

VOLUME 82 • 2021 • PSYCHIATRIST.COM

# **EDITOR IN CHIEF**

Marlene P. Freeman, MD Boston, MA

# **SECTION EDITORS**

Philippe Courtet, MD, PhD Montpellier, France

Marlene P. Freeman, MD Boston, MA

Joseph F. Goldberg, MD New York, NY

Jordan F. Karp, MD Tucson, AZ

Ann K. Shinn, MD, MPH Boston, MA

Gary W. Small, MD Hackensack, NJ

Karen D. Wagner, MD, PhD Galveston, TX

# **EDITORIAL BOARD**

Chittaranjan Andrade, MD Bangalore, India Richard Balon, MD Detroit, MI Joseph Biederman, MD Boston, MA Crystal T. Clark, MD, MSc Chicago, IL Lee S. Cohen, MD Boston, MA Maurizio Fava, MD Boston, MA Joseph F. Goldberg, MD New York, NY John H. Greist, MD Madison, WI John M. Kane, MD Glen Oaks, NY James H. Kocsis, MD New York, NY Susan G. Kornstein, MD

Richmond, VA Hang Lee, PhD

Boston, MA Mario Maj, MD, PhD

Naples, Italy

John C. Markowitz, MD New York, NY Susan L. McElroy, MD Cincinnati, OH

Roger S. McIntyre, MD, FRCPC Toronto, Canada Roger E. Meyer, MD

Hershey, PA Francisco A. Moreno, MD

Tucson, AZ J. Craig Nelson, MD San Francisco, CA

Andrew A. Nierenberg, MD Boston, MA

Michael J. Ostacher, MD, MPH Palo Alto, CA

George I. Papakostas, MD Boston, MA

Mark H. Pollack, MD Chicago, IL

Sheldon H. Preskorn, MD Wichita, KS

Mark H. Rapaport, MD Salt Lake City, UT

Jerrold F. Rosenbaum, MD Boston, MA Barbara O. Rothbaum, PhD Atlanta. GA

Anthony J. Rothschild, MD Worcester, MA

**A. John Rush, Jr,** MD Singapore

Erika F. H. Saunders, MD Hershey, PA

Nina R. Schooler, PhD Brooklyn, NY

Ann K. Shinn, MD, MPH Boston, MA

Gary W. Small, MD Hackensack, NJ

Holly A. Swartz, MD Pittsburgh, PA

Michael E. Thase, MD Philadelphia, PA

Eduard Vieta, MD, PhD Barcelona, Spain

Roger D. Weiss, MD Belmont, MA

Katherine L. Wisner, MD Chicago, IL

Carlos A. Zarate, Jr, MD Bethesda, MD

Mark Zimmerman, MD Providence, RI

# **PUBLICATION STAFF**

Publisher

John S. Shelton, PhD Founding Publisher 1978–2005

Irving Shelton

President Lee Harrington, RPh, MBA

Director of PPP Performance Linda Fitch

Growth Marketing Manager Erik Adamec

Growth Marketing Associate Snow W. Jumper

Permissions Editor Maureen Bunner-Hunsucker Director of Editorial Services Kathryn Hedges

Managing Editor Sarah L. Brownd

Publications Manager Anna Kwapien

Production Manager **Diana L. Hardin** 

Advertising Manager David M. Twombly

Director of Digital and Print Production Sara G. Amelang

Senior Media Associate Hartwell T. Crim Media Associates Michael Harrison Mark A. Kledzik

Director of Information Technology **Steve Boyd** 

Director of Circulation Sharon Landers

Director of Educational Strategy Kurt Kleefeld

Director of Promotion

and Commercialization Michael Plantania

# **CME INSTITUTE STAFF**

Medical Director Paul King, MD

Managing Director Lori McStay

Associate Director Becky Brown Derych

Education Development Manager Erin Poggi

Project Manager Jamie Johnson

Project Associates Andria Lisle Brooke Smith

EGR Submission Specialist **Robin Hodge** 

Interdepartmental Production Associate Rachel Baronowski

# THE JOURNAL OF CLINICAL PSYCHIATRY

VOLUME 82 • 2021 • PSYCHIATRIST.COM

# **MISSION STATEMENT of Physicians Postgraduate Press, Inc.**

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

## GENERAL

The Journal of Clinical Psychiatry (JCP) (print ISSN 0160-6689; online ISSN 1555-2101) is published bimonthly by Physicians Postgraduate Press, Inc. (PPP), PO Box 752870, Memphis, TN 38175-2870, and is the official publication of the American Society of Clinical Psychopharmacology. Periodicals postage paid at Memphis, TN, and additional mailing offices. POSTMASTER: Send address changes to Circulation Department, Physicians Postgraduate Press, Inc., PO Box 752870, Memphis, TN 38175-2870.

# **EDITORIAL**

Manuscript Submission: Submit all manuscript types and letters to the editor electronically at www.psychiatrist.com/pages/authors.aspx.

**Copyright:** JCP requires the express transfer of copyright to PPP so that the author(s) and PPP are protected from misuse of copyrighted material. Each author must sign and submit the required Author Form pertaining to authorship, copyright transfer, financial disclosure, and acknowledgment permission available at https://www.psychiatrist.com/wp-content/uploads/2021/02/authorform.pdf.

Information for Authors: Available at www.psychiatrist.com/pages/authors.aspx.

The Journal of Clinical Psychiatry	phone:	901-273-2708
PO Box 752870	email:	JCPeditorial@psychiatrist.com
Memphis, TN 38175-2870, USA		

#### INDEXING

JCP is indexed in MEDLINE/PubMed and by all major indexing services.

# CIRCULATION

Subscription Rates	US	Int'l
Individuals: Print + Online	\$188.00	\$249.00
Individuals: Online Only	\$167.00	\$167.00
Single issues	\$53.00	\$53.00
Institutional pricing	Contact subscriptions@psychiatrist.com	

Address Changes: Submit address changes at least 6 weeks in advance by mail or email to:

Circulation Department	email: addresschange@psychiatrist.com
Physicians Postgraduate Press, Inc.	

PO 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	email: orders@psychiatrist.com

Multiple copies of articles and reprints may be purchased by contacting our Reprints Editor at reprints@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. Please supply as much information as available, including your complete mailing address and customer number.

# **EMBARGO**

Articles are embargoed until they are published online at PSYCHIATRIST.COM. Contact JCPembargo@psychiatrist.com.

## **PERMISSIONS REQUESTS**

All editorial material published in JCP is the property of PPP unless specifically stated.

- 1. Requests for permission to publish may be submitted by regular mail, fax, or email: Physicians Postgraduate Press, Inc.
   fax: (920) 457-0501

   Attn: Permissions Editor
   email: permissions@psychiatrist.com

   850 Ridge Lake Blvd, Suite 300
   Memphis, TN 38120
- 2. Permission will not be granted until the article has been published in JCP.
- 3. Permission is not granted to place the full text of JCP articles on other websites.

#### Information Required for a Permissions Request

- 1. Requestor's Information:
  - Person's name, title, address, telephone, fax, and email
- Company's name and postal address
- 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,
  - ie, 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)

# ADVERTISING

**Principles:** PPP adheres to the highest ethical standards when interspersing advertisements throughout the printed version of 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. Online advertising appears in multiple locations throughout the PPP family of sites. Ads rotate, appearing randomly within the sites' pages. All advertising is clearly labeled as such.

#### Contacts:

- · For print ads, email journalads@psychiatrist.com.
- For print Classified or Conference ads, email ClassifiedAds@psychiatrist.com or ConferenceAds@psychiatrist.com.
- For online Classified ads, go to CNSJobMarket.com to post your job ad.
- For online ads posted either on the journal's website or in an E-Lert, email webads@psychiatrist.com.
- For customized outreach and distribution packages, email jshelton@psychiatrist.com.

Rate Sheets: Available online at psychiatrist.com/pages/advertisers.aspx.

**Disclaimer:** Acceptance and placement of any and all advertising for this publication, the online family of sites, or any other material published by PPP does not imply endorsement by PPP.

#### DISCLAIMER

JCP is owned and published by Physicians Postgraduate Press, Inc., 850 Ridge Lake Blvd, Suite 300, Memphis, TN 38120. 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 PPP or the institution with which the author is affiliated, unless this is clearly specified. PPP disclaims any liability to any party for the accuracy, completeness, or availability of any and all PPP publications and other material, or for any damages arising out of the use or nonuse of this publication, and any and all PPP publications (and other material), and any information contained therein.

# To Subscribe go to PSYCHIATRIST.COM/subscribe

Choose from 2 subscription levels Online Access: \$167 Online Access + Print: \$188 (US), \$249 (International)