

THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 8

2006

NUMBER 2

CME COMMENTARY

The State of Knowledge of Chronic Depression

*Alan J. Gelenberg, James H. Kocsis, James P. McCullough, Jr.,
Philip T. Ninan, and Michael E. Thase*

A Prospective Study of Depression Among Adult Patients in an Urban Emergency Department

Adequate Initial Antidepressant Treatment Among Patients With Chronic Obstructive Pulmonary Disease in a Cohort of Depressed Veterans

Psychiatric Disease and Hypercholesterolemia in an Urban Academic Primary Care Clinic

An Open-Label, Rater-Blinded, Augmentation Study of Aripiprazole in Treatment-Resistant Depression

CME ACADEMIC HIGHLIGHTS

Managing Depression in Primary Care: Achieving Remission

THE OFFICIAL JOURNAL OF THE ASSOCIATION OF MEDICINE AND PSYCHIATRY

THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 8

2006

NUMBER 2



The *Primary Care Companion to The Journal of Clinical Psychiatry* (ISSN 1523-5998) is published six times per volume year by Physicians Postgraduate Press, Inc. Address correspondence to *The Primary Care Companion*, 3175 Lenox Park Blvd., Suite 409, Memphis, TN 38115;

phone inquiries to (901) 273-2753; e-mail to primarycare@psychiatrist.com. Individual subscription rates: U.S., \$89.00; international, \$133.00. Single copies of the *Companion* or supplements are \$24 U.S. and \$39 international (including postage and handling); prepayment is requested.

The *Primary Care Companion to The Journal of Clinical Psychiatry* is indexed by the U.S. National Library of Medicine (NLM) through PubMed Central, NLM's full-text digital archive of biomedical and life sciences journal literature.

The *Primary Care Companion to The Journal of Clinical Psychiatry* is owned and published by Physicians Postgraduate Press, Inc., 3175 Lenox Park Blvd., Suite 409, Memphis, TN 38115. All articles appearing in this publication, including editorials, letters, and book reviews, represent the opinions of the authors and do not necessarily reflect the official policy or opinions of Physicians Postgraduate Press, Inc. or the institution with which the author is affiliated, unless this is clearly specified.

Physicians Postgraduate Press, Inc. disclaims any liability to any party for the accuracy, completeness, or availability or any and all Physicians Postgraduate Press, Inc. publications and other material, or for any damages arising out of the use or non-use of this publication, and any and all Physicians Postgraduate Press, Inc. publications (and other material), and any information contained therein.

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.

Acceptance of any and all advertising in this publication, or any other material published by Physicians Postgraduate Press, Inc. does not imply endorsement by Physicians Postgraduate Press, Inc.

Visit our Web site at www.PrimaryCareCompanion.com.

© Copyright 2006
Physicians Postgraduate Press, Inc.
All rights reserved.



BOARD OF EDITORS

Editor in Chief Larry Culpepper, M.D., M.P.H.
Deputy Editor Donna B. Greenberg, M.D.

EDITORIAL BOARD

Robert L. Barkin, M.B.A., Pharm.D.	Joseph A. Lieberman, III, M.D., M.P.H.
E. Sherwood Brown, Ph.D., M.D.	Elizabeth H. B. Lin, M.D., M.P.H.
Thomas L. Campbell, M.D.	Frank W. Ling, M.D.
Caroline Carney-Doebbeling, M.D.	Prakash S. Masand, M.D.
Pamela D. Connor, Ph.D.	M. Kevin O'Connor, M.D.
Daniel E. Diamond, M.D., F.A.A.F.P.	A. John Rush, M.D.
Michael H. Ebert, M.D.	Dean Schuyler, M.D.
Bradford L. Felker, M.D.	Thomas L. Schwenk, M.D.
Kevin S. Ferentz, M.D.	Jeff Susman, M.D.
Robert L. Findling, M.D.	L. Lee Tynes, M.D., Ph.D.
Radwan F. Haykal, M.D.	Sumer Verma, M.D.
Robert M. A. Hirschfeld, M.D.	Karen D. Wagner, M.D., Ph.D.
W. Clay Jackson, M.D., Dip.Th.	John W. Williams Jr., M.D., M.H.S.
Martin B. Keller, M.D.	Christian G. Wolff, M.D.
Kurt Kroenke, M.D.	Lawson R. Wulsin, M.D.

FOUNDING EDITOR J. Sloan Manning, M.D.

PUBLICATION STAFF

Publisher	John S. Shelton, Ph.D.
Founding Publisher 1999-2005	Irving Shelton
Assistant Publisher	Judy Beach
Publications Manager	C. J. Firestone
Permissions Editor	Maureen Bunner-Hunsucker
Director of Editorial Services	Meg M. Waters
Managing Editor	Kathryn Hedges
Deputy Managing Editor	Sarah L. Brownd
Deputy Managing Editor	Sallie L. Gatlin
Senior Developmental Editor	Erin Mullin Hanski
Senior Editor	John R. Reed
Senior Editor	David M. Twombly
Assistant Editor	Lorraine M. McStay
Senior Proofreader	Kathy E. Shassere
Senior Proofreader	David Spicer
Publications Coordinator	Anna Kwapien
Production Coordinator	Diana L. Baessler
Production Assistant	Tracy Burgess
Media Director	Faye M. Green
Electronic Media Manager	F. Grant Whittle, Ph.D.
Print Media Manager	Erik Adamec
Journal Media Manager	Sara G. Amelang
Media Content Manager	Danna Greenfield
Interface Designer	Randall Cook
Media Assistant	Michael Harrison
Media Assistant	Mark A. Kledzik
Media Assistant	Dell Walker
Media Assistant	Kyle Baker
Director of Circulation	Sharon Landers
Circulation Coordinator	Dianne Ware
Circulation Assistant	Kristen Miller

CME INSTITUTE

Managing Director	Jane B. Eckstein
Development Director	Lee Harrington, R.Ph.
Assistant CME Director	Becky Brown Derych
Assistant CME Director	Jennifer G. Alessi
CME Coordinator	Diane Brunner
CME Assistant	Susan Bedford
Project Manager	Apryl M. Cox
Project Manager	Susan K. Beaton
Project Associate	K. L. Cox
Project Associate	Kathryn Maceri
Project Assistant	Sally A. Elliott

EXECUTIVE DIRECTORS

Michael H. Ebert, M.D., Chair	Alan J. Gelenberg, M.D.
Jonathan R. T. Davidson, M.D.	John M. Kane, M.D.
David L. Dunner, M.D.	David J. Kupfer, M.D.

CME ADVISORY BOARD

Michael H. Ebert, M.D., Chair	Alan J. Gelenberg, M.D.
Richard C. Shelton, M.D., Vice Chair	Paul King, M.D.
E. Sherwood Brown, Ph.D., M.D.	Joseph A. Lieberman, III, M.D., M.P.H.
Stephanie Cavanaugh, M.D.	Elizabeth H. B. Lin, M.D., M.P.H.
Lawrence J. Cohen, Pharm.D.	Frank W. Ling, M.D.
Larry Culpepper, M.D., M.P.H.	J. Sloan Manning, M.D.
John M. Downs, M.D.	Meir Steiner, M.D., Ph.D.

THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 8

2006

NUMBER 2

CME PRETEST 59

CME POSTTEST 116

COMMENTARY

- 60 The State of Knowledge of Chronic Depression. [CME]
Alan J. Gelenberg, James H. Kocsis, James P. McCullough, Jr., Philip T. Ninan, and Michael E. Thase
-

ORIGINAL ARTICLES

- 66 A Prospective Study of Depression Among Adult Patients in an Urban Emergency Department.
Edwin D. Boudreaux, Consuelo Cagande, Hope Kilgannon, Anita Kumar, and Carlos A. Camargo, Jr.
- 71 Adequate Initial Antidepressant Treatment Among Patients With Chronic Obstructive Pulmonary Disease in a Cohort of Depressed Veterans.
Paul A. Pirraglia, Andrea Charbonneau, Boris Kader, and Dan R. Berlowitz
- 77 Psychiatric Disease and Hypercholesterolemia in an Urban Academic Primary Care Clinic.
Rebekah A. Kaplowitz, Mark J. Fagan, Howard D. Sesso, and J. Michael Gaziano
- 82 An Open-Label, Rater-Blinded, Augmentation Study of Aripiprazole in Treatment-Resistant Depression.
Ashwin A. Patkar, Kathleen Peindl, Rajnish Mago, Paolo Mannelli, and Prakash S. Masand
-

ACADEMIC HIGHLIGHTS

- 88 Managing Depression in Primary Care: Achieving Remission. [CME]

ROUNDS IN THE GENERAL HOSPITAL

- 98 A Complex Presentation of Complex Partial Seizures.
Joshua L. Roffman and Theodore A. Stern
-

PSYCHOTHERAPY CASEBOOK

- 101 Question Authority.
Dean Schuyler
-

DIARY FROM THE FRONT LINES

- 103 Dancing With the Stars.
Christian G. Wolff
-

PERSPECTIVES FROM THE EDITOR

- 104 Chronic Depression: Treatment in Primary Care.
Larry Culpepper
-

LETTERS TO THE EDITOR

- 106 Exercise for Mental Health.
Ashish Sharma, Vishal Madaan, and Frederick D. Petty
- 106 Citalopram Treatment for Inappropriate Sexual Behavior in a Cognitively Impaired Patient.
Irakli Mania, Harun Evcimen, and Maju Mathews
-

BOOK REVIEWS 108

PSYCHIATRIC BRIEFS 111

PCC ONLINE DATA BANK 118

INFORMATION FOR AUTHORS

see www.PrimaryCareCompanion.com for information

visit our Web site at www.PrimaryCareCompanion.com



To receive your credit certificate immediately for free—

Go to
www.PSYCHIATRIST.com
and complete this activity online.

Articles are selected for credit designation on the basis of the CME Institute's assessment of the needs of readers of *The Primary Care Companion*, with the purpose of providing readers with a curriculum of CME articles on a variety of topics throughout each volume. There are no prerequisites for participation in this CME activity.

To obtain credit, please study the designated article and complete the Posttest and Registration Form.

CME Objectives

After studying the Commentary and the ACADEMIC HIGHLIGHTS, you should be able to:

- Recognize factors that affect response to treatment of chronic depression.
- Formulate a treatment plan for the patient with depression and psychiatric comorbidity such as anxiety.

Accreditation Statement

The CME Institute of Physicians Postgraduate Press, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation

The CME Institute of Physicians Postgraduate Press, Inc. designates this educational activity for a maximum of 2 *AMA PRA Category 1 Credit(s)*TM. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Date of Original Release/Review

This educational activity is eligible for AMA PRA Category 1 Credit through April 30, 2008. The latest review of this material was March 2006.

This pretest is designed to facilitate your study of the material.

- 1. A large body of literature suggests that patients with chronic depression are usually treatment resistant.**
 - a. True
 - b. False
- 2. What is the approximate lifetime prevalence of major depression in the United States?**
 - a. 5%
 - b. 17%
 - c. 46%
 - d. 89%

Pretest answers and Posttest on page 116.