

PSYCHIATRY NOTES

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Psychopharmacology and Psychotherapy for Adults, Adolescents, and Children

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HOLLAND IS
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DEPRESSION AND EXPECTANT FATHERS

SOME 10 TO 30% OF EXPECTANT MOTHERS DEVELOP DEPRESSION SOMETIME DURING THEIR PREGNANCY AND WITHIN THE FIRST YEAR FOLLOWING. LITTLE HAS BEEN KNOWN ABOUT THE INCIDENCE OF DEPRESSION IN EXPECTANT FATHERS. ACCORDING TO A REVIEW ARTICLE AUTHORED BY DR. JAMES PAULSON OF EASTERN VIRGINIA MEDICAL SCHOOL, THERE IS AN INCIDENCE OF DEPRESSION IN EXPECTANT FATHERS OF BETWEEN 1.2 AND 25.5%. THIS WIDE RANGE OF INCIDENCE ESTIMATES INDICATES THAT THIS FIELD IS A BUDDING FIELD OF RESEARCH IN WHICH RESEARCHERS NEED TO AGREE UPON STANDARDS IN THEIR RESEARCH MEASUREMENTS. WHATEVER THE ACTUAL INCIDENCE, HOWEVER, IT IS CLEAR THAT DEPRESSION IS MORE COMMON IN EXPECTANT FATHERS THAN IN NON-EXPECTANT FATHERS. IT IS IMPORTANT TO LEARN MORE ABOUT THIS CONDITION, AS IT IS LIKELY THAT UNDIAGNOSED OR UNTREATED DEPRESSION IN THE FATHER, LIKE DEPRESSION IN THE MOTHER, COULD POSSIBLY HAVE AN EFFECT ON THE DEVELOPING CHILD. THE RELATIONSHIP BETWEEN MATERNAL AND PATERNAL DEPRESSION SHOULD ALSO BE EXAMINED. IT IS FOR THIS REASON THAT PHYSICIANS SHOULD BE CERTAIN TO SCREEN NOT ONLY THEIR EXPECTANT FEMALE PATIENTS, BUT ALSO THE EXPECTANT FATHERS FOR SIGNS AND SYMPTOMS OF DEPRESSION.

DSM-V TRIGGERS CONTROVERSY

THE DSM, OR DIAGNOSTIC AND STATISTICAL MANUAL, HAS, FOR FIFTY YEARS, BEEN THE AMERICAN PSYCHIATRIC ASSOCIATION'S ATTEMPT TO QUANTIFY PSYCHIATRIC DIAGNOSIS. IT IS NOW IN THE FIELD TRIAL STAGE OF IT'S FIFTH ITERATION, AND IS REFERRED TO AS THE DSM-V. THE LATEST REVISION HAS TRIGGERED AN OLD CONTROVERSY IN PSYCHIATRY BETWEEN THOSE WHO SUBSCRIBE TO DESCRIPTIVE PSYCHIATRY AND THOSE WHO EMPHASIZE A MORE INDIVIDUALIZED UNDERSTANDING OF THE PATIENT. SEVERAL CURRENT DIAGNOSES HAVE BEEN ELIMINATED AND SEVERAL NEW DIAGNOSES HAVE BEEN CREATED. SOME COMMENTATORS HAVE ARGUED THAT THE NEWEST VERSION OF THE DSM WILL CAUSE THOSE WHO PREVIOUS WERE NOT DIAGNOSED WITH ANY PSYCHIATRIC CONDITION TO NOW BE CLASSIFIED AS MENTALLY ILL. THE CONTROVERSY CONTINUES AND SHOWS NO EVIDENCE THAT IT WILL BE RESOLVED ANY TIME SOON.

POLICE OFFICERS SUFFER FROM SLEEP DISORDERS

FOUR OUT OF 10 POLICE OFFICERS MAY BE WORKING WITH SLEEP ABNORMALITIES, RESEARCHERS HERE SAID. A SURVEY OF 5,296 POLICE OFFICERS IN NORTH AMERICA FOUND THAT 38.8% OF ACTIVE-DUTY OFFICERS SUFFER FROM SLEEP APNEA, INSOMNIA, RESTLESS LEGS SYNDROME, OR NARCOLEPSY, RESEARCHERS REPORTED AT THE ASSOCIATED PROFESSIONAL SLEEP SOCIETIES MEETING. BUT IF SLEEP DISORDERS ARE COMMON, TREATMENT WAS NOT, SAID SHANTHA RAJARATNAM, PH.D., OF HARVARD. "ALMOST HALF OF THE 365 INDIVIDUALS DIAGNOSED WITH OBSTRUCTIVE SLEEP APNEA IN THE PAST REPORTED THAT THEY DO NOT REGULARLY TAKE TREATMENT," HE NOTED. "THESE DATA CONFIRM THAT SLEEP DISORDERS REMAIN LARGELY UNDIAGNOSED AND UNTREATED."

RESTLESS LEG SYNDROME

RESTLESS LEG SYNDROME IS A COMMON TREATABLE DISORDER, CLOSELY ASSOCIATED WITH DEPRESSION AND ANXIETY IN BOTH CLINICAL POPULATIONS AND THE COMMUNITY. GIVEN THE POTENTIAL IMPACT OF VARIOUS PSYCHIATRIC DRUGS ON RLS SYMPTOMS, MEDICATIONS NEED TO BE CHOSEN JUDICIOUSLY TO AVOID EXACERBATING RLS SYMPTOMS. AS MORE PATIENTS WITH PSYCHIATRIC DISORDERS RECEIVE A DIAGNOSIS OF RLS AND ARE TREATED WITH DOPAMINE AGONISTS, UNCOMMON, YET PROBLEMATIC PSYCHIATRIC ADVERSE EFFECTS RELATED TO PHARMACOTHERAPY FOR RLS MAY DEVELOP. FUTURE SYSTEMATIC STUDIES ARE WARRANTED TO GUIDE THE OPTIMUM TREATMENT OF RLS IN PATIENTS WITH PSYCHIATRIC CONDITIONS, PARTICULARLY DEPRESSION AND/OR ANXIETY.

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