original case descriptions of metamorphosis into an animal, only 13 fulfilled the criteria of clinical lycanthropy proper. Of the 56 cases of delusional metamorphosis into animal, Blom found that 25% of the patients were diagnosed with schizophrenia, 23% with psychotic depression, and about 20% with bipolar disorder. The remaining cases constituted variants of the overarching class of clinical zoanthropy (a monomania in which a person believes himself changed into an animal and acts like one), including cases of patients having delusional convictions about being a dog, a boa snake, a bee, or a frog. Among the patients, 34 were men and 22 were women, and their symptoms lasted anywhere from a single hour to decades. Forty-seven cases involved primary delusions, and nine secondary delusions on the basis of somatic and/or visual hallucinations which may well have affected the patients’ sense of physical existence, also known as coenaesthesia. Coenaesthesia (aka, coenesthesia, cenesthesis, or cenesthesia) is the body awareness of one’s own body as a sum of all sensations, as opposed to individual sensations. It is the feeling or sense of being alive and feeling vital. In contrast, cases of clinical lycanthropy involve secondary delusions in particular warrant proper somatic and auxiliary investigations to rule out any underlying organic pathology, notably in somatosensory areas and those representing the body scheme. A similar condition is boanthropy, which is a psychological disorder in which a human believes himself or herself to be a bovine. The most famous sufferer of boanthropy may have been Nebuchadnezzar II, who in the Book of Daniel “was driven from men, and did eat grass as oxen.” An even more rare condition is ophidianthropy, which refers to the delusion that one has been transformed into a snake.
   The authors describe how the primary theoretical explanation for the weapons is that weapons activate or “prime” aggressive thoughts in memory.

   Weapons Effect Associate Professor of Psychology (University of Arkansas—Fort Smith) Arlin James Benjamin, Jr., Ph.D. and colleagues performed a meta-analysis that integrates the findings of weapons effect studies conducted from 1967 to 2017 and uses the General Aggression Model (GAM) to explain the weapons effect. The study includes 151 effect-size estimates from 78 independent studies involving 7,668 participants. As predicted by the GAM, our naïve meta-analytic results indicate that the mere presence of weapons increased aggressive thoughts, hostile appraisals, and aggression, suggesting a cognitive route from weapons to aggression. Weapons did not significantly increase angry feelings. Nevertheless, a comprehensive sensitivity analysis indicated that not all naïve mean estimates were robust to the presence of publication bias. In general, these results suggest that the published literature tends to overestimate the weapons effect for some outcomes and moderators.


   The author, Deborah Blum, was a sophomore at the University of California at Berkeley in 1969 when Tanya Tarasoff was murdered. Seven years later, an article on the front page of the Los Angeles Times reported that the California Supreme Court had made a landmark ruling that doctors or psychotherapists have a legal duty to warn intended victims of patients believed to be dangerous to them. This legal precedent had its origins from the death of Tanya Tarasoff.


Technical writer Alice Bonasio provides a brief discussion of how virtual reality training can help healthcare professionals retain crucial information. She not only cites the well-known “forgetting curve” that originated with the German psychologist Hermann Ebbinghaus in 1885, but she also explains some of the neuroscience behind Albert Einstein’s famous quote: “Learning is an experience. Everything else is just information.” Bonasio provides an insightful answer to her own question: “What is it about experience that is so rich that it is fundamental to learning, and why is information so much less effective?”


Key words: COVID-19, Coronavirus

Lydia Bourouiba, PhD is a researcher at the Institute for Medical Engineering and Science at the Massachusetts Institute of Technology. She is a physical applied mathematician concentrating on geophysical problems of hydrodynamic turbulence and on the mathematical modeling of population dynamics and disease transmission. She explains her research that demonstrates how peak exhalation speeds can reach up to 33 to 100 feet per second can create a cloud that can span approximately 23 to 27 feet. Protective and source control masks, as well as other protective equipment, should have the ability to repeatedly withstand the kind of high-momentum multiphase turbulent gas cloud that may be ejected during a sneeze or a cough and the exposure from them. Dr. Bourouiba points out that currently used surgical and N95 masks are not tested for these potential characteristics of respiratory emissions.


Sharon Braun and Jane Cox examine violations of codes of ethics and legal statutes and the consequences related to intentional misdiagnosis of mental disorders for reimbursement. Intentional misdiagnosis, otherwise known as a form of insurance fraud, can occur in two types: Upcoding (overpathologizing) a diagnosis ensures that the
services will be covered by insurance. *Downcoding* (normalizing or minimizing) a diagnosis keeps a pejorative diagnosis out of client’s record.


https://adata.org/publication/service-animals-booklet

The ADA National Network consists of 10 regional ADA Centers and an ADA Knowledge Translation Center. The regional ADA Centers are distributed throughout the United States to provide local assistance and foster implementation of the ADA (https://adata.org/find-your-region). Region 4 includes Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, and Tennessee.

Breuer, J., & Freud, S. (1895). *Studien über Hysterie (Studies on Hysteria).*

This original book contains Joseph Breuer’s treatment of Anna O., who was later posthumously identified as Bertha Pappenheim (1859–1936), who was the founder of many institutions, including kindergartens, community homes, educational institutions, and the Jewish Women’s Association.


Richard Bribiescas, Ph.D., Yale University Professor of Anthropology, Ecology & Evolutionary Biology, discusses the double-edged sword of testosterone. Although conferring many positive effects (e.g., increased metabolism, increased muscle-building, increased libido, improved mood), the anabolic hormone testosterone is also associated with higher risk of mortality.


Key words: Boanthropy, cow, lycanthropy, wolf, zoanthropy

Michael Bright points out that the Bible contains 13 references to wolves, usually as metaphors for greed and destructiveness. The wolf is seen as an enemy of flocks and a metaphor for evil men with a lust for power and dishonest gain. In the New Testament, Jesus is quoted to have used wolves as illustrations to the dangers His followers would have faced should they follow him (Matthew 10:16; Acts 20:29; Matthew 7:15).


An answer to this question is provided by James M. Broadway, a postdoctoral researcher in the Department of Psychological and Brain Sciences at the University of California, Santa Barbara, and Brittiney Sandoval, a graduate of the same institution.


This article is briefly summarized in a popular form in Bushman, B. J. (2013, January 18). The “weapons effect.”
https://www.psychologytoday.com/us/blog/get-psych/201301/the-weapons-effect?

Brad Bushman, Ph.D. is a Professor of Communication and Psychology at Ohio State University and a Professor of Communication Science at the VU University Amsterdam. This blog is based on the following article: Bushman, B. J. (2013). The weapons effect. JAMA Pediatrics, 167(12), 1094-1095.


Weapons Effect

Brad Bushman, Ph.D. and colleagues used trained coders to identify the presence of violence in each 5-minute film segment for one-half of the top 30 films since 1950 and the presence of guns in violent segments since 1985, the first full year the PG-13 rating (age 13+) was used. The researchers found that violence in films has more than doubled since 1950, and gun violence in PG-13-rated films has more than tripled since 1985. When the PG-13 rating was introduced, these films contained about as much gun violence as G (general audiences) and PG (parental guidance suggested for young children) films. Since 2009, PG-13-rated films have contained as much or more violence as R-rated films (age 17+) films. The authors conclude that, even if youth do not use guns, they may be exposed to increasing gun violence in top-selling films. The authors speculate that, by including guns in violent scenes, film producers may be strengthening the weapons effect and providing youth with scripts for using guns. These findings are concerning because many scientific studies have shown that violent films can increase aggression. The authors point out that violent films are easily accessible to youth (e.g., on the Internet and cable).

Bushman, B. J., Kerwin, T., Whitlock, T., & Weisenberger, J. M. (2017). The weapons effect on wheels: Motorists drive more aggressively when there is a gun in the vehicle. *Journal of Experimental Social Psychology, 73,* 82-85. DOI: 10.1016/j.jesp.2017.06.007

Brad Bushman, Ph.D. and colleagues studied a nationally representative sample of over 2,000 U.S. drivers and found that those who had a gun in the car were significantly more likely to make obscene gestures at other motorists (23% vs. 16%), aggressively follow another vehicle too closely (14% vs. 8%), or both (6.3% vs. 2.8%), even after controlling for many other factors related to aggressive driving (e.g., age, gender, urbanization, census region, driving frequency).


Key words: Charm, charisma, body language, affective presence

Olivia Fox Cabane defines charm as likability and “how delightful it is to interact with someone.” She argues against the charisma myth (i.e., the idea that charisma is a fundamental, inborn quality that a person either has or does not have). Cabane emphasizes that charismatic behaviors can be learned and perfected by anyone. Drawing on techniques she originally developed for Harvard and MIT, Cabane deconstructs charisma into its components. Becoming more charismatic doesn’t mean transforming
one’s basic personality. Instead, it’s about adopting a series of specific practices that fit in with the personality one already has.


The authors conducted a quantitative analysis of twin–twin similarity for autistic trait severity in three existing data sets involving 366 pairs of uniformly-phenotyped monozygotic (MZ) twins with and without ASD. Probandwise concordance for ASD was 96%; however, MZ trait correlations differed markedly for pairs with ASD trait burden below versus above the threshold for clinical diagnosis. The authors provide new evidence that although ASD itself is highly heritable, variation-in-severity of
symptomatology above the diagnostic threshold is substantially influenced, in contrast, by non-shared environmental factors which may identify novel targets of early ASD amelioration.


Coding Note: The 2019 ICD-10-CM codes are to be used from October 1, 2018 through September 30, 2019.


Key words: Charm, charisma, body language

The author’s describe the chameleon effect, which refers to nonconscious mimicry of the postures, mannerisms, facial expressions, and other behaviors of one’s interaction partners, such that one's behavior passively and unintentionally changes to match that of others in one’s current social environment. In Experiment 1, the authors showed that the motor behavior of participants unintentionally matched that of strangers with whom they worked on a task. In Experiment 2, the authors had confederates mimic the posture and movements of participants and showed that mimicry facilitates the smoothness of interactions and increases liking between interaction partners. Experiment 3 showed that dispositionally empathic individuals exhibit the chameleon effect to a greater extent than do other people.


Chiang et al. found that that slow periodic activity in the longitudinal hippocampal slice can propagate without chemical synaptic transmission or gap junctions, but can generate electric fields which in turn activate neighboring cells. These results support the hypothesis that endogenous electric fields, previously thought to be too small to trigger neural activity, play a significant role in the self-propagation of slow periodic activity in the hippocampus.


Key words: COVID-19, Coronavirus

See also report of the World Health Organization (2020).


Augusta, Georgia Psychiatrist Hervey Cleckley, M.D. (1903-1984) published the landmark classic book, which was revised in new editions until the 1980s, provided the most influential clinical description of psychopathy in the twentieth century. Dr. Cleckley and his associate, psychiatrist Corbett H. Thigpen, M.D. (1919-1999), were co-authors of the classic *The Three Faces of Eve* (1975).

Psychiatrist Lawrence H. Climo, M.D. describes pre-violence frustrations and credible tipping points for the perpetrators in five mass shootings including the 1995 Oklahoma City bomber, the 2012 Sandy Hook shooter, the 2016 Orlando shooter, the 2017 Las Vegas shooter, and the 2018 Marjory Stoneman Douglas shooter.

The International Society for Traumatic Stress Studies (ITSTCC guides are available from the organization’s website: http://www.istss.org/AM/.


Cheryl Corcoran, M.D. (New York Schizophrenia Evaluation & Prevention Center, New York), Kristin Cadenhead, M.D. (UCSD schizophrenia CARE Center, San Diego, and Sophia Vinogradov, M.D. (UCSF Schizophrenia PART Program, San Francisco) are acknowledged contributors to a resource that discusses biological and environmental risk factors and strategies to reduce risk.

Jacob Cohen critiqued use of percent agreement due to its inability to account for chance agreement. He introduced what became known as Cohen’s kappa, developed to account for the possibility that raters actually guess on at least some variables due to uncertainty. Like most correlation statistics, the kappa can range from −1.0 to +1.0. Although Cohen’s kappa is one of the most commonly used statistics to test interrater reliability, it has limitations such as the level that should be acceptable in health research. McHugh (2012) has suggested that Cohen’s interpretation may be too lenient for health related studies because it implies that a score as low as 0.41 might be acceptable. For this reason, McHugh has recommended that both kappa and percent agreement should be used in studies of healthcare.


Ninety-five percent of college counseling center directors surveyed said the number of students with significant psychological problems is a growing concern in their center or on campus, according to the latest Association for University and College Counseling Center Directors (AUCCCD; 2013) survey of counseling center directors. Seventy percent of directors believe that the number of students with severe psychological problems on their campus has increased in the past year. Anxiety continues to be the most predominant presenting concern among college students (41.6%), followed by depression (36.4%), and relationship problems (35.8%). Other common concerns are suicidal ideation (16.1%), alcohol abuse (9.9%), sexual assault (9.2), ADHD (8.9%), and self-injury (8.7%). On average, 24.5 percent of clients were taking psychotropic medications. However, 19 percent of directors report the availability of psychiatric services on their campus is inadequate. Directors report that 21 percent of counseling center students present with severe mental health concerns, while another 40 percent present with mild mental health concerns. Less than one percent (.3%) of directors reported that their center offered online counseling. (See Mistler, Reetz, Krylowicz, & Barr, 2013).


Key words: COVID-19, Coronavirus

Rachel Conrad, MD, Harika Rayala, Rebekah Diamond, JD, Bianca Busch, MD, and Nicole Kramer, MA discuss how the use of social distancing to “flatten the curve” and prevent the spread of COVID-19 has catapulted the use of telehealth.


Moheb Costandi is a molecular and developmental neurobiologist and freelance science writer. Among his many opinions in this essay, he makes the point that the neurodiversity movement has good intentions but that it has been biased in favoring high-functioning people while overlooking those who struggle with severe autism. He points out that it is ironic how neurodiversity advocates cannot grasp the fact that many autistic people think differently about autism. He also emphasizes the point that many people with autism are profoundly disabled by their condition.


Key words: Global Burden of Disease Study


APA staff writer Tori De Angelis provides a summary of 10 precedent-setting court cases in which APA filed amicus curiae (“friend of the court”) briefs that had a significant impact on societal trends. The summary begins with *Jenkins v. United States* (1962), when the U.S. Court of Appeals for the D.C. Circuit decided that psychologists were allowed by U.S. courts to serve as expert witnesses on mental illness.


A previously unknown form of neural communication that self-propagates across brain tissue, and can leap wirelessly from neurons in one section of brain tissue to another even after the tissue has been surgically severed. This neural process seems to be unrelated to conventionally understood neural mechanisms, such as axonal transport, synaptic transmission, and gap junction connections. For additional information, see Chiang et al. (2019) article titled “Slow periodic activity in the longitudinal hippocampal slice can self-propagate non-synaptically by a mechanism consistent with ephaptic coupling.


Key words: HCR-20, dangerousness, duty to protect
This user guide contains the correct citation for the HCR-20V3.


Key words: HCR-20, dangerousness, duty to protect
This paper contains an HCR-20 annotated bibliography.


Note: The website hyperlink is embedded in Doverspike (2020) document titled Citing DSM-5 and ICD in APA Style, which is listed under Student Resources.


Note: The website hyperlink is embedded in the Doverspike (2020) document titled APA Style Checklist, which is listed under Student Resources.

Note: The website hyperlink is titled APA Style – Legal Sources II, listed under Student Resources.

Note: The website hyperlink is embedded in Doverspike (2020) document titled Citing DSM-5 and ICD in APA Style, which is listed under Student Resources.

https://ecams.richmont.edu/


Mutation rates of rhinoviruses, which are small RNA viruses, are roughly 100,000 times higher than in humans. With a global population exceeding one billion trillion (1021), rhinoviruses are arguably the most successful rapidly infecting viruses on Earth today.


Duncan, S. R., Scott S., & Duncan, C. J. (2005, March 10). Reappraisal of the historical selective pressures for the CCR5-Δ32 mutation. Journal of Medical Genetics, 42(3), 205-208. Biologists at the University of Liverpool have discovered how the plagues of the Middle Ages have made around 10% of Europeans resistant to HIV.

This U.S. Supreme Court case established the following precedent: “The evaluation must be more than a brief mental status exam, and must determine whether the accused “has sufficient present ability to consult with his lawyer with a reasonable degree of rational understanding—and whether he has a rational as well as factual understanding of the proceedings against him.”


Author discusses diagnosis, treatment, and counseling with autism spectrum disorder.

Author discusses biomedical and psychosocial models with respect to disclosing diagnosis to parents of child autism spectrum disorder.


Eisenkraft and Hillary Anger Elfenbein describe their research on the importance of affective presence, particularly positive affective presence, as one of the primary determinants of what makes people feel comfortable around another person.


Robert Ekirch describes nocturnal phenomena such as *segmented sleep*—particularly as it related to sociability, sex, and solitude before artificial light was invented. In perhaps his most fascinating revelation, Ekirch speculates that pre-industrial people slept a segmented sleep. Ekirch has found in more than 500 references, from Homer into contemporary researchers, to a “first sleep” that lasted until maybe midnight, and was followed by “second sleep.” In between the two periods of segmented sleep, people routinely got up, urinated, smoked tobacco, read things, chatted with each other, had friends around, or simply reflected on the events of the previous day – and on their dreams. As a parenthetical note, Ekirch speculates that plenty of them also had sex, which by all accounts was far more satisfactory than at the end of a hard day of laboring. Couples who copulated “after the first sleep,” wrote a 16th-century French doctor, “have more enjoyment, and do it better.”


Emory University School of Medicine. (2020, April 20). Wellness guides [Website].
https://med.emory.edu/departments/psychiatry/covid/wellness_guides.html

Key words: COVID-19, Coronavirus

These wellness guides are offered with the aim of helping people cope with the COVID-19 pandemic. Their contents reflect the consensus ideas and recommendations of Emory’s interprofessional group of mental health professionals.


Biologists at the University of Liverpool have discovered how the plagues of the Middle Ages have made around 10% of Europeans resistant to HIV.


Sergi Ferré, M.D., Ph.D. discusses psychostimulant properties of caffeine, the most commonly consumed psychotropic drug in the world.


Psychologists Edna Foa and Michael Kozak argue that some form of exposure to feared situations is common to many forms of psychotherapy for the treatment of anxiety. They discuss how confrontation with feared objects or situations is an effective treatment for some forms of anxiety.


Based on data from opensecrets.org, Jake Frankenfield provides an industry by industry breakdown of lobbying efforts, combining all political contributions and lobbying spending from 1998-2018, to show how much each industry and its related corporations spend in lobbying: (1) Pharmaceuticals/Health Products ($3,937,356,877), (2) Insurance ($2,704,636,807), (3) Electric Utilities ($2,353,570,360) (4) Electronics Manufacturing and Equipment ($2,230,043,875), (5) Business Associations ($2,174,425,929), (6) Oil and Gas ($2,096,923, 653), (7) Miscellaneous Manufacturing and Distributing ($1,687,618, 725), (8) Education ($1,633,122,450), and (9) Hospitals/Nursing Homes ($1,604,969,566).


This original book contains Joseph Breuer’s treatment of Anna O., who was later posthumously identified as Bertha Pappenheim (1859–1936), who was the founder of many institutions, including kindergartens, community homes, educational institutions, and the Jewish Women’s Association.


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy
Freud observed “cases in which a mental disease has started with a dream and in which a delusion originating in the dream has persisted (p. 113).”


Key words: COVID-19, Coronavirus
Connie Galietti, J.D, C. Vaile Wright, Ph.D., Shirley Ann Higuchi, J.D., and Lynn Bufka, Ph.D. discuss several factors for psychologists to consider before opening their offices: Determine whether an in-person visit is necessary, review the physical and mental health risks, establish new rules for patients attending in-person sessions, take steps to reduce the spread of COVID-19 in your office, implement policies that protect employees.

Sir Frances Galton was the first scientist to discover the “lexical hypothesis,” which is the idea that the most salient and socially relevant personality differences in people's lives will eventually become encoded into language. The hypothesis further suggests that by sampling language, it is possible to derive a comprehensive taxonomy of human personality traits (Caprara & Cervone, 2000).

Psychiatrist Meredith Ganser, M.D. discusses the implications of the World Health Organization’s (WHO) decision in May 2019 to classify gaming disorder as a medical illness in ICD-11.

This excellent book, which was the first book that I had ever seen that focused on scientifically-based operant behavioral principles written in a highly readable manner for parents, was also published in paperback edition by St. Martin’s Paperbacks in February 1991. Its subtitle, which is the longest I have ever seen, is a very honest description of the breadth of behavioral problems addressed in the book: “Over 1,200 sensible solutions to your child’s problems from birth to age twelve, including tantrums, bed-wetting, stuttering, nail-biting, peer pressure, lying, and other common problems.”


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy
This review of the medical literature lists over 30 published cases of lycanthropy, only the minority of which have wolf or dog themes. Canines are not uncommon, although the delusional experience of being transformed into a hyena, cat, horse, bird, or tiger has been reported on more than one occasion. There have also been reported cases of delusional transformation into frogs and even bees.

Key words: Global Burden of Disease Study

This form is a fillable and downloadable Form 1013.

COV-19 Health Advisories and updates are available at https://dph.georgia.gov/novelcoronavirus
Key words: COVID-10, Coronavirus
Georgia Department of Public Health (DPH) Commissioner Kathleen Toomey, MD., M.P.H. and state officials have confirmed Georgia’s first cases of Coronavirus Disease 2019 (COVID-19) involving two residents of Fulton County who live in the same household. The following statement was listed in the fifth bullet point of the summary and highlighted in boldface at the bottom of the COVID Health Advisory website (but not boldfaced in the summary itself): “Healthcare providers who suspect COVID-19 infection in a patient should report them immediately to DPH by calling 1-866-PUBL-HLTH (1-866-782-4584) and ask for a Medical Epidemiologist” (2020, p. 1).

Nassir Ghaemi, M.D. is a Professor of Psychiatry at Tufts University and a faculty member of the Harvard Medical School and holds degrees in history, philosophy and public health. In his book, Ghaemi uses a case-study approach in his analysis of outstanding figures from history to illustrate how bipolar mentality can disable or enhance the ability of leaders to cope with crisis. His subjects are William T. Sherman, Ted Turner, Winston Churchill, Abraham Lincoln, Mahatma Gandhi, Martin Luther King Jr., Franklin D. Roosevelt, John F. Kennedy, and Adolf Hitler. In each of these cases, there was early history of mood swings, some dominated by depression, others by ebullient, thymic personality (FDR in particular).
Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy

Key words: neuroprotective effects of lithium in bipolar disorder
Patients treated with lithium exhibited significantly larger hippocampal subfield volumes than no lithium, and those treated with lithium were no different from healthy controls cortical thickness or hippocampal volumes. This evidence directly supports the hypothesis that lithium may counteract the locally thinner and smaller gray matter structure found in psychotic bipolar disorder. (See also Osger, 2020).

Psychiatrist Roberta M. Gilbert, M.D. provides a useful observation of Bowen system theory. Although Dr. Gilbert does not specifically address Al-Anon Family Groups in this book, her observation may help explain one of the reasons why may help improve the family situation: “If any family member can change his or her emotional functioning, provided he or she is present and accounted for within the family, the whole family will improve its functioning in response to that change. In the process, the clinical symptom or relationship problem present in the family will generally lessen. Such a viewpoint provides both solid rational for *not trying to change others* and guidelines for *being part of the family without being part of the family problem*” (Gilbert, 1992, viii-ix).


Benjamin I. Goldstein, M.D., Ph.D., Boris Birmaher, M.D., and Eric A. Youngstrom, Ph.D. discuss differential diagnosis and treatment of differential clinical presentations of bipolar disorder. Goldstein et al. discuss diagnostic precursors to bipolar disorder, such as
higher rates of childhood subthreshold mania or hypomania; manic, mixed, or hypomanic episodes; major depressive episodes; attention deficit hyperactivity disorder; disruptive behavior disorders; anxiety disorders; and substance use disorders. The authors also discuss risk factors for poor prognosis (i.e., comorbid disorders, environmental stressors, poor psychosocial functioning, low socioeconomic status, and family history of psychopathology such as mood disorders).


Shown by brand and generic name in millions of prescriptions written, the most frequently prescribed U.S. psychiatric medications (2013) are reported by IMS as follows: Xanax (alprazolam) 45.5, Zoloft (sertaline) 41.4, Celexa (citalopram) 39., Prozac (fluoxetine) 28.3, Atavan (lorazepam) 27.9, Desyrel (trazadone HCL) 26.2, Lexapro
(escitalopram) 24.9, Cymbalta (duloxetine) 18.6, Wellbutrin XL (bupropion HCL XL) 16.1, and Effexor XR (venlafaxine HCL ER) 15.8. IMS Health, the largest vendor of U.S. physician prescribing data, is an American company that provides information, services and technology for the healthcare industry.

Gross, T., & Harrington, A. (2019, May 2). *How drug companies helped shape a shifting, biological view of mental illness Interview with Anne Harrington by Terry Gross* [Audio Podcast]. https://www.npr.org/


The authors discuss agency, blessing, connection, coherence, and hope as five factors that improve quality of life.

Key words: HCR-20, dangerousness, duty to protect
This paper contains an HCR-20 V2 risk factor literature review.

Key words: HCR-20, dangerousness, duty to protect
This paper contains an HCR-20 V3 risk factor literature review and rationale.


According to the American journalist Joseph Hallinan, Ph.D., the Sunday, August 5, 1962 “probable suicide” of 36-year-old Marilyn Monroe in Los Angeles was followed by a record wave of suicides that swept New York City. In all, 12 people killed themselves in New York on that next Sunday day. This was six times the city’s daily average, and set a new single-day record, breaking the previous record of eight. The wave of suicides rolled across the rest of the nation, as people elsewhere killed themselves in unusually large numbers. In the month after Marilyn Monroe’s death, suicides throughout the U.S. increased by 12%. The wave swelled across the Atlantic, with a 10% increase in suicides in England and Wales, where Monroe was popular. In the two-month period following Monroe’s death, there were 303 “excess” suicides in the U.S. and 60 in England and Wales. Overall, Marilyn Monroe’s death likely spawned deadly acts of imitation by 363 complete strangers.


Professor of Health Psychology at Harvard Injury Control Research Center (Harvard School of Public Health) David Hemenway, Ph.D. and colleagues were interested in studying whether motorists with guns in the car more or less likely to engage in hostile and aggressive behavior while in their vehicles. The researchers analyzed data from a 2004 national random digit dial survey of over 2,400 licensed drivers. Respondents were asked whether, in the past year, they (1) made obscene or rude gestures at another motorist, (2) aggressively followed another vehicle too closely, and (3) were victims of such hostile behaviors. Seventeen percent of the respondents admitted making obscene or rude gestures at another motorist, (2) aggressively followed another vehicle too closely, and (3) were victims of such hostile behaviors. Seventeen percent of the respondents admitted making obscene or rude gestures, and 9% reported that they had aggressively followed too closely. Forty-six percent reported victimization by each of these behaviors in the past year. Males, young adults, binge drinkers, those who do not believe most people can be trusted, those ever arrested for a non-traffic violation, and motorists who had been in a vehicle in which there was a gun were more likely to engage in such forms of road rage. The researchers concluded that, at least in their survey, riding with a firearm in the vehicle was a marker for aggressive and dangerous driver behavior. The authors compare their results to a similar survey in Arizona (see Miller, Azrael, Hemenway, & Solop, 2002).


Kevin P. Hill, addiction psychiatrist at the Division of Addiction Psychiatry, Beth Israel Deaconess Medical Center in Boston and faculty member of the Department of Psychiatry at Harvard Medical School states that the non-psychiatric medical benefits of cannabis are very thinly evidenced despite outsized claims to the contrary.


Key words: COVID-19, Coronavirus

This report describes the epidemiologic and clinical features of the first case of 2019-nCoV infection confirmed in the U.S. On December 31, 2019, China reported a cluster of cases of pneumonia in people associated with the Huanan Seafood Wholesale Market in Wuhan, Hubei Province. On January 7, 2020, Chinese health authorities confirmed that this cluster was associated with a novel coronavirus, 2019-nCoV.2 Although cases were originally reported to be associated with exposure to the seafood market in Wuhan, subsequent epidemiologic data indicated that person-to-person transmission of 2019-nCoV was occurring. As of January 30, 2020, a total of 9976 cases had been reported in at least 21 countries, including the first confirmed case of 2019-nCoV infection in the U.S, reported on January 20, 2020.


It is said to be “irresponsible” to encourage patients addicted to opiates to switch to cannabis for their problems with pain.


In a cross-sectional study of 47 healthy prekindergarten children, screen use greater than that recommended by the American Academy of Pediatrics guidelines was associated with (1) lower measures of microstructural organization and myelination of brain white matter tracts that support language and emergent literacy skills and (2) corresponding cognitive assessments. To explore the associations between screen-based media use and integrity of brain white matter tracts supporting language and literacy skills in preschool-aged children. The study involved healthy children aged 3 to 5 years (n = 47) who were recruited at a US children’s hospital and community primary care clinics. Children completed cognitive testing followed by diffusion tensor imaging (DTI), and their parent completed a ScreenQ survey. These findings suggest a need for further study into the association between screen-based media use and the developing brain, particularly during early childhood.


Note: The print year is listed as 2016.


Ferris Jabr, a contributing writer for *Scientific American*, provides a brief review of the mathematical reason that there are 2,027 ways to be diagnosed with autism in *DSM-IV* and only 11 ways in *DSM-5*. However, the numbers alone are misleading. The staff of *Scientific American* asked astronomer and Hubble Fellow Joshua Peek, Ph.D. (Doctoral degree in Astronomy, University of California, Berkeley) of Columbia University to code a computer program that would calculate the total possible ways to get a diagnosis of autistic disorder in *DSM-IV* and the total possible ways to get a diagnosis of autism spectrum disorder in *DSM-5*. It all comes down to factorials. The DSM-IV criteria are a set of 12 items in three groups from which a clinician must choose 6 criteria, with at least two items from group one and at least one item each from groups two and three. In contrast, the DSM-5 criteria are a set of seven items in two groups from which one much must choose five, including all three items in group one and at least two of the four items in group two. Peek’s program reveals that there are 2027 different ways to be diagnosed with autism in *DSM-IV* and 11 ways to be diagnosed with autism in *DSM-5*. As Ferris Jabr points out, the numbers alone don’t explain anything unless it is understood how common each symptom of autism is in the general population. Symptoms of autism are not randomly distributed throughout the population and the symptoms do not cluster together in random combinations. Some symptoms appear together much more often than others, which is one of the main reasons that the American Psychiatric Association consolidated the *DSM-IV* criteria for autism into fewer, denser and more accurate criteria in the *DSM-5*. The idea is that the *DSM-IV* criteria allowed for too many possible combinations, many of which rarely occur; the *DSM-5* criteria, in contrast, better reflect the most common combinations of symptoms.


Jackson et al. analyzed data obtained from 13,626 adults (≥20 years) who had participated in the National Health and Nutrition Examination Survey between 2007-08 and 2013-14. Daily chocolate consumption was derived from two 24-hour dietary recalls. Depressive symptoms were assessed using the Patient Health Questionnaire (PHQ-9), with scores above 10 indicating the presence of clinically relevant symptoms. Adults with diabetes were excluded and models controlled for relevant sociodemographic, lifestyle, health-related, and dietary covariates. Three consumer groups were identified (i.e., no chocolate, non-dark chocolate, dark chocolate). Overall, 11.1% of the population reported any chocolate consumption, with 1.4% reporting dark chocolate consumption. Analyses stratified by the amount of chocolate consumption showed participants reporting
chocolate consumption in the highest quartile (104 to 454 grams per day) had 57% lower odds of depressive symptoms than those who reported no chocolate consumption after adjusting for dark chocolate consumption).


Progressive relaxation was developed by Edmund Jacobson, M.D. and presented first in 1908 at Harvard University as a detailed procedure for reducing muscular tension.


Christian Jarrett cites studies that found that the only meaningful effect of trigger warnings was to increase people’s belief in the sensitivity of others to upsetting material and in the need for warnings.

Jiang, M. (2020, April 22). *The reason Zoom calls drain your energy*. BBC. https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting?fbclid=IwAR0dgtikzO7wzL8pjCzLLASCTsSkRldKMJd1SYTxQ5oaRyH3ToTsP0NPC1

Key words: Zoom fatigue

Manyu Jiang offers some ideas on why video chat is more difficult and more draining than to face-to-face communication.


Interview by Joshua Johnson, NPR journalist and host, with Adam Rutherford, Geneticist (and host on “Inside Science” on BBC Radio and author of *A Brief History of Everyone*)
Johnson, J. B., & Joy, A. (2016, August 4). Mass shootings and the media contagion effect. [Symposium, Session 1246, Mile High Ballroom 4F Level 3, Ballroom Level]. Paper presented at 2016 APA Annual Convention, Colorado Convention Center, Denver, CO. Jennifer B. Johnson, Ph.D. and Andrew Joy, B.S., both from Western New Mexico University, discuss how the prevalence of these crimes has risen in relation to the mass media coverage of them and the proliferation of social media sites that tend to glorify the shooters and downplay the victims. According to Dr. Johnson, “We suggest that the media cry to cling to ‘the public’s right to know’ covers up a greedier agenda to keep eyeballs glued to screens, since they know that frightening homicides are their No. 1 ratings and advertising boosters.” The demographic profile of mass shooters is fairly consistent. Most are white, ostensibly heterosexual males, largely between the ages of 20 and 50. They tend to see themselves as “victims of injustice,” and share a belief that they have been cheated out of their rightful dominant place as white, middle class males.


Abstract Summary: Domestication shaped wolves into dogs and transformed both their behavior and their anatomy. Juliane Kaminski et al. show that, in only 33,000 years, domestication transformed the facial muscle anatomy of dogs specifically for facial communication with humans. Based on dissections of dog and wolf heads, the authors show that the levator anguli oculi medialis, a muscle responsible for raising the inner eyebrow intensely, is uniformly present in dogs but not in wolves. Behavioral data, collected from dogs and wolves, show that dogs produce the eyebrow movement significantly more often and with higher intensity than wolves do, with highest-intensity
movements produced exclusively by dogs. Interestingly, this movement increases paedomorphism and resembles an expression that humans produce when sad, so its production in dogs may trigger a nurturing response in humans. Kaminski et al. hypothesize that dogs with expressive eyebrows had a selection advantage and that “puppy dog eyes” are the result of selection based on humans’ preferences. This study was conducted at the Centre for Comparative and Evolutionary Psychology, Department of Psychology, University of Portsmouth, Portsmouth, United Kingdom.


Robert Kaplan reviews several sources and provides a fascinating discussion of the 1990 revelation that Adolf Hitler had been treated by a psychologist at Landsberg Prison in 1924, with a positive response to treatment. Alois Maria Ott, the prison “teacher,” was responsible for the rehabilitation at this facility. At the age of 98, Ott first disclosed his involvement with Hitler. There were reports that Ott was going to write a book about his experiences, but he has not published anything on the subject. A devout Catholic, Ott was a firm believer in the power of goodwill and he was reported to have a nonjudgemental approach to his patients in the prison.

In 1924, Hitler was just another Bavarian righ


NPR journalist Martin Kaste cites Department of Justice data and provides an opinion on why suicide rates in jails are generally higher than those in prisons. In contrast to suicide rates in prisons (16 per 100,000) and in the general population (13 per 100,000), the higher suicide rates in jails (40 per 100,000) is attributed to “the shock of confinement” experienced by those in jail, because many of those incarcerated have never been in serious legal trouble before.

The Research Domain Criteria (RDoC) project was initiated to develop, for research purposes, new ways of classifying mental disorders based on dimensions of observable behavior and neurobiological measures.


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy

A study of lycanthropy from the McLean Hospital reported on a series of cases and proposed some diagnostic criteria by which lycanthropy could be recognized: (1) A patient reports in a moment of lucidity or reminiscence that they sometimes feel as an animal or have felt like one. (2) A patient behaves in a manner that resembles animal behavior, for example howling, growling, or crawling. Keck et al. note that, although the condition seems to be an expression of psychosis, there is no specific diagnosis of mental or neurological illness associated with its behavioral consequences.


This article provides a history of the Feighner criteria, which were the predecessors of the research diagnostic criteria (RDC) that were used by Robert Spitzer, M.D. in the development of the DSM-III (APA, 1980) diagnostic criteria.

Based on their study of a range of validators in a large-population-based sample of twins, the authors evaluated whether cases of bereavement-related depression that also met DSM criteria for “normal grief” were qualitatively distinct from other depressive cases. The similarities between bereavement-related depression and depression related to other stressful life events substantially outweigh their differences. The authors question the validity of the bereavement exclusion for the diagnosis of major depression.


The long-term neuroprotective effects of lithium seem to be greatest when lithium is started early in the course of the illness.

In 1969, Elisabeth Kübler Ross first identified the stages of dying in her transformative book On Death and Dying. Decades later, she and David Kessler wrote the classic On Grief and Grieving, which introduced the stages of grief with the same transformative pragmatism and compassion. In Finding Meaning, Kessler describes how many people look for “closure” after a loss. Kessler maintains that finding meaning beyond the stages of grief (i.e., denial, anger, bargaining, depression, and acceptance) can transform grief into a more peaceful and hopeful experience. Kessler provides a roadmap to remembering those who have died with more love than pain.


Dr. James Knoll, a psychiatrist, discusses liability implications of neuroleptic malignant syndrome (NMS), as well as other clinical and legal aspects of informed consent with psychiatric patients. There is also an analysis and commentary related to the U.S. Supreme Court’s decision in *Zinermon v. Burch* (1990). Dr. Knoll is Director of Forensic Psychiatry and Professor of Psychiatry, SUNY Upstate Medical University, Syracuse, NY.


The author reviews evidence of the gut-brain axis and how gut bacteria can influence or contribute to anxiety, depression, and even neurodevelopmental disorders such as autism. Two bacteria, *lactobacillus* and *bifidobacterium*, reduce anxiety-like behavior in mice. Humans also carry strains of these bacteria in their guts.


[https://www.cisa.gov/sites/default/files/publications/CISA_Guidance_on_the_Essential_Critical_Infrastructure_Workforce_508C_0.pdf](https://www.cisa.gov/sites/default/files/publications/CISA_Guidance_on_the_Essential_Critical_Infrastructure_Workforce_508C_0.pdf)  
Key words: COVID-19, Coronavirus  
Christopher C. Krebs, Director, Cybersecurity and Infrastructure Security Agency (CISA), issued this statement in response to U.S. President Donald Trump’s March 16th updated Coronavirus Guidance for America. This guidance states that: “If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule.” See also United States Department of Homeland Security (2020).


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy  
Catherine Clark Kroeger has written that several parts of the Bible refer to King Nebuchadnezzar’s behavior in the book of Daniel 4 as a being manifestation of clinical lycanthropy.


Kuchera, B. (2017, December 14). Loot boxes are the video game issue of the year.  
Key words: Gaming disorder


[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147775/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6147775/)
The authors outline an Antidepressant Food Scale that lists 12 antidepressant nutrients linked to the prevention and treatment of depression: Folate, iron, long-chain omega-3 fatty acids (EPA and DHA), magnesium, potassium, selenium, thiamine, vitamin A, vitamin B6, vitamin B12, vitamin C, and zinc. On the Antidepressant Food Score (AFS), the highest scoring foods were bivalves such as oysters and mussels, various seafoods, and organ meats for animal foods. The highest scoring plant foods were leafy greens, lettuces, peppers, and cruciferous vegetables.


https://doi.org/10.1177/0002764217730854

**Abstract:** Prior research has shown that many mass shooters have explicitly admitted they want fame and have directly reached out to media organizations to get it. These fame-seeking offenders are particularly dangerous because they kill and wound significantly more victims than other active shooters, they often compete for attention by attempting to maximize victim fatalities, and they can inspire contagion and copycat effects. However, if the media changes how they cover mass shooters, they may be able to deny many offenders the attention they seek and deter some future perpetrators from attacking. We propose that media organizations should no longer publish the names or photos of mass shooters (except during ongoing searches for escaped suspects), but report everything else about these crimes in as much detail as desired. In this article, we (1) review the consequences of media coverage of mass shooters, (2) outline our proposal, (3) show that its implementation is realistic and has precedent, (4) discuss anticipated challenges, and (5) recommend future steps for consensus building and implementation. Adam Lankford, Ph.D. is an associate professor of criminology and criminal justice at The University of Alabama. Eric Madfis, Ph.D. is an associate professor of criminal justice at The University of Washington Tacoma.


In 1944, *Life Magazine* published the painting titled “Marines Call It That 2,000 Yard Stare,” by World War II artist Tom Lea.


Lee and colleagues investigated the association between maternal bacterial infections during pregnancy and psychosis risk. They considered 16,188 live births enrolled between 1959 and 1966 at the Boston and Providence sites of the Collaborative Perinatal project, currently known as the New England Family Study. Parents and offspring (who are now in their 50s) with psychotic disorders were identified. A total of 15,421 participants were included in the final analytic sample. Lee and colleagues identified 3% multisystemic and 21% localized infections among the mothers during pregnancy. Localized infections included vaginitis, urinary tract infections, pneumonia, syphilis, gonorrhea, and tuberculosis. Psychotic disorders were 3-fold more likely to develop in males after maternal infection, whereas there was no difference in females. The authors concluded that maternal bacterial infection during pregnancy was significantly associated with the development of schizophrenia and related psychoses among offspring, with stronger effects for multisystemic than localized infections, especially in males.


Jack Levin, Ph.D., a professor of sociology at Northwestern University, and James Alan Fox, Ph.D., a professor of criminal justice at Northwestern University, discuss psychological and sociological factors relevant to the chilling profiles of compulsive murderers such as Ted Bundy, Charles Manson, and the Hillside Strangler.


Stephen Levine, M.D. provides a brief list of eight components of psychotherapy: (1) The patient’s trust is required, (2) The therapist must provide a respectful psychological intimacy, (3) It is vital for the psychiatrist to understand the patient’s predicament, (4) The patient continually evaluates the therapist, (5) An attachment to the therapist should be perceived, acknowledged, and respected. (6) The therapist should not assume that
patients believe that they have revealed the whole story, (7) Symptoms can improve, and (8) The therapist should behave in a warm, friendly manner, unafraid of revealing minor aspects of his personal life.

Levitan, R. (2020, April 20). The infection that’s silently killing Coronavirus patients. [https://www.nytimes.com/]

Richard Levitan, MD, an emergency physician in Littleton, NH, is president of Airway Cam Technologies, a company that teaches courses in intubation and airway management. Dr. Levitan explains how a pulse oximeter can provide early warning of the kinds of breathing problems associated with COVID-19 pneumonia. This article was linked to the listserv of one state psychological association and has been of interest to psychotherapists who treatment patients with Illness Anxiety Disorder, Obsessive Compulsive Disorder, Generalized Anxiety Disorder, and Panic Disorder. The article describes many patients presenting to emergency rooms with advanced COVID-19 pneumonia and low oxygen levels but without subjective complaints of breathing problems (termed “silent hypoxia”). Some of the details of the article can trigger some patients with health anxiety (e.g., “By the time patients have noticeable trouble breathing and present to the hospital with dangerously low oxygen levels, many will ultimately require a ventilator”). This phenomenon has some similarities to so-called “dry drowning” that is sometimes a target fear of patients with obsessive compulsive disorder. The article advocates buying pulse oximeters, which at the time of the COVID-19 shelter-in-place restrictions may be difficult to obtain, thus further increasing anxiety among affected anxious patients who don’t have them.


Norman P. Li and Satoshi Kanazawa propose the savanna theory of happiness, which suggests that it is not only the current consequences of a given situation but also its ancestral consequences that affect individuals’ life satisfaction and explains why such influences of ancestral consequences might interact with intelligence. The authors choose two varied factors that characterize basic differences between ancestral and modern life—population density and frequency of socialization with friends—as empirical test cases. As predicted by the theory, population density is negatively, and frequency of socialization with friends is positively, associated with life satisfaction. More importantly, the main associations of life satisfaction with population density and
socialization with friends significantly interact with intelligence, and, in the latter case, the main association is reversed among the extremely intelligent. More intelligent individuals experience lower life satisfaction with more frequent socialization with friends. In one sense, the very intelligent would seem to be happier if they were left alone. This study highlights the utility of incorporating evolutionary perspectives in the study of subjective well-being. See also Sloat (2016).


In 1966, Victor Lotter (1967) examined 8 to 10 year old schoolchildren in Middlesex, UK, and estimated a prevalence of 4.5 cases per 10,000 children.


Keywords: Military, Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD), Military Sexual Trauma

Researchers at the Emory University School of Medicine conducted an initial feasibility study that examined the use of virtual reality exposure therapy (VRE) in the treatment of military sexual trauma-related posttraumatic stress disorder (MST-related PTSD), with newly developed content tailored to MST. Participants included 15 veterans (26% male) with MST-related PTSD. Assessment of PTSD, depression, and psychophysiological indicators of distress occurred at pre-treatment, post-treatment, and 3-month follow-up. Treatment included 6-12 VRE sessions. There were significant reductions in pre- to post-treatment PTSD and depressive symptoms, which were maintained at follow-up. There also was a significant pre- to post-treatment reduction in heart rate response to a trauma cue. The percentage of participants meeting PTSD criteria continued to decline from post-treatment (53%) to follow-up (33%). Findings indicate VRE can be safely delivered and is a promising treatment for MST-related PTSD. As a parenthetical comment, it might be pointed out that the title of the article contains one of the most unusual combinations of punctuation in a scholar journal.


Cornell social psychologist James Maas, Ph.D. coined the term “power nap” in this book.


Although it is not a scholarly article, Debora MacKenzie provides a brief discussion of evidence that *Porphyromonas gingivalis*, a bacteria that causes chronic gum disease, may contribute to the development of Alzheimer’s disease, in which the build up of amyloid proteins may be as a defense against *P. gingivalis*. 


Key words: COVID-10, Coronavirus

Within the CDC, the consensus of the National Center for Infectious Diseases and the National Center for Human Immunodeficiency Virus, Sexually Transmitted Diseases, and Tuberculosis is that a theoretic risk of transmitting infectious diseases by using a common communion cup exists, but that the risk is so small that it is undetectable. Experimental studies have shown that bacteria and viruses can contaminate a common communion cup and survive despite the alcohol content of the wine. Therefore, an ill person or asymptomatic carrier drinking from the common cup could potentially expose other members of the congregation to pathogens present in saliva. Were any diseases transmitted by this practice, they most likely would be common viral illnesses, such as the common cold. However, a recent study of 681 persons found that people who receive Communion as often as daily are not at higher risk of infection compared with persons who do not receive communion or persons who do not attend Christian church services at all. In summary, the risk for infectious disease transmission by a common communion cup is very low, and appropriate safeguards—that is, wiping the interior and exterior rim between communicants, use of care to rotate the cloth during use, and use of a clean cloth for each service—would further diminish this risk. In addition, churches may wish to consider advising their congregations that sharing the communion cup is discouraged if a person has an active respiratory infection (i.e., cold or flu) or moist or open sores on their lips (e.g., herpes).


Key words: Differential diagnosis


A cohort of 1,027 individuals in Dunedin, New Zealand born in 1972 or 1973 were evaluated every 2 years from birth up to age 38, with 95% retention. Cannabis use was
monitored and IQ testing was performed at ages 8, 11, 13, and 38. Individuals with persistent cannabis use that began during the adolescent years lost an average of 8 IQ points. In contrast, individuals who began using as adults had no decline in their IQ score. These data support the likelihood of a neurotoxic effect with the regular use of cannabis in the developing brain, resulting in an enduring decline in cognitive function.


Lisa Maurel, LMFT provides a critique of Mark Yarhouse’s 2015 article “Understanding the transgender phenomenon.”


The first edition of this book was published in 1999.


Mary L. McHugh (2012) has suggested that Cohen’s interpretation of kappa may be too lenient for health related studies because it implies that a score as low as 0.41 might be acceptable. For this reason, McHugh has recommended that both kappa and percent agreement should be used in studies of healthcare.


Sara Mednick, Ph.D., sleep researcher at the University of California, Riverside, focuses on four types of naps:

- **20 minutes** (for energy and alertness) includes two minutes of Stage 1 sleep and 18 minutes of Stage 2.
- **35 minutes** (energy, alertness and mind-clearing) includes two minutes of Stage 1, 23 minutes of Stage 2, and 10 minutes of Slow-wave sleep.
- **60 to 75-minutes** (all the above, plus a creativity boost) includes two minutes of Stage 1, 28 minutes of Stage 2, 25 minutes of Slow-wave and five to 20 minutes of REM.
- **90-minutes** (the “perfect nap” because it mimics the balance of stages during nocturnal sleep), includes five minutes of Stage 1, 35 of Stage 2, 25 minutes of slow-wave, and 25 minutes of REM.

Dr. Mednick also provides a Nap Wheel that can be used to calculate the “perfectly balanced state” in which Rapid Eye Movement (REM) and Slow-Wave sleep (SWS) are equally proportioned, and where “The Ultimate Nap” occurs. Naps occurring before this crossing point will have more REM and naps occurring after will have more SWS. The Nap Wheel is available at this link: https://saramednick.com/htmls/book/napwheel.htm


In his editorial, John Miller, M.D. provides a brief literature review and discusses two potentially serious adverse effects from the regular use of cannabis (THC) on the developing brain: ‘increased incidence and earlier onset of psychosis in individuals already at risk and cognitive impairments that can be irreversible. Ideally, as with alcohol and cigarettes, cannabis should not be used until the brain is fully developed, somewhere between the ages of 21 and 25” (p. 9).

Key words: Road rage, Trigger effect, Weapons effect
Abstract: Little is known about the relationship between firearm carrying and hostile behavior on the roadway. To explore a possible association between firearm carrying by drivers and hostile driving behavior [the authors] conducted a random-digit-dial survey of 790 licensed drivers in Arizona. In addition to demographic questions, [the authors] asked whether respondents had carried a gun while driving in the 12 months prior to the survey. Respondents were also asked if they, in anger, had personally made obscene gestures, cursed or shouted at other drivers, impeded another drivers progress with their vehicle, aggressively ‘followed another driver too closely’, or brandished a gun at another driver. [The authors] used multivariable logistic regression to explore correlates of hostile driving behavior while taking into account several demographic and behavioral characteristics. Overall 11% of drivers always (4%) or sometimes (7%) carried a gun with them in their vehicle; 34% report having made obscene gestures/cursed/shouted angrily; 28% report aggressively following or blocking other drivers with their vehicle. In both crude and multivariate adjusted analyses, self-report of engaging in hostile behavior while driving was significantly more common among men, young adults, and individuals who carried a firearm in their car. [The authors’] findings suggest that, at least among Arizona motorists, having a gun in the car is a strong marker for aggressive and illegal behavior behind the wheel.


Ninety-five percent of college counseling center directors surveyed said the number of students with significant psychological problems is a growing concern in their center or on campus, according to the latest Association for University and College Counseling Center Directors (AUCCCD; 2013) survey of counseling center directors. Seventy percent of directors believe that the number of students with severe psychological problems on their campus has increased in the past year. Anxiety continues to be the most predominant presenting concern among college students (41.6%), followed by depression (36.4%), and relationship problems (35.8%). Other common concerns are suicidal ideation (16.1%), alcohol abuse (9.9%), sexual assault (9.2), ADHD (8.9%), and self-injury (8.7%). On average, 24.5 percent of clients were taking psychotropic medications. However, 19 percent of directors report the availability of psychiatric services on their campus is inadequate. Directors report that 21 percent of counseling center students present with severe mental health concerns, while another 40 percent present with mild mental health concerns. Less than one percent (.3%) of directors reported that their center offered online counseling.


Morina and colleagues conducted the first systematic review and meta-analysis on spontaneous long-term remission rates (i.e., without specific treatment) of post-traumatic stress disorder in adults. Across all studies, remission rates varied between 8% and 89%, with an average of 44.0%. Publications on PTSD related to natural disaster reported the highest mean of remission rate (60.0%), whereas those on PTSD related to physical disease reported the lowest mean of remission rate (31.4%). The authors conclude that long-term remission from PTSD without specific treatment varies widely and is higher in studies with the baseline within five months following trauma.


Psychiatrist Steven Moffic, MD writes about the views of two European psychiatrists, Sigmund Freud and Viktor Frankl, in terms the rise to power of Adolf Hitler and the emerging genocidal policies that were being developed by the Nazis at that time. Dr. Moffic frames his article within the context of the Goldwater Rule, which refers to Paragraph 3 of Section 7 in the American Psychiatric Association’s (APA) Principles of Medical Ethics: “On occasion psychiatrists are asked for an opinion about an individual who is in the light of public attention or who has disclosed information about himself/herself through public media. In such circumstances, a psychiatrist may share with the public his or her expertise about psychiatric issues in general. However, it is unethical for a psychiatrist to offer a professional opinion unless he or she has conducted an examination and has been granted proper authorization for such a statement (APA, 2013, p. 9). This ethical standard originated as a consequence of events that transpired in 1964, when *Fact Magazine* published an article titled “The Unconscious of a Conservative: A Special Issue on the Mind of Barry Goldwater.” The magazine polled
US psychiatrists about whether or not US Senator Barry Goldwater was fit to be president. At that time, criticism of 1964 Republican Presidential candidate Barry Goldwater ran from his being paranoid and a potential danger by that might lead to a nuclear war to his presumed homosexuality. Unfortunately, the concerns about homosexuality were something of psychiatric concern in that era of time. In response, Senator Goldwater sued FACT Magazine editor Ralph Ginzburg and managing editor Warren Boroson (Goldwater v. Ginzburg, July, 1969). Goldwater won the lawsuit and received damages totaling $75,000.00, which would be approximately $500,000.00 in today’s dollars adjusted for inflation. As a consequence, the outspoken psychiatrists were publicly shamed. To avert future embarrassment and “wild analysis” (Freud's term for unfounded speculation), the so-called Goldwater Rule was adapted several years later as an annotation in the AMA principles of medical ethics for psychiatrists. The rule stated that it was unethical to provide any psychiatric analysis of a public figure without personal evaluation and permission of that person. In 2019, as concerns over the current President’s mental health emerged, the rule was tightened and strengthened.


Key words: Boanthropy, cow, lycanthropy, wolf, zoanthropy
The author describes two cases of clinical lycanthropy. In one case, there is clear evidence of an organic origin of the syndrome. Lycanthropic intermetamorphosis refers to rare cases of individuals who believe that other people have transformed into animals.


Mowrer’s model provides the basis of the contemporary two-factor theory of how obsessive-compulsive cycle is maintained. Neutral stimuli become distress stimuli through their association with pain or fear. Escape and avoidance behaviors are learned in order to reduce distress (via negative reinforcement). Dollard and Miller (1950) used Mowrer’s model to explain how, in obsessive compulsive disorder, the escape and avoidance takes the form of rituals and compulsions.


Abstract Summary: Human-like modes of communication, including mutual gaze, in dogs may have been acquired during domestication with humans. Nagasawa et al. show that gazing behavior from dogs, but not wolves, increased urinary oxytocin concentrations in owners, which consequently facilitated owners’ affiliation and increased oxytocin concentration in dogs. Further, nasally administered oxytocin increased gazing behavior in dogs, which in turn increased urinary oxytocin concentrations in owners. These findings support the existence of an interspecies oxytocin-mediated positive loop facilitated and modulated by gazing, which may have supported the coevolution of human-dog bonding by engaging common modes of communicating social attachment.


Few people in the general public knew about this brief screening test until 2018. According to an NBC News report on January 17, 2018, President Donald Trump was administered the screening test, reportedly at his request, on or around January 16, 2018. According to the news report, President Trump insisted on taking the test and passed it with flying colors, Dr. Ronny Jackson, presidential physician, told reporters.


Coding Note: The 2019 ICD-10-CM codes are to be used from October 1, 2018 through September 30, 2019.


According to NIDA (2019, p. 1), “Kratom is a tropical tree (Mitragyna speciosa) native to Southeast Asia, with leaves that contain compounds that can have psychotropic (mind-altering) effects. Kratom is not currently an illegal substance and has been easy to order on the internet. It is sometimes sold as a green powder in packets labeled “not for human consumption. It is also sometimes sold as an extract or gum (NIDA, 2019). Kratom can cause effects similar to both opioids and stimulants. Two compounds in kratom leaves, mitragynine and 7-α-hydroxymitragynine, interact with opioid receptors in the brain, producing sedation, pleasure, and decreased pain, especially when users consume large amounts of the plant. Mitragynine also interacts with other receptor systems in the brain to produce stimulant effects. When kratom is taken in small amounts, users report increased energy, sociability, and alertness instead of sedation. However, kratom can also cause uncomfortable and sometimes dangerous side effects.


Edward Neukrug, Ed.D., Professor of Counseling and Human Services at Old Dominion University, is a licensed professional counselor and licensed psychologist. His book is organized into four primary sections, each of which addresses a theoretical orientation. Section 1 explores psychodynamic approaches, including psychoanalysis, Jungian therapy, and Adlerian therapy. Section 2 is devoted to existential-humanistic approaches such as existential therapy, Gestalt therapy, and person-centered counseling, while Section 3 discusses cognitive-behavioral approaches, including behavior therapy, cognitive behavior therapy, rational-emotive behavior therapy, and reality therapy. Section 4 describes post-modern therapies and examines the relatively new approaches of narrative therapy, solution-focused brief therapy, and relational cultural therapy, a form of feminist therapy. The final chapter explores a number of more recent and emerging theories.


By 1992, 19 in every 10,000 six-year-old Americans were being diagnosed as autistic.


Gary Noesner, the FBI’s chief hostage negotiator, recounts harrowing standoffs, including the Waco siege with David Koresh and the Branch Davidians, the siege at Waco, the Montana Freemen standoff, and the D.C. sniper attacks. As Noesner observed, “Listening is the cheapest concession we can ever make” (p. x). As an adage that can serve psychotherapists, when people are escalating, it’s better to deescalate.


According to the Bureau of Justice Statistics, suicide has been the leading cause of death in U.S. jails every year since 2000. In 2013, one third (34%) of jail inmate deaths were due to suicide. The suicide rate increased 14%, from 40 suicides per 100,000 jail inmates in 2012 to 46 per 100,000 in 2013.


The authors discuss the therapeutic relationship in cognitive–behavioral therapy (CBT) and ways of using relational tools to overcome common challenges encountered by CBT therapists. Despite an emphasis on techniques and quantifying change mechanisms, the therapeutic relationship is the context within which interventions occur and is itself a critical aspect of treatment. The authors discuss various aspects of the client–therapist relationship, including the concepts of collaboration, empiricism, and Socratic dialogue.


Written alone with co-author Alisa Bowman, this book is largely based on the work of a former FBI Supervisory Special Agent Mary Ellen O’Toole, Ph.D. (2000), who was one of the most senior profilers until her retirement in 2009.


This edition was previously published by Hudson Street Press.


The *Reasons for Living Inventory* (RFL-48) is available online: [http://tools.farmacologiaclinica.info/index.php](http://tools.farmacologiaclinica.info/index.php)


Key words: neuroprotective effects of lithium in bipolar disorder

David N. Osser, M.D. discusses the neuroprotective effects of lithium. Osser (p. 21) states, “Bipolar disorder seems to be characterized by a gradual progressive shrinkage in some areas of cortical gray matter as well as some tracks of white matter. These losses are associated with increased neurocognitive impairment.” Osser cites Giakoumatos et al. (2015), whose research suggests that there may be better preservation of white matter structural integrity in patients have had with long-term treatment with lithium. Osser notes that reduction of gray matter volume has been shown to be arrested or even reversed to some degree by long-term lithium treatment of bipolar patients. Adding that no other mood stabilizers have been shown to have this neurocognitive protective effect, Osser (2020, p. 21) observes, “Some ambivalent patients have been persuaded to accept
lithium after reading the article by Giakoumatos and colleagues. (See also Giakoumatos et al., 2015).


Psychiatrist Gordon Parker surveyed 18 international experts regarding their treatment of bipolar II disorder. Based on the opinions of these 18 experts, the results can be summarized as follows: (1) Ten experts agreed that antidepressants are helpful in bipolar II but are best used with a mood stabilizer to avoid hypomania, whereas six experts agreed that antidepressants are best avoided or used with a mood stabilizer as a last resort in bipolar II. Only one expert held the opinion that antidepressants are helpful in bipolar II and do not cause hypomania, and only one expert held that antidepressants should
almost always be avoided in bipolar II because of the risk of hypomania and cycling. SSRIs and bupropion were views as the preferred antidepressants in bipolar II treatment, because these drugs have the lowest risk of inducing mania. Because the SNRIs carry a higher risk of mania, the respondents were more split in their opinions on SNRIs. Nearly all of the experts agreed that the tricyclic antidepressants and monoamine oxidase inhibitors (MAOs) were associated with the highest risk of mania.


Pediaditakis, N. (2019). The dog that did not bark. Psychiatric Times, 36(1), 5. Perlin, M. L. (2000). The hidden prejudice: Mental disability on trial. Washington, DC: American Psychological Association. Nicholas Pediaditakis, M.D. shares some thoughts on the pathogenesis and persistence of prevalence of schizophrenia and bipolar affective disorder in view of current genetic discoveries. Dr. Pediaditakis speculates that the “lopsided asocial” traits in a pool of vulnerable individuals in whom schizophrenia and bipolar disorder may develop may be offset by an evolutionary advantage related to some of these same individuals being able to think in alternative ways, discern mathematical and artistic patterns, and so forth. This advantageous evolutionary trade-off may help explain the persistence of the 4% prevalence for both disorders worldwide in spite of the evolutionary disadvantages (i.e., early onset, low fertility, early death).

Pelham, W. E., Page, T. F., Altszuler, A. R., Gnagy, E. M., Molina, B. S. G., & Pelham, W. E. (2020, February). The long-term financial outcome of children diagnosed with ADHD. Journal of Consulting and Clinical Psychology, 88(2), 160-171. doi: 10.1037/ccp0000461. Epub 2019 Dec 2. The authors drew data from a prospective case-control study (PALS) by following participants with a rigorous diagnosis of ADHD during childhood (N = 364) and demographically matched controls (N = 240) for nearly 20 years. Participants and their parents reported on an array of financial outcomes when participants were 25 and 30 years old. At age 30, adults with a history of ADHD exhibited substantially worse outcomes than controls on most financial indicators, even when they and their parents no longer endorsed any DSM symptoms of ADHD. Between ages 25 and 30, probands had exhibited considerably slower growth than controls in positive financial indicators (e.g., monthly income) and substantially less reduction than controls in indicators of financial dependence (e.g., living with parents), indicating worsening or sustained deficits on nearly all measures. When earnings trajectories from age 25 to age 30 were extrapolated using matched census data, male probands were projected to earn $1.27 million less than controls over their working lifetime, reaching retirement with up to 75% lower net worth.
The authors concluded that the financial deficit of adults with history of childhood ADHD grows across early adulthood. Projections based on early financial trajectories suggest very large cumulative differences in earnings and savings.


Professor David P. Phillips, Ph.D. (Department of Sociology at the University of California in San Diego, California) coined the term “media contagion” (Phillips, 1980, 1986), which was an extension of cultural contagion and behavioral contagion theories. Phillips groundbreaking research published in 1974 revealed how highly publicized stories of deviant and dangerous behavior influences so-called copycat incidents. He showed how suicide rates spike in the week following an inappropriately-publicized celebrity suicide, in contrast to the trend of no increase in suicides in the week following a media strike that unintentionally suppresses such coverage. Of historical interest, the Werther Effect was named after the protagonist in Goethe’s novel, *The Sorrows of Young Werther*, in which the hero kills himself. Because of a rash of suicides by young men who had read it, the novel was banned in some European countries after its publication nearly 200 years ago. Some had even dressed like Werther or had left the book open to the passage detailing his death when they killed themselves.


Robert T. M. Phillips, M.D., Ph.D. is an adjunct professor of law at the University of Maryland School of Law in Baltimore and the 2011 Yochelson Distinguished Professor of Forensic Psychiatry at the Yale University School of Medicine in New Haven, Connecticut. In this article, he argues for “competent and reliable comprehensive clinical psychiatric risk assessment that is rooted in evidence-based practice standards for medical evaluation and that considers all relevant clinical and historical information including data from standardized risk assessment tools” (p. 476).


This article, formerly titled “Beyond Jeffrey Epstein's Death,” dated August 13, 2019, has since been updated by the author, psychiatrist Ronald W. Pies, M.D., who discusses the scandal of incarcerating those with serious mental illness. Citing Bureau of Justice
Statistics, Dr. Pies points out that suicide has been the leading cause of death in U.S. jails every year since 2000.

Psychologist Aureen Pinto-Wagner, Ph.D. described the vicious cycle of avoidance (p. 49) in her book that is designed for parents of anxious children.


Among other topics addressed in their book, Pope and Vasquez (2016) provide a list of 26 logical fallacies that can slide into the background of psychotherapy and blend in with a therapist’s best reasoning. Of particular interests to diagnosticians is the “Nominal Fallacy” (i.e., the mistake of assuming that because we have given a name to something, therefore we have explained it). For a review of “Common Logical Fallacies in Psychology: 26 Types and Examples,” see this link: https://ks pope.com/fallacies/fallacies.php


The Premack principle was originally derived from a study of Cebus monkeys by Professor David Premack, who observed that a monkey would perform a less desirable activity to have an opportunity to perform a more desirable activity. In other words, activities may themselves be positive reinforcers. This principle has been widely used by therapists practicing Applied Behavior Analysis. In behavioral terms, if high-probability behaviors (more desirable behaviors) are made contingent upon lower-probability behaviors (less desirable behaviors), then the lower-probability behaviors are more likely to occur. Operationally defined, more desirable behaviors are simply those behaviors that individuals spend more time doing if permitted, whereas less desirable behaviors are those that individuals spend less time doing when acting freely. The principle is a restatement of the wisdom of “Grandma’s rule” (i.e., “Work before play”).


Karen Pryor, who is one of the early proponents of clicker training and the use of operant principles to train dolphins, provides an insightful and practical discussion of operant techniques and schedules of reinforcement that are used by professional dog trainers as well as by psychologists treating behavioral problems.

controlled trial. *British Journal of Medicine*, 332, 266-270. doi: 10.1136/bmj.38705.470590.55 (published December 23, 2005. [http://www.bmj.com/cgi/content/full/332/7536/266](http://www.bmj.com/cgi/content/full/332/7536/266)


Quay, H. C. (1993). The psychobiology of undersocialized aggressive conduct disorder: A theoretical perspective. *Development and Psychopathology*, 5, 165-180. Herbert Quay discusses how an imbalance between the behavioral inhibition system (BIS) and the reward system (RS) may make negative feelings (i.e., fear and anxiety) produced by the BIS less apparent, while making the positive feelings (i.e., euphoria) produced by the RS more prominent in individuals with antisocial personality disorder.

Radhakrishnan, R., Ranganathan, M., & D’Souza, D. C. (2019, May 7). Medical marijuana: What physicians need to know. *Journal of Clinical Psychiatry*, 80(5), pii: 18ac12537. doi: 10.4088/JCP.18ac12537. Rajiv Radhakrishnan, MBBS, MD, Department of Psychiatry, Yale University School of Medicine, and colleagues found that schizophrenia or bipolar disorder developed in 47% of patients who became psychotic on cannabis over the next four years. This incidence was the highest incidence of conversion after initial psychosis following use of various substances; the second highest was with amphetamine (32%). More patients converted to schizophrenia than bipolar disorder.


Brian Resnick discusses some of the most common etiological factors involved with pain (e.g., catastrophizing, central sensitization, “kinesthetic hallucination”). He discusses some of the most common cognitive behavioral therapy tools used by psychologists when helping people manage their pain. Some of these tools include reducing catastrophic thinking, using somatic tracking exercises, pain processing therapy, encouraging physical exercise, and so forth.


Is time spent using social media associated with mental health problems among adolescents? In this cohort study of 6,595 U.S. adolescents, increased time spent using social media per day was prospectively associated with increased odds of reporting high levels of internalizing and comorbid internalizing and externalizing problems, even after adjusting for history of mental health problems. Adolescents who spend more than 3 hours per day on social media may be at heightened risk for mental health problems, particularly internalizing problems.


Francis P. Robinson, an American education philosopher, introduced the SQRRRR or SQ3R method. It is a reading comprehension method named for its five steps: survey, question, read, recite, and review. It offers an active and efficient approach to studying textbook material. Although it was originally created for college students, it is also useful for younger students.


Abstract: For constructive personality change to occur, it is necessary that these conditions exist and continue over a period of time: (1) Two persons are in psychological contact. (2) The first, whom shall be termed the client, is in a state of incongruence, being vulnerable or anxious. (3) The 2nd person, whom shall be termed the therapist, is congruent or integrated in the relationship. (4) The therapist experiences unconditional positive regard for the client. (5) The therapist experiences an empathic understanding of the client’s internal frame of reference and endeavors to communicate this experience to the client. (6) The communication to the client of the therapist’s empathic understanding and unconditional positive regard is to a minimal degree achieved.


This reprinted article originally appeared in the *Journal of Consulting Psychology*, 1957, Vol 21, 95–203.


British epidemiologist Geoffrey Rose (1981) was the first person to describe a phenomenon that he termed the *prevention paradox*. Rose observed the seemingly contradictory situation in which the majority of cases of a disease occur in people who are at low or moderate risk of a disease, whereas only a minority of cases of the same disease occur in high risk segments of a population. This statistical phenomenon occurs because the number of people at high risk is small, whereas the number of people at lower risk is large. In the field of substance use disorders, the implication is that greater societal benefit will occur by achieving a small reduction in substance abuse within a far larger group of “at-risk” users with less serious problems than by trying to reduce problems among a smaller number of substance dependent drinkers. The reasoning is statistical. For example, most alcohol problems are found among substance abusers rather than substance dependent people.

Psychopathology Course Resources


Clinical psychologist Mark Rosekind, Ph.D. and colleagues at the NASA Ames Research Center, Moffett Field, California found that “26-minute nap improved performance 34% and alertness 54%. Pilots in the Rest Group were provided a 40-minute, planned, in-flight nap opportunity during cruise over water. The 40-minimize nap duration was designed to minimize the opportunity for the occurrence of slow wave sleep and its duration. In 93% of the nap opportunities, the rest group crewmembers fell asleep in 5.6 minutes and slept for 25.8 minutes. Despite NASA recommendations that astronauts sleep 8 hours a day, they typically sleep 0.5 to 2.5 hours less in space than they do on Earth—making naps more important in terms of maintaining mental efficiency and overall health. The article can also be found at this link:  
http://human-factors.arc.nasa.gov/zteam/fcp/pubs/jsr.art.html


http://www.recovery.org/pro/articles/trauma-and-addiction-7-reasons-your-habit-makes-perfect-sense/


Keywords: Military, Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD), Trauma

Barbara Rothbaum, Ph.D., who at the time of her early research was affiliated with the College of Computing, Georgia Institute of Technology, is sometimes cited as the researcher who first demonstrated the use of virtual reality to treat a psychological condition (fear of heights). She and her colleagues studied the efficacy of computer-generated (virtual reality) graded exposure in the treatment of acrophobia (fear of heights). In this landmark study, 20 college students with acrophobia were randomly assigned to virtual reality graded exposure treatment (N = 12) or to a waiting-list comparison group (N = 8). Seventeen students completed the study. Sessions were conducted individually over 8 weeks. Outcome was assessed by using measures of anxiety, avoidance, attitudes, and distress associated with exposure to heights before and after treatment. Significant differences between the students who completed the virtual reality treatment (N = 10) and those on the waiting list (N = 7) were found on all measures. The treatment group was described as significantly improved after 8 weeks, but the comparison group was unchanged.

Keywords: Virtual Reality (VR), Posttraumatic Stress Disorder (PTSD), Trauma

The authors examined the effectiveness of virtual reality exposure augmented with D-cycloserine or alprazolam, compared with placebo, in reducing posttraumatic stress disorder (PTSD) due to military trauma. After an introductory session, five sessions of virtual reality exposure were augmented with D-cycloserine (50 mg) or alprazolam (0.25 mg) in a double-blind, placebo-controlled randomized clinical trial for 156 Iraq and Afghanistan war veterans with PTSD. The authors found that PTSD symptoms significantly improved from pre- to posttreatment across all conditions and were maintained at 3, 6, and 12 months. There were no overall differences in symptoms between D-cycloserine and placebo at any time. Alprazolam and placebo differed significantly on the Clinician-Administered PTSD Scale score at posttreatment and PTSD diagnosis at 3 months posttreatment; the alprazolam group showed a higher rate of PTSD (82.8%) than the placebo group (47.8%). Between-session extinction learning was a treatment-specific enhancer of outcome for the D-cycloserine group only. At posttreatment, the D-cycloserine group had the lowest cortisol reactivity and smallest startle response during virtual reality scenes.


https://narratively.com/nick-brown-smelled-bull/

Key words: Self-care, self care

The author, Vinnie Rotondaro, was Editor at Large for Narratively. This article was edited by Brendan Spiegel and illustrated by Kevin Huizenga.


Elyn Saks is Orrin B. Evans Distinguished Professor of Psychology, and Psychiatry and the Behavioral Sciences at the Gould School of Law; Director of the Saks Institute for Mental Health Law, Policy, and Ethics, Adjunct Professor of Psychiatry at the UC San Diego, School of
Medicine; and Faculty at the New Center for Psychoanalysis. She was first in her class at Vanderbilt, won a Marshall Scholarship to Oxford, was editor of the Yale Law Journal, and has published several books and many articles. She also suffers from a severe chronic psychiatric illness with recurrent psychotic episodes diagnosed as schizophrenia or schizoaffective disorder and treated by hospitalization, medication, psychotherapy, and psychoanalysis. In this extraordinary autobiography, this gifted individual describes her struggles and how she has lived with her achievements and her suffering.


Dr. Elyn Saks (author) and Shahrokh Golshan shed psychoanalytic light on a concept—informed consent—that has transformed the delivery of health care in the United States. The discussion raises many questions: Is informed consent required as a matter of positive law? Apart from statutes and cases, what do the professional organizations say about this? What would be the elements of a robust informed consent in psychoanalysis? Is informed consent even possible here? Can patients really understand, say, transference or regression before they experience them, and is it too late once they have? Is informed consent therapeutic or countertherapeutic? Can a “process view” of informed consent make sense here?


Robert Sapolsky, Ph.D. holds a doctoral degree in neuroendocrinology. He is a professor of biology, neurology, and neurosurgery at Stanford University.


This book’s second edition was published in 1998 and third edition was published in 2004. Dr. Sapolsky proposes that for animals such as zebras, stress is generally episodic (e.g., running away from a lion), whereas for humans, stress is often chronic (e.g., worrying about losing a job). For this reason, proposes Sapolsky, many wild animals are less susceptible than humans to stress-related disorders such as ulcers, hypertension, decreased neurogenesis, and increased hippocampal neuronal atrophy. Based on Sapolsky’s research with baboons, chronic stress for some social primates who are in the lower level of the social dominance hierarchy.


Key words: Gaming disorder


Shankar Vedantam, journalist and science correspondent for NPR, narrates a podcast describing the history of operant conditioning, including brief excerpts from interviews with animal behavioral trainer and clicker trainer, Karen Pryor, and voice-recordings from Harvard Psychology Professor and behaviorist, B. F. Skinner. The podcast also includes an interview with Border collie enthusiast and orthopedic surgeon Martin Levy, M.D. on how he uses operant conditioning with the clicker to teach Frisbee throwing and surgical techniques to incoming surgical residents at a teaching hospital in New York.


Edwin Schneidman, Ph.D. is Professor of Thanatology Emeritus at the University of California at Los Angeles School of Medicine. He is the founder of the American Association of Suicidology. In this book, he presents a bold and simple premise: the main cause of suicide is psychological pain or “psychache.” He offers this advice, “Reduce the pain; remove the blinders; lighten the pressure—all three, even just a little bit” (p. 139).

YAVIS is an acronym introduced by University of Minnesota professor William Schofield, Ph.D., who claimed to have demonstrated that mental health professionals often have a positive bias towards clients exhibiting these traits. In other words, individuals with these characteristics are assumed to represent a psychotherapist’s “ideal patient.” Schofield explained that such a bias may, in turn, predispose the psychotherapist to work harder to help these clients. Such an inclination, although presumed to be mostly unconscious, was thought to be driven by an expectation that clients with such traits would be motivated to work harder in psychotherapy, thereby increasing the therapist’s hope that the treatment would be effective. Furthermore, this process would work to enhance the therapist’s experience of himself or herself as competent, which may help explain why YAVIS clients are unconsciously seen as more desirable.

The authors examined the efficacy (compared with sham neurofeedback) and efficiency (compared with meta-cognitive therapy) of a standard EEG neurofeedback protocol in adults with ADHD. The findings suggest that neurofeedback training is not superior to a sham condition or group psychotherapy. All three treatments were equivalently effective in reducing ADHD symptoms. This first randomised, sham-controlled trial did not show any specific effects of neurofeedback on ADHD symptoms in adults.


Key words: Charm, charisma, body language, affective presence

Co-author Jack Schafer, Ph.D. is a psychologist and retired FBI special agent, and self-styled “likeability coach” who maintains that the three major things we do when we approach somebody that signal we are not a threat are: (1) an eyebrow flash—a quick up and down movement of the eyebrow that lasts about a sixth of a second—(2) a slight head tilt, and (3) a smile. Dr. Schafer describes four non-verbal “friend signals” such as (1) increasing eye contact, (2) raising one’s eyebrows, (3) tilting one’s head, and (4) jutting out one’s chin. Schafer provides a friendship formula: friendship = proximity + frequency + duration + intensity. Proximity is defines the distance between you and another person and your exposure to that person over time. Frequency is the number of contacts you have with another person over time. Duration is the length of time you spend with another person over time. Intensity is how strongly you are able to satisfy another person’s psychological and/or physical needs through the use of verbal and nonverbal behaviors.


Keywords: Zoom fatigue

This study addresses the question of how transmission delay affects user perception during speech communication over telephone systems. It aims to show that the occurrence of pure delay should not be neglected when planning a telephone or conferencing system even if no impact on the perceived quality of the call can be found. It is, for instance, known that, the communication surface structure changes dramatically when transmission delay is inserted by the communication system. Even delays of 1.2 seconds made people perceive the responder as less friendly or focused. With high
delays, interlocutors (i.e., people who take part in a dialogue or conversation) are perceived less attentive, extraverted, and conscientious.


This popular book provides some inspiring stories of Positive Psychology in action, including how the U.S. Army is now trained in emotional resilience; how innovative schools can educate for fulfillment in life and not just for workplace success; and how corporations can improve performance at the same time as they raise employee well-being. With interactive exercises to help readers explore their own attitudes and aims. Here is an example of a typical positive psychology exercise that has been around for many years: “Every night for the next week, set aside ten minutes before you go to sleep. Write down three things that went well today and why they went well” (Seligman, 2011, p. 33).


David Shakow, Ph.D., who proposed the scientist-practitioner model of training that eventually became known as the Boulder mode, proposed a system clinical training for psychologists similar to the model used for medical students. The model included an internship year, particularly at a psychiatric hospital, that would serve several purposes: (1) competence in the use of acquired techniques, (2) saturation of the student with
experience in the practical aspects of psychopathology, (3) the development of the experimental-objective attitude, and (4) acquaintance with the thinking and attitudes of colleagues, such as psychiatrists and social workers.

Shakow advocates for the emerging profession of clinical psychologists to have a breadth of training in order to be competent to perform diagnosis, research, and therapy. His article presents details of the undergraduate and graduate educational programs, including a didactic analysis and an internship.


[This periodical is published by with The British Psychological Society, and is not meant to be confused with the *American Psychologist*, which is published by the American Psychological Association].
David S. Shapiro, Ph.D. reviews the core tenets of the contemporary scientist-practitioner model (i.e., the current Boulder model): (1) giving psychological assessment, testing, and intervention in accordance with scientifically based protocols, (2) accessing and integrating scientific findings to make informed healthcare decisions for patients, (3) questioning and testing hypotheses that are relevant to current healthcare, (4), building and maintaining effective cross-disciplinary relationships with professionals in other fields, (5), research-based training and support to other health professions in the process of providing psychological care, and (6) contributing to practice-based research and development to improve the quality of health care. For a review of the origin of the scientist-practitioner model (i.e., the Boulder model), see Baker and Benjamin (2000).


The public’s perception that the insanity defense is used in 37% of all felony cases is a gross overestimate, because the actual figure is 1%. Prior to the Hinckley case (1982), the insanity defense had been used in less than 2% of all felony cases in the U.S. and was unsuccessful in almost 75% of those tried.


Sarah Sloat, a writer based in Brooklyn, provides a summary of Li and Kanazawa’s (2016) paper in which the authors provide a theory of why highly intelligent people experience lower life satisfaction when they socialize with friends more frequently.

The authors discuss six pillars of prevention of dementia: (1) regular exercise, (2) social engagement, (3) healthy diet, (4) mental stimulation, (5) quality sleep, and (6) stress management. The authors also discuss some supplements that may help prevent dementia. Folic acid, vitamin B12, vitamin D, magnesium, and fish oil may help to preserve brain health. Studies of vitamin E, ginkgo biloba, coenzyme Q10, and turmeric have yielded less conclusive results, but may also be beneficial in preventing or delaying Alzheimer’s and dementia symptoms.


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy
In his analysis of history’s most famous sufferer of boanthropy (i.e., the delusional belief and corresponding behaviors that one is a bovine animal such as an ox or cow) may have been Nebuchadnezzar II, who in the Book of Daniel “was driven from men, and did eat grass as oxen” (Daniel 4:33), Daniel Smith-Christopher (1996) provides a caution: “Although to see in this some form of recognizable mental illness (e.g., lycanthropy) push the sense of the story beyond the more common motifs of reversal of fortune and the bringing down of the proud” (p. 74).


Key words: boanthropy, cow, lycanthropy, wolf, zoanthropy  
Matthew S. Stanford describes examples of how boanthropy “still occurs today when a person, in a delusional state, believes themselves to be an ox or cow...and attempts to live and behave accordingly” (pp. 122-123).

DIRT is an evidence-based treatment program designed to specifically reduce expectancies of danger or threat in OCD washers. Unlike many traditional OCD treatments, DIRT is based on the rationale that the therapist should provide as much factual information as possible to decrease the expectancy of illness or disease and thus reduce the high dropout rate seen in conventional OCD exposure and response prevention programs.

Psychiatrist Cornel N. Stanciu, M.D., M.R.O., provides a brief summary, supported by citations from peer-reviewed publications, of some of the effects of cannabis: Consumption of cannabis during pregnancy results in cannabinoid placental crossing and accumulation in the fetal brain, and other organs, where it interferes with neurodevelopment and the endocannabinoid system. Use during the postnatal period can also lead to secretion in breast milk for extended periods (up to a week) after last use. From retrospective studies, cannabis ingestion has been associated with anemia in the mothers as well as low birth weights, greater risk of preterm and stillbirths, as well as increased need for neonatal intensive care unit admissions. Although there is no phenotypic syndrome and no overt birth defects, a review of two longitudinal studies indicates the majority of the teratogenicity translates later in life, beyond the infant developmental stage. Children born to mothers who used during pregnancy have higher rates of impulsivity, delinquency, learning and memory impairment, as well as executive function deficits. There is also an increased association with psychosis proneness during middle childhood. Dr. Stanciu points out that in 2018, the American College of
Obstetricians and Gynecologists (ACOG) released guidelines advising physicians to screen for cannabis use in pregnant and breastfeeding women and encourage them to quit.


Biologist Ethan Bier, Ph.D., University of California, San Diego, had a graduate student, Valentino Gantz, who found a way to get brown fruit flies to produce blond-looking offspring most of the time. Gantz demonstrated a new technique that could create this effect, known as *gene drive*, almost every time. *Gene drive* refers to a sequence of DNA that can cause a mutation to be inherited by the offspring of an organism with nearly 100 percent efficiency, regardless of whether it’s beneficial for that organism’s survival. By combining it with new genetic editing techniques such as CRISPR, scientists are able to drive changes they make quickly through an entire species. In other words, this technology makes the organisms that carry the gene have the specified characteristic, and it also causes them to have all their offspring have the same characteristic.


Using CRISPR technology to engineer mosquitoes with a *gene drive*, entomologist Ruth Mueller, Dr. rer. nat., and a team of researchers have launched a major new phase in the testing of a controversial genetically modified organism: a mosquito designed to quickly spread a genetic mutation lethal to its own species. The hope is that the technology will help eliminate or reduce the *Anopheles gambiae*, the main species of mosquito that spreads malaria, an infectious disease that affects probably two-thirds of the world’s population. Critics and environmentalists warn that gene-drive organisms could spread uncontrollably and cause unintended consequences, such as having a negative effect on crops (e.g., by eliminating important pollinators) or causing a species’ population crash, i.e., which could also lead to other mosquitoes coming with other diseases.


Stromberg, J. (2015, April 23). Scientists agree: Coffee naps are better than coffee or naps alone. *Get Pocket.* [https://getpocket.com/explore/item/scientists-agree-coffee-naps-are-better-than-coffee-or-naps-alone](https://getpocket.com/explore/item/scientists-agree-coffee-naps-are-better-than-coffee-or-naps-alone)
This blog provides a short explanation of how a 20-minute coffee nap restores alertness better than a short nap or a cup of coffee alone. A coffee nap helps clear adenosine from the brain, without resulting in sleep inertia that is associated with a longer sleep period.


Students are requesting and professors are issuing trigger warnings which are warnings cautioning that some content of college course material may cause distress to students. Trigger warnings are meant to alleviate distress of students who may otherwise experience. However, multiple lines of research suggest trigger warnings could either increase or decrease symptoms of distress. Mevagh Sanson, Deryn Strange, and Garry Maryanne designed a study to assess whether or not trigger warnings are useful in reducing distress. Across six experiments, the authors gave some college students and Internet users a trigger warning but not others, exposed everyone to one of a variety of negative materials, and then measured symptoms of distress. To better estimate trigger warnings’ effects, the authors conducted mini meta-analyses on the data, revealing trigger warnings had trivial effects. People reported similar levels of negative affect, intrusions, and avoidance regardless of whether they had received a trigger warning. These patterns were similar among people with a history of trauma. The authors conclude that these results suggest a trigger warning is neither meaningfully helpful nor harmful.


Key words: COVID-10, Coronavirus
The SARS-CoV-2 epidemic started in late December 2019 in Wuhan, China, and has since impacted a large portion of China and raised major global concern. Xiaolu Tang and colleagues investigated the extent of molecular divergence between SARS-CoV-2 and other related coronaviruses. Although we found only 4% variability in genomic nucleotides between SARS-CoV-2 and a bat SARS-related coronavirus (SARSr-CoV; RaTG13), the difference at neutral sites was 17%, suggesting the divergence between the
two viruses is much larger than previously estimated. The results suggest that the development of new variations in functional sites in the receptor-binding domain (RBD) of the spike seen in SARS-CoV-2 and viruses from pangolin SARSr-CoVs are likely caused by mutations and natural selection besides recombination. Population genetic analyses of 103 SARS-CoV-2 genomes indicated that these viruses evolved into two major types (designated L and S), that are well defined by two different SNPs that show nearly complete linkage across the viral strains sequenced to date. Although the L type (≈70%) is more prevalent than the S type (≈30%), the S type was found to be the ancestral version. Whereas the L type was more prevalent in the early stages of the outbreak in Wuhan, the frequency of the L type decreased after early January 2020. Human intervention may have placed more severe selective pressure on the L type, which might be more aggressive and spread more quickly. On the other hand, the S type, which is evolutionarily older and less aggressive, might have increased in relative frequency due to relatively weaker selective pressure.

Tamaki, M., Bang, J. W., Watanabe, T., & Sasaki, Y., (2016, May 9). Night watch in one brain hemisphere during sleep associated with the first-night effect in humans. *Current Biology, 26*(9), 1190-1194.

Highlights: Interhemispheric asymmetry in sleep depth occurs for the first night in a new place. This interhemispheric asymmetry occurs in the default-mode network. The less-asleep hemisphere shows increased vigilance in response to deviant stimuli. One brain hemisphere may work as a night watch during sleep in a novel environment.


The COVID-19 pandemic has led to a rapid transition where meetings, conferences and psychological appointments are conducted virtually, by telephone, video and over the web. Long before video teleconferencing was an option, psychologists and other health-care providers connected with patients over the telephone and provided support and intervention as needed. Years of research support the efficacy of providing psychological interventions over the telephone. (See Varker, Brand, Ward, Terhaag, & Phelps, 2019).


[http://www.psychiatrictimes.com/sites/default/files/legacy/mm/digital/media/psy1118_ezine.pdf](http://www.psychiatrictimes.com/sites/default/files/legacy/mm/digital/media/psy1118_ezine.pdf)


Key words: Brain mapping, neurofeedback

Abstract: Advocates of neurofeedback make bold claims concerning brain regulation, treatment of disorders, and mental health. Decades of research and thousands of peer-reviewed publications support neurofeedback using electroencephalography (EEG-nf); yet, few experiments isolate the act of receiving feedback from a specific brain signal as a necessary precursor to obtain the purported benefits. Moreover, while psychosocial parameters including participant motivation and expectation, rather than neurobiological substrates, seem to fuel clinical improvement across a wide range of disorders, for-profit clinics continue to sprout across North America and Europe. Here, we highlight the tenuous evidence supporting EEG-nf and sketch out the weaknesses of this approach. We challenge classic arguments often articulated by proponents of EEG-nf and underscore how psychologists and mental health professionals stand to benefit from studying the ubiquitous placebo influences that likely drive these treatment outcomes.


Psychiatrists Corbett Thigpen, M.D. and Hervey Cleckley, M.D. wrote a class article on multiple personality disorder, which is known by its contemporary name of dissociative identity disorder.


Augusta, Georgia Psychiatrists Corbett H. Thigpen, M.D. (1919-1999) and Hervey Cleckley, M.D. (1903-1984) published this classic book about the multiple personalities of “Eve” who was later identified as Christine “Chris” Costner Sizemore (1927-2016). For much of the 1940s and 1950s, these two psychiatrists comprised the Departments of Psychiatry and Neurology at the Medical College of Georgia while also maintaining their private practice. They were pioneers in treatments that included coma therapy, electroshock therapy (ECT), deep sleep therapy, and lobotomy.


This article cautions against over-use of the diagnosis of multiple personality disorder.


Thomas et al. (2019) asked 2,477 college students from Australia, Hong Kong, Malaysia, Norway, Singapore, and the United Kingdom to allocate points to eight attributes in a potential partner: chastity, creativity, desire for children, humor, good financial prospects, kindness, physical attractiveness, and religiosity. Eastern and Western participants
differed in their ranking for almost every trait, suggesting that culture influences prioritization. Despite these differences, traits fundamental for the reproductive success of each sex in the ancestral environment were prioritized by both Eastern and Western participants. Overall, the most desired trait was kindness. After this trait, men favored physical attractiveness, whereas women favored good financial prospects. The least important characteristics across all countries were creativity, chastity, and religiosity.


Science writer John Tierney and research psychologist Roy F. Baumeister discuss the negativity effect, which they define as the tendency of people to respond more strongly to negative events and emotions than to positive ones. Baumeister unexpectedly stumbled upon this fundamental aspect of human nature. To find out why financial losses mattered more to people than financial gains, Baumeister looked for situations in which good events made a bigger impact than bad ones, yet his research team could not find any such situations. Instead, they found that bad outcomes had a stronger impact than good ones. The authors speculate that the human brain has a “negativity bias” that makes sense form an evolutionary perspective because it kept our ancestors alert to fatal dangers. In contemporary times, however, this bias toward negativity can distort our perspective in a modern media environment. The steady barrage of bad news and crisis mongering makes people feeling needlessly angry, fearful, and helpless. Tierney and Baumeister argue that once this negativity bias is recognized, the rational brain can overcome the power of bad when it’s harmful and employ that power when it’s beneficial. In reality, bad breaks and bad feelings often create the most powerful incentives to become smarter and stronger. Properly understood, it is as if bad outcomes can be put to good use in the future.

Science writer John Tierney and research psychologist Roy F. Baumeister discuss how successful marriages are often defined not by improvement but by avoiding decline related to the negativity effect. This short article is taken from Tierney and Baumeister’s (2019) book, The Power of Bad.


Key words: COVID-19, Coronavirus

Peter Tippett, M.D., Ph.D. is an Internal Medicine-certified, Emergency Room physician with a Ph.D. in Biochemistry. Dr. Tippett explains how personal protection from a virus like SARS-CoV-2 (the formal name of the virus that causes CoV-2) works, how any given measure individually lowers risk, how various countermeasures work together, and how some simple guidelines can offer protection.


Key words: Charm, charisma, body language, affective presence

Princeton Professor Alexander Todorov, Ph.D. describes research that shows how people can make judgements about someone’s likeability, trustworthiness and competence after seeing someone’s face for less than a tenth of a second. Dr. Todorov’s own research suggests that, as a face becomes happier in appearance, it is also perceived as being more trustworthy. People typically perceive smiling faces as warmer, sociable, and more trustworthy.


John Torous, M.D., Digital Editor of Psychiatric Times, discusses some trends in digital care. Among the more interesting trends discussed in his article, one is a graph showing that, in most real world cases, most mental health apps are rarely opened for no more than a few days after they are installed.


According to a statistical analysis by the authors, the rate of mass shootings in the U.S. has escalated to an average of one every 12.5 days, and one school shooting on average every 31.6 days, compared to a pre-2000 level of about three events per year.


Zeynep Tufekci, Ph.D., a fellow at the Center for Information Technology Policy at Princeton University and an assistant professor at the School of Information and Department of Sociology at the University of North Carolina, discusses the media contagion effect. She offers four initial recommendations for stopping this contributor to mass shootings: (1) Law enforcement should not release details of the methods and manner of the killings, and those who learn those details should not share them. (2) If and when social media accounts of the killers are located, law enforcement should work with the platforms to immediately pull them. (3) The name of the killer should not be revealed immediately. (4) The intense push to interview survivors and loved ones in their most vulnerable moments should be stopped.


Between 2005 and 2012, the average homicide rate in the U.S. was 4.9 per 100,000 inhabitants compared to the average rate globally, which was 6.2. However, the U.S. had much higher murder rates compared to other countries identified in the report as “developed,” which all had average homicide rates of 0.8 per 100,00. For example, in 2004, there were 5.5 homicides in the U.S. for every 100,000 persons, which was almost three times higher as Canada (1.9) and six times as high as Germany and Italy (0.9).

United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2012,

https://www.cisa.gov/sites/default/files/publications/CISA_Guidance_on_the_Essential_Critical_Infrastructure_Workforce_508C_0.pdf

Key words: COVID-19, Coronavirus
As the Nation comes together to slow the spread of COVID-19, on March 16th, the President issued updated Coronavirus Guidance for America. This guidance states that: “If you work in a critical infrastructure industry, as defined by the Department of Homeland Security, such as healthcare services and pharmaceutical and food supply, you have a special responsibility to maintain your normal work schedule.” Under Healthcare/Public Health, the following are listed on page 3: “Caregivers (e.g., physicians, dentists, psychologists, mid-level practitioners, nurses and assistants, infection control and quality assurance personnel, pharmacists, physical and occupational therapists and assistants, social workers, speech pathologists and diagnostic and therapeutic technicians and technologists).” See also Krebs (2020).


https://ucr.fbi.gov


Based on preliminary analysis of data for 2018, murder rates for a few U.S. cities are as follows (listed in ascending order): Boston (26), Atlanta (42), New Orleans (90), Baltimore (135), Los Angeles (133), New York (148), Chicago (253). For comparison purposes, urban areas generally have higher rates that rural and suburban areas in the U.S. The overall U.S. homicide rate appears to fluctuate between 4.7 and 5.3 per 100,000 people over the past 10 years or so.


Varker, T., Brand, R. M., Ward, J., Terhaag, S., & Phelps A. (2019, November). Efficacy of synchronous telepsychology interventions for people with anxiety, depression, posttraumatic stress disorder, and adjustment disorder: A rapid evidence assessment. *Psychological Services, 16*(4), 621-635. doi: 10.1037/ser0000239. Epub 2018 May 28. Abstract summary: The goal of this study was to assess evidence for synchronous telepsychology interventions for four common mental health conditions (depression, anxiety, posttraumatic stress disorder, and adjustment disorder). Randomized controlled trials published between 2005 and 2016 that investigated synchronous telepsychology (i.e., telephone delivered, video teleconference delivered, or Internet delivered text based) were identified through literature searches. From an initial yield of 2,266 studies, 24 were included in the review. Ten studies investigated the effectiveness of telephone-delivered interventions, 11 investigated the effectiveness of video teleconference (VTC) interventions, 2 investigated Internet-delivered text-based interventions, and 2 were reviews of multiple telepsychology modalities. The authors concluded that there was sufficient evidence to support VTC and telephone-delivered interventions for mental health conditions. The evidence for synchronous Internet-delivered text-based interventions was ranked as “unknown.” Telephone-delivered and VTC-delivered psychological interventions provide a mode of treatment delivery that can potentially overcome barriers and increase access to psychological interventions.


APA staff writer Kirsten Weir provides a summary of several studies that suggest the benefits—and possible drawbacks—of daytime naps.


Science correspondent for The Atlantic, Haley Weiss provides a summary of research conducted by a team at the University of Portsmouth’s Dog Cognition Centre in the
United Kingdom. The researchers (i.e., Kaminski et al., 2019) looked at two muscles that work together to widen and open a dog’s eyes, causing them to appear bigger, droopier, and objectively cuter. The retractor anguli oculi lateralis (RAOL) muscle and the levator anguli oculi medialis (LAOM) muscle form two short, straight lines, which connect the ring of muscle around a dog’s eye to either end of the brow above.


Key words: Charm, charisma, body language, affective presence

Citing some of the research that led to Princeton Professor Alexander Todorov’s (2017) book, *Face Value*, BBC journalist Tiffany Wen describes a few evidence-based strategies that can be useful for those who wish to act with more charm. Some of these ideas include putting on a happy face, raising your eyebrows, finding a common ground, watching the other person’s body language, and so forth. Wen also draws from the ideas of Olivia Fox Cabane, in whose book *The Charisma Myth*, the so-called “charisma myth” is replaced with the idea that charisma and charm can be broken down into component behavioral expressions that can be learned. Wen summarizes some key points found in the book *The Like Switch*, whose co-author, Jack Schafer, Ph.D. is a psychologist and retired FBI special agent, Schafer (2015) maintains that the three major things we do when we approach somebody that signal we are not a threat are: an eyebrow flash - a quick up and down movement of the eyebrow that lasts about a sixth of a second - a slight head tilt, and a smile.


Key words: COVID-10, Coronavirus

See also report of the Chinese Center for Disease Control and Prevention (2020).
http://www.wpath.org/

http://www.who.int/genomics/gender/en/

Jiaquan Xu, M.D., Sherry L. Murphy, B.S., Kenneth D. Kochanek, M.A., and Elizabeth Arias, Ph.D. are the authors of NCHS Data Brief No. 355, January 2020, which contains Data from the National Vital Statistics System. Here is a summary of the findings: Life expectancy for the U.S. population in 2018 was 78.7 years, an increase of 0.1 year from 2017. The age-adjusted death rate decreased by 1.1% from 731.9 deaths per 100,000 standard population in 2017 to 723.6 in 2018. The 10 leading causes of death in 2018 remained the same as in 2017. From 2017 to 2018, age-adjusted death rates decreased for 6 of 10 leading causes of death and increased for 2. Age-specific death rates decreased from 2017 to 2018 for age groups 15–24, 25–34, 45–54, 65–74, 75–84, and 85 and over. The infant mortality rate decreased 2.3% from 579.3 infant deaths per 100,000 live births in 2017 to 566.2 in 2018. The 10 leading causes of infant death in 2018 remained the same as in 2017.


The U.S. Supreme Court addressed the issue of informed consent when it held that a psychiatric patient's constitutional rights were violated when he was allowed to sign into the hospital voluntarily—yet he was incompetent to give informed consent to do so.

The authors define and differentiate the terms bereavement, grief, and mourning, as well as among the terms uncomplicated grief, complicated grief, and grief-related major depression.

The rise of partisan animosity, ideological polarization, and political dogmatism has reignited important questions about the relationship between psychological rigidity and political partisanship. Two competing hypotheses have been proposed: One hypothesis argues that mental rigidity is related to a conservative political orientation, whereas the other hypothesis suggests that mental rigidity reflects partisan extremity across the political spectrum. In a sample of 743 U.S. citizens, partisan extremity was related to lower levels of cognitive flexibility, regardless of political orientation, across three independent assessments of cognitive flexibility. Zmigrod et al. found that participants who were extremely attached to either the Democratic Party or the Republican Party displayed greater mental rigidity on the cognitive tests than those who were moderately or weakly attached to a political party. The research team also found that self-described Independents displayed greater cognitive flexibility than Democrats and Republicans who were extremely attached to their respective party. The authors suggest that the rigidity with which individuals process and respond to nonpolitical information may be related to the extremity of their partisan identities.

The purposes of this study was to examine whether bipolar disorder patients who stop cannabis use during a manic/mixed episode have better clinical and functional outcomes than continued use or never use. The three cannabis use groups were (1) current use
(between 12-week and 24-month visits), (2) no current but previous use (during first 12 weeks), and (3) never use. Of 1,922 patients analyzed, 6.9% were current users, 4.6% previous users, and 88.5% never users. Previous users had highest rates of remission (68.1%) and recovery (38.7%), and lowest rates of recurrence (42.1%) and relapse (29.8%). Previous users had similar outcomes to never users, whereas current users had lower recovery, lower remission, higher recurrence, greater work impairment, and were more likely not to be living with partner than never users. The authors concluded that bipolar patients who stop using cannabis during manic/mixed episode have similar clinical and functional outcomes to never users, while continued use is associated with higher risk of recurrence and poorer functioning.
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