

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 2

FEBRUARY 2000

NUMBER 1

## IN THIS ISSUE

### **Treatment of Delirium With Quetiapine**

*Thomas L. Schwartz and Prakash S. Masand*

### **Prescribing Brief Psychotherapy**

*Dean Schuyler*

### **Refractory Depressed and Anxious States in Hyperthymic Women: A Case Series Generated by a Speaking Engagement**

*J. Sloan Manning*

### **Interventions for Weight Gain in Adults Treated With Novel Antipsychotics**

*Ralph Aquila and Marianne Emanuel*

© Copyright 2000 Physicians and Surgeons  
One Personal Avenue, Suite 100  
Oxford, MA 01887  
Oxford University Press, Inc.

---

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 2

FEBRUARY 2000

NUMBER 1

---

## BOARD OF EDITORS

Editor in Chief ..... J. Sloan Manning, M.D.  
Deputy Editor ..... Pamela D. Connor, Ph.D.  
Associate Editor ..... Sallie M. Lytton

## EDITORIAL BOARD

Robert L. Barkin, M.B.A., Pharm.D.  
Thomas A. Barringer, M.D.  
Hershey S. Bell, M.D.  
Lisa Calpaldini, M.D.  
Michael H. Ebert, M.D.  
Vickie C. Eddlemon, Pharm.D.  
Kevin S. Ferentz, M.D.  
Joshua Gettinger, M.D.  
George T. Grossberg, M.D.  
Radwan F. Haykal, M.D.  
W. Clay Jackson, M.D., Dip.Th.  
Joseph A. Lieberman, M.D.  
Frank W. Ling, M.D.  
Prakash S. Masand, M.D.  
Olavo Pinto, Jr., M.D.  
Dean Schuyler, M.D.  
Sheila M. Thomas, M.D.  
Sumer Verma, M.D.  
Christian G. Wolff, M.D.

## PUBLICATION STAFF

Publisher ..... John S. Shelton, Ph.D.  
Publisher Emeritus ..... Irving Shelton  
Assistant Publisher ..... Judy Beach  
Managing Editor ..... Meg M. Waters  
Senior Editor ..... Kathryn Hedges  
Assistant Editor ..... David M. Twombly  
Assistant Editor ..... Jennifer L. Gentry  
Senior Proofreader ..... Kathy E. Shassere  
Proofreader ..... David Spicer  
Production Assistant ..... Susan K. Beaton  
Publications Manager ..... C. J. Firestone  
Publications Coordinator ..... Anna Kwapien  
Graphic Arts Manager ..... Faye M. Green  
Graphics Assistant ..... F. Grant Whittle  
Graphics Assistant ..... Erik Adamec  
Graphics Assistant ..... Andrea E. Blevins  
CME Director ..... Jane B. Eckstein  
CME Coordinator ..... Diane Brunner  
Project Manager ..... Becky Brown Derych  
Project Associate ..... Patricia P. Duckworth, M.D.  
Project Assistant ..... John R. Reed  
Circulation Manager ..... Sharon Landers  
Advertising Director ..... J. Sherman



*The Primary Care Companion to The Journal of Clinical Psychiatry* (ISSN 1523-5998) is published bimonthly by Physicians Postgraduate Press, Inc. Address correspondence to *Primary Care Companion*, U.T. Department of Family Medicine, 1121 Union Avenue, Memphis, TN 38104; phone inquiries to (901) 448-2867; e-mail to [primarycare@psychiatrist.com](mailto:primarycare@psychiatrist.com). Subscription rates: domestic, \$70.00; foreign, \$120.00; student, \$50.00. Single copies of the *Companion* or supplements are \$8.50 (including postage and handling); prepayment is requested.

*The Primary Care Companion to The Journal of Clinical Psychiatry* is owned and published by Physicians Postgraduate Press, Inc., 6555 Quince Road, Suite 501, Memphis, TN 38119. Physicians Postgraduate Press, Inc., does not hold itself responsible for statements made by contributors in the *Companion*.

*The Primary Care Companion to The Journal of Clinical Psychiatry* requires the express transfer of copyright to Physicians Postgraduate Press, Inc., so that the author(s) and Physicians Postgraduate Press, Inc., are protected from misuse of copyrighted material. All submissions must be accompanied by a copyright transfer signed by all authors.

A \$3.00 fee per article for photocopying material appearing in the *Companion* is payable to Physicians Postgraduate Press. This fee is waived in lieu of a specific charge to be determined on a case-by-case basis for classroom and library use; it is the responsibility of the institution or individual to obtain permission for such use.

All advertising accepted conforms to high medical standards. Acceptance does not imply endorsement by Physicians Postgraduate Press, Inc.

Visit our Web site at [www.PrimaryCareCompanion.com](http://www.PrimaryCareCompanion.com).

© Copyright 2000 Physicians Postgraduate Press, Inc. All rights reserved.

---

---

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 2

FEBRUARY 2000

NUMBER 1

---

---

## PUBLISHER'S NOTE

---

- 3 Physicians Postgraduate Press in the 21st Century.

---

## EDITORIAL

---

- 4 Rethinking Medical Education About Mood Disorders.  
*J. Sloan Manning*

---

## COMMENTARY

---

- 6 The Healing Journey.  
*Eugene Orientale, Jr.*

---

## ORIGINAL ARTICLES

---

- 10 Treatment of Delirium With Quetiapine.  
*Thomas L. Schwartz and Prakash S. Masand*
- 13 Prescribing Brief Psychotherapy.  
*Dean Schuyler*
- 16 Refractory Depressed and Anxious States in  
Hyperthymic Women: A Case Series Generated  
by a Speaking Engagement.  
*J. Sloan Manning*
- 20 Interventions for Weight Gain in Adults  
Treated With Novel Antipsychotics.  
*Ralph Aquila and Marianne Emanuel*

---

## DIARY FROM THE FRONT LINES

---

- 24 The "Family" in Family Physician.  
*Christian G. Wolff*

---

## LETTERS TO THE EDITOR

---

- 27 Thyroid Augmentation of Mirtazapine:  
A Case Report.  
*Timothy R. Berigan and Karl N. Zeff*
- 28 Effect of Citalopram on  
Blood Desipramine Levels.  
*Sanjay Gupta and Prakash S. Masand*

---

**BOOK REVIEWS** **29**

**PSYCHIATRIC BRIEFS** **31**

**INFORMATION FOR AUTHORS** **33**