

All,

Over the decades, I have sometimes described my experience using acupuncture with heroin addicts in 1974 in positive terms. In July's Current Psychiatry: "superior" studies of the use of acupuncture with heroin addiction "found that acupuncture was no better than placebo as monotherapy."

August AJP:

A. Some American Board of Psychiatry and Neurology examination results:

- 1] Psychiatry Certification, 79% passed
- 2] Addiction Psychiatry, 99%
- 3] Child and Adolescent Psychiatry, 78%
- 4] Geriatric Psychiatry, 83%
- 5] Maintenance of Certification, Psychiatry, 98%
- 6] Maintenance of Certification, Addiction Psychiatry, 91%
- 7] Maintenance of Certification, Child and Adolescent Psychiatry, 96%
- 8] Maintenance of Certification, Forensic Psychiatry, 90%
- 9] Maintenance of Certification, Neurodevelopmental Disabilities, 0%

Yes, the three who had the courage to take the exam all failed

- 10] Maintenance of Certification, Psychosomatic Medicine, 83%
- 11] Maintenance of Certification, Sleep Medicine, 100%

B. Treatment for anxiety disorders with demonstrated efficacy in youths achieve response rates of 50-70% with either SSRIs or CBT. SSRIs *and* CBT combined offer a response rate as high as 80%.

C. Use of smartphone apps in managing people with schizophrenia has some advantages and some challenges:

1] Advantages:

- a. Affordability
- b. Accessibility
- c. Minimal commitment
- d. Engaging
- e. Non-stigmatizing

2] Challenges about which the patient may be unaware

- a. Privacy. App may market information
- b. Safety. Lack capacity to respond always to emergencies, such as suicidality
- c. Efficacy evidence in schizophrenia is limited
- d. Usability. Most health apps are not designed for easy use by persons with incapacitation mental illness
- e. Interoperability. Few appas can easily share information with other clinicians or with the person's medical records.

JAMA 1 Aug: Data on mental health [including substance-related conditions]:

1] Adults having mental health disorder:

- Most: Native Americans/Pacific islanders
- Least: Asian

2] Substance-related conditions

- Most: Native Americans/Pacific islanders

Least: Asian

- 3] U.S. leads the world in deaths from unintentional poisoning
- 4] Mental health is the leading cause of disease burden. Second is cancer
- 5] Having to forgo needed mental health services: 21% because:
 - 13% could not afford
 - 12% insurance would not cover it
 - 10% afraid or embarrassed
 - 8% did not know where to go

To see more: [kff.org/JAMA 8-01-2017](http://kff.org/JAMA/8-01-2017)

July's Psychiatric Times, July: "Weighing the Benefits of Genetic Information in Clinical Psychiatry":

- 1] Slants towards saying genetic panels are not yet useful. Are there any studies that empirically confirms that clinicians using genetic information in treating depression, for example, get better results than those clinicians not so using?
- 2] While not the wording of the article, it seems fair to ask: Are there any controlled genetic studies that clarify which of the 29 FDA approved medications for depression should be prescribed?
- 3] As to lakphy, a quote from the article, "A methylfolate supplement and exercise should usually be good fit for a patient no matter what their genotype."

Many of our patients have insomnia For a guide to treating insomnia that came out August 1:

http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/?pageaction=displayproduct&productid=2493&utm_source=ahrq&utm_medium=ehcls&utm_term=&utm_content=7&utm_campaign=ahrq_insom_2017.

Roger