

# MOUNT SINAI EXPERT GUIDES

## Psychiatry

- Potential pitfalls / common mistakes
- Clinical pearls
- Management algorithms
- Evidence-based guidelines

### EDITED BY

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MOUNT SINAI  
EXPERT GUIDES

**Psychiatry**



# Psychiatry

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# Series Foreword

Now more than ever, immediacy in obtaining accurate and practical information is the coin of the realm in providing high quality patient care. The Mount Sinai Expert Guides series addresses this vital need by providing accurate, up-to-date guidance, written by experts in formats that are accessible in the patient care setting: websites, smartphone apps, and portable books. The Icahn School of Medicine, which was chartered in 1963, embodies a deep tradition of pre-eminence in clinical care and scholarship that was first shaped by the founding of the Mount Sinai Hospital in 1855. Today, the Mount Sinai Health System, comprised of seven hospitals anchored by the Icahn School of Medicine, is one of the largest healthcare systems in the United States, and is revolutionizing medicine through its embracing of transformative technologies for clinical diagnosis and treatment. The Mount Sinai Expert Guides series builds upon both this historical renown and contemporary excellence. Leading experts across a range of disciplines provide practical yet sage advice in a digestible format that is ideal for trainees, mid-level providers, and practicing physicians. Few medical centers in the USA could offer this type of breadth while relying exclusively on its own physicians, yet here no compromises were required in offering a truly unique series that is sure to become embedded within the key resources of busy providers. In producing this series, the editors and authors are fortunate to have an equally dynamic and forward-viewing partner in Wiley Blackwell, which together ensures that healthcare professionals will benefit from a unique, first-class effort that will advance the care of their patients.

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# Preface

As the editors of this volume, we have made our careers in psychiatric clinical care, education, and research. We bring a broad perspective to the several dozen chapters that follow.

The knowledge base that informs the clinical practice of psychiatry continues to expand, not only in quantity of data but also in the fields from which it draws. We sought to consolidate this growth into a handbook that is approachable, and we have prioritized clinically immediate and useful content rather than in-depth coverage. As editors of this Expert Guide, we have chosen to include information that is clearly evidence-based as well as that which has been backed by the clinical experience of our experts. We have selected our faculty at Mount Sinai to present their respective fields in a manner that should be easily-digestible by the busy hospitalist, the psychiatrist in practice, the non-psychiatric practitioner, the new graduate, and the psychiatric trainee. While the text is not meant to be exhaustive, it should provide a useful starting point – a pocket guide – for directing practitioners on their approaches to patients with common conditions.

We have departed slightly from the format of the Mount Sinai Expert Guides Series, in that we have included a substantial amount of conceptual material. We felt this necessary as the field of psychiatry (1) lacks much of the clearly-defined evidence and algorithms of other medical disciplines, (2) mandates an inherently creative, adaptive, and flexible approach to patient care, and (3) requires that a conceptual knowledge of psychopharmacology, neuroscience, psychotherapy, and documentation informs daily clinical practice. Thus, in the layout of this volume, there is some necessary squeezing of a square peg into a round hole. We hope that as psychiatric research and practice further develop and as non-psychiatric medicine begins to realize and internalize a greater focus on mental health care, such procrustean manipulation will be seen as a thing of the past.

The introductory chapters that follow include an overview of diagnostic systems, neuroscience, psychological and lab testing, neuromodulation, psychotherapy, and clinical documentation. The 26 chapters covering clinical disorders provide high-yield and salient aspects of the major syndromes one encounters in clinical practice. The concluding Special Topics section reflects the practice of psychiatry in distinctive settings and with special populations.

We would like to express our gracious appreciation to the individuals who contributed to this volume as well as to Dr. Scott Friedman, Dr. Dennis Charney, and our colleagues at Mount Sinai.

We are also deeply thankful to our families who facilitated and tolerated (as any author knows) the production process: Katy, Evie, Phoebe, Benjamin, Emma, Becca, Gillian, and Aida.

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# List of Abbreviations

ABA	applied behavior analysis
ACC	anterior cingulate cortex
ACO	accountable care organization
ACT	acceptance and commitment therapy
ACTH	adrenocorticotrophic hormone
AD	Alzheimer's disease
ADHD	attention deficit hyperactivity disorder
ADI	Autism Diagnostic Interview-Revised
ADLs	activities of daily living
ADOS	Autism Diagnostic Observation Schedule
AED	anti-epileptic drug
ALB	albumin
Alk Phos	alkaline phosphatase
ALT	alanine aminotransferase
AMPA	$\alpha$ -amino-3-hydroxy-5-methyl-4-isoxazolepropionic acid
AN	anorexia nervosa
ANC	absolute neutrophil count
AOT	assisted outpatient treatment
ARRA	American Recovery and Reinvestment Act
ASD	autism spectrum disorder
ASPD	antisocial personality disorder
ASQ	Ages and Stages Questionnaire
ASSIST	Alcohol, Smoking, and Substance Involvement Screening Test
AST	aspartate aminotransferase
AUDIT	Alcohol Use Disorder Identification Test
AvPD	avoidant personality disorder
BA	Brodman Area
BD	bipolar disorders
BDD	body dysmorphic disorder
BDI	Beck Depression Inventory
BDNF	brain-derived neurotrophic factor
BDSS	Brief Bipolar Disorder Symptom Scale
BED	binge-eating disorder
bid	twice a day
BISS	Bipolar Inventory of Symptoms Scale
BMI	body mass index
BN	bulimia nervosa
BP	blood pressure
BPD	borderline personality disorder
BPRS	Brief Psychiatric Rating Scale
BUN	blood urea nitrogen
CAARMS	Comprehensive Assessment of At-Risk Mental States
CAGE-AID	CAGE-Adapted to Include Drugs
CAMS	Collaborative Assessment and Management of Suicidality
CAT	cognitive analytic therapy
CBC	complete blood count

CBCL	Child Behavior Checklist
CBIT	comprehensive behavioral intervention for tics
CBT	cognitive behavioral therapy
CD	conduct disorder
CDI	Child Depression Inventory
CDR	Clinical Dementia Rating scale
CDRS-R	Children's Depression Rating Scale-Revised
CES	cranial electrotherapy stimulation
CES-DC	Center for Epidemiological Studies Depression Scale Modified for Children
CGI	Clinical Global Impressions Scale
CGI-S	Clinical Global Impressions Scale-Severity
CHF	congestive heart failure
CIWA-Ar	Clinical Institute Withdrawal Assessment for Alcohol, Revised
CJD	Creutzfeldt–Jacob disease
CMV	cytomegalovirus
CNS	central nervous system
COPD	chronic obstructive pulmonary disease
COWS	Clinical Opiate Withdrawal Scale
CPK	creatinine phosphokinase
CPT	cognitive processing therapy
Cr	creatine
CREB	cAMP response element-binding protein
CRH	corticotropin-releasing hormone
CSDD	Cornell Scale for Depression in Dementia
CSF	cerebrospinal fluid
CST	cortico-striatal-thalamic
CT	computed tomography
CVA	cerebrovascular accident
CVLT	California Verbal Learning Test
CXR	chest x-ray
DA	dopamine
DAI	diffuse axonal injury
DALYs	disability-adjusted life years
DBS	deep brain stimulation
DBT	dialectical behavior therapy
DBT-CM	dialectical behavior therapy, corrections modified
DE	delayed ejaculation
DEXA	dual energy x-ray absorptiometry
DHEA	dehydroepiandrosterone
DIB-R	Diagnostic Interview for Borderline Personality Disorder
DLBD	diffuse Lewy body dementia
DLPFC	dorsolateral prefrontal cortex
DMDD	disruptive mood dysregulation disorder
DNMT	DNA methyltransferases
DSM	<i>Diagnostic and Statistical Manual of Mental Disorders</i>
DST	dexamethasone suppression test
DTI	diffusion tensor imaging
dTMS	deep transcranial magnetic stimulation
DTS	Davidson Trauma Scale
DUP	duration of untreated psychosis
DUST	Drug Use Screening Tool
EBV	Epstein–Barr virus
eCB	endocannabinoid
ECT	electroconvulsive therapy

ED	erectile dysfunction
EDE	Eating Disorder Examination
EDI	Eating Disorders Inventory
EEG	electroencephalogram
EKG	electrocardiogram
E/M	evaluation and management
EMDR	eye movement desensitization and reprocessing
EMRs	electronic medical records
EMTALA	Emergency Medical Treatment and Labor Act
EpCS	epidural cortical stimulation
EPS	extrapyramidal symptoms
ER	emergency room/extended-release
ERP	exposure and response-prevention
ESR	erythrocyte sedimentation rate
ETOH	ethanol
FDA	Food and Drug Administration
FFT	family focused therapy
FGA	first-generation antipsychotic
fMRI	functional magnetic resonance imaging
FOD	female orgasmic disorder
FSIAD	female sexual interest/arousal disorder
FTLD	frontotemporal lobar degeneration
GABA	$\gamma$ -aminobutyric acid
GAD	generalized anxiety disorder
GBI	General Behavioral Inventory
GC/MS	gas chromatography/mass spectrometry
GDS	Geriatric Depression Scale/Global Deterioration Scale
GGTP	gamma-glutamyl transpeptidase
GHQ	General Health Questionnaire
GI	gastrointestinal
GnRH	gonadotropin releasing hormone
GPPPD	genito-pelvic pain-penetration disorder
GWAS	genome-wide association studies
H&P	history and physical
HAM-A	Hamilton Anxiety Rating Scale
HAM-D	Hamilton Depression Rating Scale
HbA1c	hemoglobin A1c
HCG	human chorionic gonadotropin
HCR-20	Historical Clinical Risk
HD	hoarding disorder
HDAC	histone deacetylase
HDE	humanitarian device exemption
HDL	high density lipoprotein
HDRS	Hamilton Depression Rating Scale
HHS	(Department of) Health and Human Services
HIPAA	Health Insurance Portability and Accountability Act of 1996
HIV	human immunodeficiency virus
HPA	hypothalamic-pituitary-adrenal
HR	heart rate
HRT	habit reversal training/therapy
HSV	herpes simplex virus
5-HT	5-hydroxytryptamine (serotonin)
IADLs	instrumental activities of daily living
ICU	intensive care unit



ID	intellectual disability
IDS	Inventory for Depressive Symptoms
IED	intermittent explosive disorder
IES-R	Impact of Events Scale-Revised
IL	interleukin
INR	international normalized ratio
iPS	induced pluripotent stem (cells)
IPSRT	interpersonal/social rhythm therapy
IPT	interpersonal psychotherapy
IQ	intelligence quotient
IR	immediate-release
IRB	institutional review board
KSADS-MRS	Kiddie Schedule for Affective Disorders and Schizophrenia, Mania Rating Scale
LC	locus coeruleus
LC-NE	locus coeruleus–norepinephrine
LDL	low density lipoprotein
LFT	liver function tests
LH	luteinizing hormone
LOC	loss of consciousness
LSD	lysergic acid diethylamide
MADRS	Montgomery Asberg Depression Rating Scale
MAOI	monoamine oxidase inhibitor
MASC	Multidimensional Anxiety Scale for Children
MAST	Michigan Alcohol Screening Test
MBSR	mindfulness-based stress reduction
MBT	mentalization based therapy
M-CHAT-R	modified checklist for autism in toddlers, revised
MCI	mild cognitive impairment
MCV	mean corpuscular volume
MDAC	Mental Disability Advocacy Center
MDD	major depressive disorder
MDE	major depressive episode
MDMA	3,4-methylenedioxy-methamphetamine
MDQ	Mood Disorders Questionnaire
MHSDD	male hypoactive sexual desire disorder
MI	myocardial infarction/motivational interviewing
MMPI	Minnesota Multiphasic Personality Inventory
MMSE	mini mental status examination
MoCA	Montreal Cognitive Assessment
mPFC	medial prefrontal cortex
MR	mental retardation
MRI	magnetic resonance imaging
MSE	mental status exam
MST	magnetic seizure therapy/multisystemic treatment
MT	motor threshold
MTFC	multidimensional treatment foster care
NASSA	noradrenergic and specific serotonergic antidepressant
NCD	neurocognitive disorder
NCSE	non-convulsive status epilepticus
NE	norepinephrine
NGO	non-governmental organization
NIMH	National Institute of Mental Health
NMDA	N-methyl-D-aspartate
NMS	neuroleptic malignant syndrome

NPH	normal pressure hydrocephalus
NPI	Neuropsychiatric Inventory
NPY	neuropeptide Y
NRT	nicotine replacement therapy
NSAIDs	non-steroidal anti-inflammatory drugs
OCD	obsessive-compulsive disorder
ODD	oppositional defiant disorder
OFC	orbitofrontal cortex
PAD	psychiatric advance directive
PAG	periaqueductal gray matter
PANDAS	pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections
PANS	pediatric acute-onset neuropsychiatric syndrome
PCL	PTSD Checklist
PCL-R	Psychopathy Checklist, Revised
PCOS	polycystic ovarian syndrome
PCP	phencyclidine
PCS	post-concussive syndrome
PD	panic disorder/Parkinson's disease
PDE5	phosphodiesterase type 5
PDEQ	Peritraumatic Dissociative Experiences Questionnaire
PE	prolonged exposure/premature ejaculation
PET	positron emission tomography
PFA	psychological first aid
PHI	protected health information
PHQ	patient health questionnaire
PMS	Phelan–McDermid syndrome
PNS	paraneoplastic syndrome
prn	<i>pro re nata</i> , as needed
PT	prothrombin time
PTA	posttraumatic amnesia
PTSD	posttraumatic stress disorder
PTT	partial thromboplastin time
PVD	provoked vestibulodynia
qd	once a day (daily)
qhs	every night at bedtime
qid	four times a day
QIDS-SR	Quick Inventory of Depressive Symptomatology
RPR	rapid plasma reagin
rTMS	repetitive transcranial magnetic stimulation
SAD	social anxiety disorder
SAMe	S-adenosylmethionine
SCARED	Screen for Child Anxiety Related Emotional Disorders
SGA	second-generation antipsychotic
SHIM	Sexual Health Inventory for Men
SIADH	syndrome of inappropriate antidiuretic hormone secretion
SIPS	Structured Interview for Prodromal Syndromes
SIQ	Suicidal Ideation Questionnaire
SJW	St. John's Wort
SLE	systemic lupus erythematosus
SN	substantia nigra
SNRI	serotonin–norepinephrine reuptake inhibitor
SP	specific phobia
SSD	sub-syndromal delirium/Social Security Disability benefits

SSRI	serotonin-selective reuptake inhibitor
ST	seizure threshold
SUD	substance use disorder
TBI	traumatic brain injury
TCA	tricyclic antidepressant
tDCS	transcranial direct current stimulation
TFP	transference focused psychotherapy
TIBC	total iron-binding capacity
tid	three times a day
TMS	transcranial magnetic stimulation
TNF	tumor necrosis factor
TP	total protein
TSH	thyroid stimulating hormone
TSQ	Trauma Screening Questionnaire
TTM	trichotillomania
UTI	urinary tract infection
vIPFC	ventrolateral prefrontal cortex
VNS	vagus nerve stimulation
VTA	ventral tegmental area
WAIS	Wechsler Adult Intelligence Scale
WCST	Wisconsin Card Sorting Test
Y-BOCS	Yale–Brown Obsessive Compulsive Scale
YGTS	Yale Global Tic Severity Scale
YLDs	years lived with disabilities
YMRS	Young Mania Rating Scale

# About the Companion Website

This book is accompanied by a companion website:

**[www.mountsinaiexpertguides.com/psychiatry](http://www.mountsinaiexpertguides.com/psychiatry)**

The website includes:

- Advice for patients
- Case studies
- ICD codes
- Interactive MCQs
- Links to video clips

To check out the Mount Sinai series homepage, go to:

**[www.mountsinaiexpertguides.com](http://www.mountsinaiexpertguides.com)**



PART 1

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# Introduction

