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**SYDNEY**

# **THE SYDNEY TEXTBOOK OF PSYCHIATRY**

Edited By

Philip Boyce

Anthony Harris

Gin S. Malhi

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## Editor Biographies

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Philip Boyce is Emeritus Professor of Psychiatry, University of Sydney and Emeritus Consultant Psychiatrist at Westmead hospital and adjunct Professor at Charles Darwin University. He was formerly the head of the Specialty of Psychiatry at the University of Sydney. He sits on the Mental Health Review tribunal and is an examiner for the AMC.

He has a clinical and research interest in mood disorders, particularly in the management of bipolar disorder over the perinatal period and research into the triggers for bipolar relapse. He is still involved in research and is a co-investigator in an MRFF perinatal psychiatry research project and an NHMRC bipolar disorders project. He ran perinatal psychiatry services in Western Sydney (at the Nepean and Westmead hospitals) for over 30 years.

He was a member of the working groups that developed and updated the RANZCP's Mood Disorders Clinical Practice Guideline and was a member of the group that developed the Clinical Practice Guideline for treatment of the anxiety disorders and was an adviser for the COPE perinatal mental health guidelines. He was President the RANZCP 2003-2005 and President of the International Marce society (a society focused on perinatal mental health) from 2000-2002. He was an associate editor of the Australian and New Zealand Journal of Psychiatry for 10 years. He was made a Member of the Order of Australia in the King's birthday list in 2023.

### **Anthony Harris** AM MBBS PhD FRANZCP

Anthony Harris is a Professor of Psychiatry and the present head of the specialty of Psychiatry at the University of Sydney. He is based at Westmead Hospital and the Westmead Institute for Medical Research. He is the consultant psychiatrist for the Prevention Early Intervention and Recovery Service, a mental health service for young people within Western Sydney Local Health District Mental Health Services. He has a long-term interest in medical education, and over 30 years' experience in clinical research into the aetiology and treatment of severe mental illness, particularly schizophrenia. He is a director of Mind Australia, a leading NGO in the mental health field. He became a Member of the Order of Australia for his work in 2024.

**Gin S. Malhi** MBChB (Manc) BSc (Hons) MSt (Oxf) MD (UNSW) FRCPsych (UK) FRANZCP (Aus)

Upon appointment to The University of Sydney in 2006, Professor Malhi took up the role of Head of Discipline (Specialty) and directed the Sydney Medical School psychiatry curriculum for four years (2007-2011). Based at Royal North Shore Hospital (RNSH), he has led The Department of Academic Psychiatry at Northern Clinical School for 18 years, during which time he has provided the only state-wide, public hospital outpatient service for mood disorders ([www.cadeclinic.com](http://www.cadeclinic.com)), which uses telehealth (Mood-T) to provision regional NSW. During his tenure he also directed for over a decade the Advanced Research Clinical High-field Imaging (ARCHI) Facility for neuroscience research – funded by the NHMRC.

Alongside these clinical and research endeavours he maintains a keen interest in education. In the past decade he has twice led the publication of the RANZCP Mood Disorders Guidelines (2015 and 2020), and regularly publishes seminars and reviews in top tier journals. He has written several professional examination aides and educational textbooks, and his commitment to teaching has been recognised both nationally and internationally by way of several awards. To advance academic psychiatry he has also served as Editor-in-Chief of *Acta Neuropsychiatrica*, *The Australian and New Zealand Journal of Psychiatry*, and *Bipolar Disorders* – the official journal of the International Society for Bipolar Disorders (ISBD.org), for which he was elected President (2020-2023).

In addition to his clinical interest in mood disorders, which spans three decades, Professor Malhi has maintained an active research program and published over 800 articles as well as scientific book chapters and books. Citations to his work and an H-index of over 100 have led to his recognition as a Highly-Cited researcher (ISI, Clarivate). Building on his passion for research and education he is presently Deputy Director of the GALENOS project (funded by Wellcome, UK) and a Visiting Professor at The University of Oxford. He is also The Royal College of Psychiatrists (UK) College Editor, and The Editor-in-Chief of *The British Journal of Psychiatry*.

## Acknowledgement

In addition to thanking the many contributors to this text we would like to thank Dr Daniel Talbot for assisting with the production of the book, a task started by Cassandra Ma. Dr Joe Garside reviewed and proofread the final draft of all chapters. Erica Bell not only contributed to several chapters but developed and adapted the figures throughout the text. Jayashree Adhikari helped with transcription and adaptation of text, Dr Sarah Jadidi for her contributions to an initial draft of the Psychopathology and Phenomenology Chapter, and Alison Griffiths helped with referencing and indexing. We would also like to express our deep gratitude to Anne Naylor, for not only contributing to one of the mood disorder chapters, but also generously allowing us to use her artwork throughout our book. Her work “Vivid” is the cover of our book.

## Artist's Statement

Anne Naylor (BEd, MSpecEd, NAATI) is an author, educator and ambassador for the CADE Clinic. She enthusiastically supports and promotes the work of CADE, and is committed to raising awareness of mental health.

Anne is also a contemporary visual artist who works in a variety of media. Her subjects include abstract landscapes and still life, and much of her work is inspired by neuroscience.

'Vivid' embodies connections to people and places and pays homage to two iconic Sydney and Australian symbols, the Sydney Harbour Bridge and the Sydney Opera House. At first glance, the painting is simple and the subjects obvious, but the meaning has greater depth. Embedded in the painting are the initials of CADE and of some of the inspirational individuals who work there.

The birds on the wire represent a meeting of minds and the unique friendships that are built on mutual admiration and respect. The birds on the bridge climb represent the struggles we all face in our personal lives, in our careers and in the unique challenges of dealing with mood disorders.

Many of Anne's artworks, including 'Vivid', are on permanent display at CADE in Royal North Shore Hospital at St Leonards in Sydney.

Anne's memoir, 'Art From Adversity: A Life with Bipolar', is available through Interactive Publications at [ipoz.biz](http://ipoz.biz), or via Anne's website: [annenaylorart.com](http://annenaylorart.com) or email: [anne@annenaylorart.com](mailto:anne@annenaylorart.com)

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# Contents

|                                                         |     |
|---------------------------------------------------------|-----|
| Editor Biographies                                      | ii  |
| Acknowledgement                                         | iv  |
| Artist's Statement                                      | v   |
| List of Contributors                                    | vi  |
| Chapter 1: Introduction                                 | 4   |
| Chapter 2: Medical Student Self-Care and Culture        | 11  |
| Chapter 3: Classification in Psychiatry                 | 22  |
| <b>CLINICAL SKILLS</b>                                  | 31  |
| Chapter 4: The Psychiatric History                      | 32  |
| Chapter 5: The Mental State Examination                 | 49  |
| Chapter 6: Bedside Cognitive Testing                    | 58  |
| Chapter 7: Formulation                                  | 71  |
| Chapter 8: Introduction to Involuntary Care             | 81  |
| Chapter 9: Psychopathology and Phenomenology            | 85  |
| <b>RESEARCH AND THEORETICAL MODELS</b>                  | 125 |
| Chapter 10: Phenomenology - A Philosophical Perspective | 126 |
| Chapter 11: Psychiatric Epidemiology                    | 141 |
| Chapter 12: Research Methods in Psychiatry              | 153 |

|                                                                         |     |
|-------------------------------------------------------------------------|-----|
| Chapter 13: Attachment                                                  | 167 |
| Chapter 14: Neurobiological Models in Psychiatry                        | 178 |
| <b>CLINICAL DISORDERS</b>                                               | 183 |
| Chapter 15: Schizophrenia                                               | 184 |
| Chapter 16: Depressive Disorders                                        | 200 |
| Chapter 17: Bipolar Disorder                                            | 221 |
| Chapter 18: Anxiety Disorders                                           | 239 |
| Chapter 19: Obsessive-Compulsive and Related Disorders                  | 256 |
| Chapter 20: Posttraumatic Stress Disorder                               | 264 |
| Chapter 21: Feeding and Eating Disorders                                | 272 |
| Chapter 22: Personality Disorders                                       | 286 |
| <b>SPECIFIC CLINICAL GROUPS</b>                                         | 307 |
| Chapter 23: Australian Aboriginal and Torres Strait Islander Psychiatry | 308 |
| Chapter 24: Perinatal Psychiatry                                        | 333 |
| Chapter 25: Child and Adolescent Psychiatry                             | 352 |
| Chapter 26: Old Age Psychiatry                                          | 383 |
| Chapter 27: Emergency Psychiatry                                        | 407 |
| Chapter 28: Consultation-Liaison Psychiatry                             | 422 |
| Chapter 29: Comorbidity Between Mental and Substance Use Disorders      | 439 |

|                                                                     |     |
|---------------------------------------------------------------------|-----|
| Chapter 30: Comorbidity of Psychiatric Illness and Physical Illness | 450 |
| <b>TREATMENTS</b>                                                   | 459 |
| Chapter 31: Sleep Wake Cycle Management                             | 460 |
| Chapter 32: Structured Problem Solving and Behavioural Activation   | 467 |
| Chapter 33: CBT and the Cognitive Behavioural Model                 | 475 |
| Chapter 34: Psychotherapy                                           | 508 |
| Chapter 35: Basic Principles of Psychopharmacology                  | 531 |
| Chapter 36: ECT and Other Brain Stimulation Techniques              | 545 |
| <b>REFERENCES</b>                                                   | 555 |
| <b>INDEX</b>                                                        | 612 |