

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 3

## **Characteristics and Course of Panic Disorder and Panic Disorder With Agoraphobia in Primary Care Patients**

Jennifer L. Francis, Risa B. Weisberg,  
Ingrid R. Dyck, Larry Culpepper, Kevin Smith,  
Maria Orlando Edelen, and Martin B. Keller

### **CME ACADEMIC HIGHLIGHTS**

Preventing Recurrent Depression:  
Long-Term Treatment for  
Major Depressive Disorder

THE OFFICIAL JOURNAL OF THE ASSOCIATION OF MEDICINE AND PSYCHIATRY

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 3



## Board of Editors

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

## Editorial Board

Robert L. Barkin, M.B.A., Pharm.D. Deerfield, Ill.  
E. Sherwood Brown, Ph.D., M.D. Dallas, Tex.  
Thomas L. Campbell, M.D. Rochester, N.Y.  
Caroline Carney-Doebbeling, M.D. Indianapolis, Ind.  
Pamela D. Connor, Ph.D. Memphis, Tenn.  
Daniel E. Diamond, M.D. Silverdale, Wash.  
Michael H. Ebert, M.D. West Haven, Conn.  
Bradford L. Felker, M.D. Seattle, Wash.  
Kevin S. Ferentz, M.D. Baltimore, Md.  
Robert L. Findling, M.D. Cleveland, Ohio  
Radwan F. Haykal, M.D. Memphis, Tenn.  
Robert M. A. Hirschfeld, M.D. Galveston, Tex.  
W. Clay Jackson, M.D., Dip.Th. Olive Branch, Miss.  
Martin B. Keller, M.D. Providence, R.I.  
Kurt Kroenke, M.D. Indianapolis, Ind.  
Joseph A. Lieberman III, M.D. Wilmington, Del.  
Elizabeth H. B. Lin, M.D. Seattle, Wash.  
Frank W. Ling, M.D. Germantown, Tenn.  
Prakash S. Masand, M.D. Durham, N.C.  
M. Kevin O'Connor, M.D. Newark, N.J.  
A. John Rush, Jr., M.D. Dallas, Tex.  
Dean Schuyler, M.D. Charleston, S.C.  
Thomas L. Schwenk, M.D. Ann Arbor, Mich.  
Jeff Susman, M.D. Cincinnati, Ohio  
L. Lee Tynes, M.D., Ph.D. Ann Arbor, Mich.  
Sumer Verma, M.D. Belmont, Mass.  
Karen D. Wagner, M.D., Ph.D. Galveston, Tex.  
John W. Williams, Jr., M.D. Durham, N.C.  
Christian G. Wolff, M.D. Cornelius, N.C.  
Lawson R. Wulsin, M.D. Cincinnati, Ohio

## Founding Editor

J. Sloan Manning, M.D. High Point, N.C.

## CME Executive Directors

### Chair

Michael H. Ebert, M.D. West Haven, Conn.  
Jonathan R. T. Davidson, M.D. Durham, N.C.  
David L. Dunner, M.D. Mercer Island, Wash.  
Robert L. Findling, M.D. Cleveland, Ohio  
Alan J. Gelenberg, M.D. Tucson, Ariz.  
John M. Kane, M.D. Glen Oaks, N.Y.  
Pierre N. Tariot, M.D. Phoenix, Ariz.

## CME Advisory Board

### Chair

Michael H. Ebert, M.D. West Haven, Conn.  
**Vice Chair**  
Richard C. Shelton, M.D. Nashville, Tenn.

E. Sherwood Brown, Ph.D., M.D. Dallas, Tex.  
Stephanie Cavanaugh, M.D. Chicago, Ill.  
Lawrence J. Cohen, Pharm.D. Spokane, Wash.  
Larry Culpepper, M.D., M.P.H. Boston, Mass.  
John M. Downs, M.D. Memphis, Tenn.  
Alan J. Gelenberg, M.D. Tucson, Ariz.  
Paul King, M.D. Memphis, Tenn.  
Joseph A. Lieberman III, M.D. Wilmington, Del.  
Elizabeth H. B. Lin, M.D. Seattle, Wash.  
Frank W. Ling, M.D. Germantown, Tenn.  
J. Sloan Manning, M.D. High Point, N.C.  
Meir Steiner, M.D., Ph.D. Hamilton, Ontario

## Publication Staff

Publisher ..... John S. Shelton, Ph.D.  
Founding Publisher 1978–2005 ..... Irving Shelton  
Director of Operations ..... 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. Brown  
Deputy Managing Editor ..... Sallie L. Gatlin  
Senior Developmental Editor ..... Erin Harrell  
Senior Editor ..... John R. Reed  
Senior Editor ..... David M. Twombly  
Editor ..... Lorraine M. McStay  
Assistant Editor ..... Cynthia S. Carpenter  
Senior Proofreader ..... Kathy E. Shassere  
Senior Proofreader ..... David Spicer  
Publications Coordinator ..... Anna Kwapien  
Production Coordinator ..... Diana L. Hardin  
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  
Interface Designer ..... Paul H. Beaty  
Media Assistant ..... Michael Harrison  
Media Assistant ..... Mark A. Kledzik  
Media Assistant ..... Dell Walker  
Media Assistant ..... Kyle Baker  
Media Assistant ..... Will Dotson  
IT Assistant ..... Steve Boyd  
Director of Circulation ..... Sharon Landers  
Circulation Coordinator ..... Dianne Ware  
Senior Circulation Assistant ..... Kristen Miller  
Circulation Assistant ..... Erin Hodge

## CME Institute Staff

Managing Director ..... Jane B. Eckstein  
Development Director ..... Lee Harrington, R.Ph.  
Associate Director ..... Jennifer G. Alessi  
Assistant Director ..... Susan K. Beaton  
CME Editor ..... Becky Brown Derych  
CME Coordinator ..... Diane Brunner  
CME Production Coordinator ..... Sheila Chen  
CME Assistant ..... Susan Bedford  
Project Manager ..... Kathryn Maceri  
Project Associate ..... Anna Acerra  
Project Associate ..... Sally A. Elliott  
Project Associate ..... Andrew J. Gienapp  
Project Assistant ..... E. Alice Leslie

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 3



## Mission Statement

*Our primary mission is to provide lifelong learning for the physician through evidence-based, peer-reviewed scientific information about the diagnosis and treatment of behavioral health and neuropsychiatric disorders.*

## General

*The Primary Care Companion to The Journal of Clinical Psychiatry* (ISSN 1523-5998) is published 6 times per volume year by Physicians Postgraduate Press, Inc., P.O. Box 752870, Memphis, TN 38175-2870, and is the official publication of The Association of Medicine and Psychiatry. POSTMASTER: Send address changes to Circulation Department, Physicians Postgraduate Press, Inc., P.O. Box 752870, Memphis, TN 38175-2870.

## Editorial

*The Primary Care Companion* phone: 901-273-2707  
P.O. Box 752870 e-mail: PCCeditorial@psychiatrist.com  
Memphis, TN 38175-2870

## Manuscript Submission

All manuscript types and letters to the editor should be submitted electronically at [www.psychiatrist.com/authors/esubmissions.htm](http://www.psychiatrist.com/authors/esubmissions.htm).

## Book Reviews

Press release agents and physicians interested in reviewing books should contact the Book Review Editor at [bookreviewsppcc@psychiatrist.com](mailto:bookreviewsppcc@psychiatrist.com).

## Instructions for Authors

Available at [www.psychiatrist.com/pcc/PCCinfo.htm](http://www.psychiatrist.com/pcc/PCCinfo.htm).

## Indexing

*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.

## Circulation

Subscription Rates	US	Int'l
Individuals: Print + Online	\$89.00	\$133.00
Single issues	\$24.00	\$39.00
Institutional pricing	Contact <a href="mailto:subscriptions@psychiatrist.com">subscriptions@psychiatrist.com</a>	

## Address Changes

Submit address changes at least 6 weeks in advance by mail or e-mail:

Circulation Department e-mail: [pccaddresschange@psychiatrist.com](mailto:pccaddresschange@psychiatrist.com)  
Physicians Postgraduate Press, Inc.  
P.O. Box 752870  
Memphis, TN 38175-2870

## Article Copies and Back Issues

Individual articles and single copies of back issues may be purchased by contacting our Circulation Department.

phone: 800-489-1001 ext. 4 fax: 901-273-2747  
901-751-3800 ext. 4 e-mail: [orders@psychiatrist.com](mailto:orders@psychiatrist.com)

Single article copies may also be purchased online at [www.psychiatrist.com](http://www.psychiatrist.com).

Multiple copies of articles and reprints may be purchased by contacting our Permissions Editor at [permissions@psychiatrist.com](mailto:permissions@psychiatrist.com).

## Claims

Publisher will replace missing issues within 4 months of the publication date, subject to availability. Issues claimed outside the 4-month deadline may not be honored. Claims can be submitted by mail; fax 901-273-2747 Attn: Circulation; or emailed to [claims@psychiatrist.com](mailto:claims@psychiatrist.com).

To ensure correct processing of your claim, please supply as much information as possible, including your complete mailing address and your customer number if available.

## Disclaimer

*The Primary Care Companion to The Journal of Clinical Psychiatry* is owned and published by Physicians Postgraduate Press, Inc. 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 © Copyright 2007 by Physicians Postgraduate Press, Inc. All rights reserved.

## Copyright/Financial Disclosure

*The Primary Care Companion* 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. Each author must sign and submit the required "Authorship Statement, Copyright Transfer, Financial Disclosure, and Acknowledgment Permission" form, available at [www.psychiatrist.com/pcc/PCCinfo.htm](http://www.psychiatrist.com/pcc/PCCinfo.htm).

## Permissions Requests

All editorial material published in *The Primary Care Companion* is the property of Physicians Postgraduate Press, Inc., unless specifically stated.

1. Requests for permission to publish may be submitted by regular mail, fax, or e-mail. Please include full name, address, phone number, fax number, and e-mail address.
2. Send requests to:  
Physicians Postgraduate Press, Inc. fax: (920) 457-0501  
Attn: Permissions Editor e-mail: [permissions@psychiatrist.com](mailto:permissions@psychiatrist.com)  
3175 Lenox Park Blvd., Suite 409  
Memphis, TN 38115
3. Permission will not be granted until the article has been published in *The Primary Care Companion*.
4. Permission is not granted to place the full text of *The Primary Care Companion* articles on other Web sites.

## Information Required for a Permissions Request

1. Requestor's Information:
  - Person's name, title, telephone, fax, and e-mail (if available)
  - Company's name and postal address
2. Article Information:
  - Article title
  - First bylined author
  - Volume number and issue dates
  - Page range of article
  - The copyrighted item to be used from the article, i.e., the specific chart, table, figure, graph, or other illustration, abstract, quote, or full article
3. Intended Use of the Requested Item:
  - Title of the work in which the item is to appear
  - Author/editor/compiler
  - Publisher, with full address
  - Edition number
  - Publication year
  - Approximate press run of work
  - Form of reproduction (print, online, language)
  - Sponsorship, funding, or retail price (if a book)
  - Intended audience(s)

## Embargo

Material published in this journal is embargoed until the 15th of the month of issue. Contact [PCCembargo@psychiatrist.com](mailto:PCCembargo@psychiatrist.com).

## Advertising

### Principles

Physicians Postgraduate Press, Inc., adheres to the highest ethical standards when interspersing advertisements throughout the journal: (1) placement is held in the strictest confidence; (2) ads on a specific drug or topic are not placed immediately adjacent to editorial material of the same; (3) for non-premium positions, ads are rotated throughout the book from issue to issue.

### Contacts:

- For print ads, send an e-mail to [journalads@psychiatrist.com](mailto:journalads@psychiatrist.com).
- For Classified or Conference ads, either in print format or through the journal's Web site, send an e-mail to [journalads@psychiatrist.com](mailto:journalads@psychiatrist.com).
- For online ads posted either on the journal's Web site or in an E-Lert, send an e-mail to [webads@psychiatrist.com](mailto:webads@psychiatrist.com).

### Rate Sheets

Available online through the journal's home page at [www.psychiatrist.com/pcc](http://www.psychiatrist.com/pcc) under "Information for Advertisers."



### Disclaimer

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.

is clearly specified. Physicians Postgraduate Press, Inc., disclaims any liability to any party for the accuracy, completeness, or availability of any and all Physicians Postgraduate Press, Inc., publications and other material, or for any damages arising out of the use or nonuse of this publication, and any and all Physicians Postgraduate Press, Inc., publications (and other material), and any information contained therein. © Copyright 2007 by Physicians Postgraduate Press, Inc. All rights reserved. Reproduction without permission is prohibited.

---

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 3

---

## CME PRETEST 172

## CME POSTTEST 250

---

### COMMENTARY

---

- 180 A Whole New World: Complexity Theory and Mood Variability in Mental Disorders.  
*Michael S. Klinkman*

---

### ORIGINAL ARTICLES

---

- 173 Characteristics and Course of Panic Disorder and Panic Disorder With Agoraphobia in Primary Care Patients.  
*Jennifer L. Francis, Risa B. Weisberg, Ingrid R. Dyck, Larry Culpepper, Kevin Smith, Maria Orlando Edelen, and Martin B. Keller*
- 183 Dynamic Patterns in Mood Among Newly Diagnosed Patients With Major Depressive Episode or Panic Disorder and Normal Controls.  
*David Katerndahl, Robert Ferrer, Rick Best, and Chen-Pin Wang*
- 188 Modafinil for Excessive Sleepiness Associated With Chronic Shift Work Sleep Disorder: Effects on Patient Functioning and Health-Related Quality of Life.  
*Milton K. Erman and Russell Rosenberg for the U.S. Modafinil Shift Work Sleep Disorder Study Group*
- 195 Quality of Life Among Bipolar Disorder Patients Misdiagnosed With Major Depressive Disorder.  
*A. George Awad, Krithika Rajagopalan, Susan C. Bolge, and Diana D. McDonnell*
- 203 Psychodermatology: A Guide to Understanding Common Psychocutaneous Disorders.  
*Mohammad Jafferany*

---

### ACADEMIC HIGHLIGHTS

---

- 214 Preventing Recurrent Depression: Long-Term Treatment for Major Depressive Disorder. [CME]

---

### ROUNDS IN THE GENERAL HOSPITAL

---

- 224 Evaluation and Treatment of Poor Sleep.  
*Lawrence T. Park, John D. Matthews, Guy Maytal, and Theodore A. Stern*

---

### PSYCHOTHERAPY CASEBOOK

---

- 230 In for the Long Haul.  
*Dean Schuyler*

---

### DIARY FROM THE FRONT LINES

---

- 232 Sigh.  
*Christian G. Wolff*

---

### LETTERS TO THE EDITOR

---

- 233 Quetiapine-Induced Hypersalivation.  
*Shannon Allen, Zachary Hoffer, and Maju Mathews*
- 233 Sleep-Related Hypomanic Symptoms as a Predictor of Bipolar Spectrum Disorders.  
*Seyed Vahid Shariat and Amir Shabani*
- 234 A Case of Obsessive-Compulsive Disorder Responding to Duloxetine.  
*Sergio Luis Blay and Donald W. Black*
- 235 Absence of Cardiac Side Effects During Treatment of Schizophrenia With Risperidone in a Patient With Wolff-Parkinson-White Syndrome.  
*Fabrice Bon, Eric Louis Constant, Peter Goethals, and Daniel Neu*
- 235 A Case of Late-Onset Pedophilia and Response to Sertraline.  
*Naren Prahlada Rao, Prabhat K. Chand, and Pratima Murthy*
- 237 Risperidone-Induced Neuroleptic Malignant Syndrome in Neurodegenerative Disease: A Case Report.  
*Daniel Johnson, Aby Z. Philip, Dennis J. Joseph, and Roy Varghese*

CONTINUED ON NEXT PAGE



## LETTERS TO THE EDITOR (continued)

- 238 Vitamin B<sub>12</sub> Deficiency Manifested as Mania: A Case Report.  
*German Jorge Gomez-Bernal and Milagros Bernal-Perez*
- 239 Case Report: Bupropion-Induced Claustrophobia.  
*Jodie V. Malhotra and Cynthia A. Mascarenas*
- 239 Is There an Alternative to Seclusion or Mechanical Restraint?  
*Branimir Margetić, Branka Aukst-Margetić, and Adela Matušin*
- 240 Massive Epistaxis and Subconjunctival Hemorrhage Due to Combination of Paroxetine and Limaprost Alfadex: A Case Report.  
*Nobuhiro Sugiyama, Daimei Sasayama, and Naoji Amano*
- 241 The Tolerability of Oral-Loaded Valproate After Remission of Acute Mania in Japanese Patients With Bipolar Disorder.  
*Kiyomi Shinohara, Yasumasa Okamoto, Hiroaki Jitsuiki, Hidehisa Yamashita, Shigeru Morinobu, and Shigeto Yamayaki*

**BOOK REVIEWS** 242

**PSYCHIATRIC BRIEFS** 244

### INFORMATION FOR AUTHORS

see [www.PrimaryCareCompanion.com](http://www.PrimaryCareCompanion.com) for information

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 Objective

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

- Evaluate patients for the presence of subthreshold depressive symptoms and modify treatment strategies to resolve them.

### Target Audience

The target audience for this activity is psychiatrists and other health professionals.

### Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of California, Irvine School of Medicine and the CME Institute of Physicians Postgraduate Press, Inc. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation

The University of California, Irvine School of Medicine designates this educational activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Date of Original Release/Review

This educational activity was released in June 2007 and is eligible for AMA PRA Category 1 Credit through June 30, 2009. The latest review of this material was February 2007.

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

1. Patients with recurrent major depressive disorder who continue with long-term maintenance pharmacotherapy may have fewer recurrences and a longer time to depressive episode recurrence than those who discontinue medication.
  - a. True
  - b. False

*For Pretest answers and Posttest, see pages 250–251.*

To receive your credit certificate immediately for free—  
Go to [www.PSYCHIATRIST.com](http://www.PSYCHIATRIST.com) and complete this activity online.

### Answers to Vol. 7, No. 2 Posttest 2005

1. c 2. b 3. c 4. b 5. b