

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 4

## **Depression Is a Risk Factor for Rehospitalization in Medical Inpatients**

Anand Kartha, David Anthony,  
Christopher S. Manasseh, Jeffrey L. Greenwald,  
Veerapa K. Chetty, James F. Burgess, Jr.,  
Larry Culpepper, and Brian W. Jack

### **CME Commentary**

Exercise for Mood and Anxiety Disorders

### **CME ACADEMIC HIGHLIGHTS**

Translating Evidence on Depression and  
Physical Symptoms Into Effective Clinical Practice

THE OFFICIAL JOURNAL OF THE ASSOCIATION OF MEDICINE AND PSYCHIATRY

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 4



## 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.  
Henry Chung, M.D. New York, N.Y.  
Pamela D. Connor, Ph.D. Memphis, Tenn.  
Frank V. deGruy III, M.D. Aurora, Colo.  
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.  
David A. Katerndahl, M.D. San Antonio, Tex.  
Martin B. Keller, M.D. Providence, R.I.  
Michael S. Klinkman, M.D. Ann Arbor, Mich.  
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.  
Mack Lipkin, M.D. New York, N.Y.  
R. Bruce Lydiard, Ph.D., M.D. Charleston, S.C.  
Prakash S. Masand, M.D. Durham, N.C.  
C. Brendan Montano, M.D. Cromwell, Conn.  
M. Kevin O'Connor, M.D. Newark, N.J.  
Mark H. Pollack, M.D. Boston, Mass.  
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.  
Risa B. Weisberg, Ph.D. Providence, R.I.  
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  
Assistant Editor ..... John Forbes  
Assistant Editor ..... Jane Weber  
Senior Proofreader ..... Kathy E. Shassere  
Senior Proofreader ..... David Spicer  
Publications Coordinator ..... Anna Kwapien  
Production Manager ..... Diana L. Hardin  
Production Assistant ..... Kristina Howard  
Media Director ..... Faye M. Green  
Electronic Media Manager ... F. Grant Whittle, Ph.D.  
Media Content Manager ..... Erik Adamec  
Journal Media Manager ..... Sara G. Amelang  
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  
Media Assistant ..... Hartwell T. Crim  
Media Assistant ..... Jason Martin  
IT Assistant ..... Steve Boyd  
Director of Circulation ..... Sharon Landers  
Subscriptions Associate ..... 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  
Senior CME Assistant ..... Susan Bedford  
Project Manager ..... Kathryn Maceri  
Project Associate ..... Anna Acerra  
Project Associate ..... Sally A. Elliott  
Project Associate ..... Andrew J. Gienapp  
Project Assistant ..... Anna M. Esquivel  
Project Assistant ..... E. Alice Leslie

# THE PRIMARY CARE COMPANION TO THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 9

2007

NUMBER 4



## 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 4

---

**CME PRETEST 255**

**CME POSTTEST 325**

---

**COMMENTARY**

- 263 On Clinicians' Professional Difficulties.  
*Frank V. deGruy*
- 287 Exercise for Mood and Anxiety Disorders. [CME]  
*Michael W. Otto, Timothy S. Church,  
Lynette L. Craft, Tracy L. Greer,  
Jasper A. J. Smits, and Madhukar H. Trivedi*

---

**ORIGINAL ARTICLES**

- 256 Depression Is a Risk Factor for  
Rehospitalization in Medical Inpatients.  
*Anand Kartha, David Anthony,  
Christopher S. Manasseh, Jeffrey L. Greenwald,  
Veerapa K. Chetty, James F. Burgess, Jr.,  
Larry Culpepper, and Brian W. Jack*
- 266 The Patient-Physician Relationship  
and Medical Utilization.  
*Denis J. Lynch, Angele V. McGrady,  
Rollin W. Nagel, and Elmer F. Wahl*
- 271 Duloxetine in Practice-Based Clinical Settings:  
Assessing Effects on the Emotional and  
Physical Symptoms of Depression in an  
Open-Label, Multicenter Study.  
*Madelaine M. Wohlreich, Curtis G. Wiltse,  
Durisala Desaiiah, Wenyu Ye,  
Rebecca L. Robinson, Kurt Kroenke,  
Susan G. Kornstein, and John H. Greist*
- 280 Medication Use, Service Utilization,  
and Medical Costs Associated With New  
Episodes of Bipolar Disorder: Evidence  
From a Retrospective Claims Database.  
*Robert L. Ohsfeldt, Maureen J. Lage,  
and Krithika Rajagopalan*

---

**ACADEMIC HIGHLIGHTS**

- 295 Translating Evidence on Depression  
and Physical Symptoms Into Effective  
Clinical Practice. [CME]

---

**ROUNDS IN THE GENERAL HOSPITAL**

- 303 Reactions to Amputation:  
Recognition and Treatment.  
*Chaya G. Bhuvaneshwar, Lucy A. Epstein,  
and Theodore A. Stern*

---

**PSYCHOTHERAPY CASEBOOK**

- 309 Conquering Fears.  
*Dean Schuyler*

---

**DIARY FROM THE FRONT LINES**

- 311 Surprise!  
*Christian G. Wolff*

---

**LETTERS TO THE EDITOR**

- 313 Two Cases of Somnambulism  
Induced by Quetiapine.  
*Zeba Hasan Hafeez and Constance M. Kalinowski*
- 313 Obsessive-Compulsive Disorder After  
Body Dysmorphic Disorder: A Report  
of 2 Cases (a man and his mother).  
*Fatih Canan, Emel Kocer,  
Salih Yildirim, and Ahmet Ataoglu*
- 315 Risperidone and Dysphagia in a  
Developmentally Disabled Woman.  
*Nancy C. Brahm, Gary A. Fast,  
and Robert C. Brown*

CONTINUED ON NEXT PAGE



## LETTERS TO THE EDITOR (continued)

- 316 Chlorpromazine-Induced Skin Pigmentation With Short-Term Use in a Patient With Bipolar Disorder: A Case Report.  
*Santosh Loganathan*
- 317 Topiramate-Induced Psychosis in an Individual With Alcohol Dependence: A Case Report.  
*Kesavan Muralidharan, Ravi Philip Rajkumar, Sreenath A. Rao, and Vivek Benegal*
- 318 A Case of Hashimoto's Encephalopathy Manifesting as Psychosis.  
*Germán Jorge Gómez-Bernal, Alejandra Reboreda, Fernando Romero, Milagros M. Bernal, and Francisco Gómez*
- 319 A Unique Case of Delirium Resulting From Electrical Accident-Induced Spinal Trauma.  
*Sahika Liva Cengiz and Alper Baysefer*

**BOOK REVIEW** 320

**PSYCHIATRIC BRIEFS** 321

### INFORMATION FOR AUTHORS

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

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

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 articles and complete the Posttest and Registration Form.

### CME Objectives

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

- Recommend appropriate levels of physical activity or exercise for patients with mood and anxiety disorders.
- Understand the relationships between painful physical symptoms and depression and select appropriate treatments for patients who report both types of symptoms.

### 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 Credits*<sup>™</sup>. 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 August 31, 2009. The latest review of this material was May 2007.

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

1. **Population-based studies have shown that sedentary people are at a higher risk of developing depression than physically active people.**
  - a. True
  - b. False
2. **Which of the following symptoms should lead you to suspect depression?**
  - a. Unexplained back pain
  - b. Nonspecific musculoskeletal complaints
  - c. Multiple unexplained physical symptoms
  - d. All of the above

*For Pretest answers and Posttest, see pages 325–326.*

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. 3 Posttest 2005

1. d 2. c 3. a 4. a 5. a