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978-0-521-12465-2 - Effective Treatments in Psychiatry  
Peter Tyrer and Kenneth R. Silk  
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# Effective Treatments in Psychiatry

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## Preface

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Progress in psychiatry, and indeed in all parts of medicine, moves like the sea in a time of global warming. We, on the shores of evidence, note the often dramatic ebb and flow of the tides but also can identify a gradual rise in the sea of knowledge. The problem in interpreting the rise is that it is much less perceptible than the tidal changes. In the last few years the growth of evidence-based medicine has been tremendous and is now moving at a breakneck pace compared with 20 years ago. Indeed, the number of randomized trials, systematic reviews and meta-analyses is now so large that we are not able to keep up with apparent advances and will have to work out a new set of priorities to keep our information in order

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(Bastian et al., 2010). We in psychiatry have contributed greatly to this expansion, and although at one level we can be pleased with this progress, all too often in retrospect it can be seen as a spring tide of advance that is followed by an ebb of disillusion. The most obvious example of this is the increasing concern that trials promoted by the pharmaceutical industry tend to overstate the benefits of candidate drugs still under patent, and when all the evidence is collected independently, including that from unpublished trials, the level of advance is seen to be infinitesimally small (e.g. Whittington et al., 2004).

Since the publication of the *Cambridge Textbook of Effective Treatments in Psychiatry* in 2008 there has been much agitation in the seas of psychiatry while evidence levels have not changed greatly. But they have altered sufficiently to justify a shorter book that brings practitioners up to date with latest developments, be they ephemeral or lasting, and also makes the book easier to handle (“pocket size” as our publishers suggest). For those who want to know more details about the data that lead to the evidence presented here, the longer book is still needed, but this version, combined with essential references and an evidence-based table after each chapter, can serve as an aide-memoire. The chapters are set out in the same order as in the

original textbook but there are no preliminary sections on treatments in general or on classification issues. The evidence level for each intervention follows the format given in the Appendix.

We thank all our authors for helping us to bring their chapters up to date and for reviewing and approving the shortened version lest we leave out essential information. We greatly appreciate the secretarial and other assistance of Jemma Reilly Ayton and Ellie Flynn. We also thank Cambridge University Press for staying with this endeavour and for helping us bring this version to press. Our hope is that this book will help both tide watchers and depth measurers and add benefit to patients through better clinical practice.

This book is an updated and shortened version of the more complete *Cambridge Textbook of Effective Treatments in Psychiatry* published in 2008. The process of arriving at the final version of the chapters published in this text was as follows: Either Dr Tyrer or Dr Silk reviewed each chapter from the original book that has been published here in this text. The chapters then were shortened so that they were each of approximately 2000 words in text length (not including references and the summary table). During the shortening process, updated information and references known to Drs Tyrer and Silk were added. The

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shortened chapter was then sent on to the original authors for their critique and additional input to ensure that the final version of the chapter contained the most recent information (up to the second half of 2010). The chapter was then sent back and forth between the book editor and the lead author until a final chapter length and content was agreed upon.

Thus although either Dr. Tyrer or Dr. Silk had significant input into the shortening of each chapter, the content and the timeliness of the data in the chapter was the product of the individuals whose names appear under each chapter heading.

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