

# Recommended Reading List

## (RANZCP MCQ, Essay, OSCE and OCA exam)

What should I read for the exam? Probably the most common question asked by Psychiatry Trainees. Passing the exam and real life requires you to distil relevant and 'easy to remember' snippets for each topic. With the vast amount of information available in textbooks and in journals, what's required is focus. Without focus and the ability to highlight the most important issues in a given situation, passing the exams and clinical practice becomes difficult and highly inefficient. This list is not exhaustive by any means but is a great starting point for you to focus your revision. The key word here is focus; the greater the focus, more likely you are to reach your goal. Enjoy! We would love to receive your feedback on how you think we can continue to improve and modify this list.

### 1. Tips for RANZCP and MRCPsych Exams

#### How to Prepare for the RANZCP Written Exam

#### Preparing for the RANZCP Written Exam (CBFP 2012 and 2003)? – Cruise Through The Fellowship with Psych Scene

#### How to Pass the Critical Appraisal / Analysis Component of the MRCPsych and RANZCP Exam

#### Psychiatric Formulation Demystified – The Sherlock Holmes Way

#### 5 Magic Steps to Pass the CASC and OSCE Exams

Are you planning on sitting the **MRCPsych CASC or RANZCP or RCPSC OSCE exams**? Are you wondering how to prepare for your **Psychiatry exams**? If you are, read on.

#### Art of Formulation and Management in Psychiatry

A short blog post with a video to give you tips about formulation and management.

#### The Power of Checklists in Psychiatry

### 2. Critical Analysis / Appraisal

#### Randomised Controlled Trials and Systematic Review

#### Understanding Absolute and Relative Risks

#### Meta-Analysis

#### Number Needed to Treat (NNT)

#### Confidence Intervals

## **Appraisal of Diagnostic Tests**

### **Qualitative Study**

### **Basic Statistics**

### **Statistics**

This paper explains correlation, regression, probability, confidence intervals and measures of effect in a succinct manner.

### **Survival Analysis**

### **Economic Analyses - Basics**

### **Cost Acceptability Curves in Economic Analysis**

This is purely for further reading and relevant for Consultant Psychiatrists making economic decisions or evaluating Cost-Effectiveness studies. This depth is not required for the purposes of the exam.

### **Antipsychotics - Which one is better?**

This article is an excellent article where the authors analyse the various biases and suggest improvements to minimise these in Drug Trials. A very useful article to go through reinforcing the importance of critical appraisal in reading papers.

### **The Placebo effect**

An extremely thorough review where the author has put in a lot of hard work and produced a fascinating read. Reiterates the fact that placebo is not 'no treatment'.

## **3. Schizophrenia**

### **Pharmacological Management of Schizophrenia**

### **Clozapine Resistant Schizophrenia**

### **CATIE Trial**

Influential independent effectiveness study sponsored by the National Institute of Mental Health (NIMH, USA) that threw up some interesting results. This was complemented by the **CUTLASS** study in the UK, a Cost Utility study. Both these studies force us to think about the way we view Atypical and Typical antipsychotics. **Are atypical antipsychotics really better than typical antipsychotics?** For a critical discussion read this [paper](#) by Lewis and Lieberman.

### **Depression in Schizophrenia**

The article is an excellent summary of depression in schizophrenia and its management. Particularly important is the distinction between depression and negative symptoms.

### **Cognition and Schizophrenia**

With the increasing recognition of cognitive deficits in schizophrenia, this article provides a succinct summary of evidence for cognitive impairments and its management. Recognition is

important due to its impact on psychosocial rehabilitation.

### **Schizophrenia and Violence**

This article will be of benefit for forensic psychiatrists and for forensic clinical cases. Prof Paul Mullen has outlined the factors increasing the risk of violence and strategies in managing violence.

### **Psychosis in Old Age**

Useful article that succinctly summarises clinical features and management of psychosis in old age.

### **First Episode Psychosis - Detection**

### **First Episode Psychosis- Management**

Although published in 2001, The article still provides a good template for the main issues in management of first episode psychosis. New evidence can then be integrated within the outlined principles.

### **Catatonia**

### **RANZCP Conference (2010) - Metabolic Syndrome**

Presented at the RANZCP 2010 conference in New Zealand, It provides an overview of the metabolic syndrome, its complex relationship with psychiatric disorders, the role of antipsychotics and the management of Metabolic syndrome based on evidence based guidelines for management of Hyperlipidemia and type 2 diabetes. The presentation is intended to highlight the dichotomy that exists between Psychiatry and Medicine and the non-inclusion of mental disorders in the high risk categories that would prompt treatment.

### **Cannabis Use and Psychosis**

### **High Emotional Expression across Cultures**

## **4. Depression**

### **Treatment Resistant Depression**

This article describes the pharmacological management of treatment resistant depression based on evidence. Based on recent evidence, the STAR\*D trial which is the largest independent trial to date, came up with some interesting results. Read about the STAR\*D trial [here](#). Dr Rush, one of the main investigators summarises the results [here](#).

## **5. Bipolar Disorder**

### **BAP Guidelines for Bipolar Disorder 2009**

Latest evidence for Bipolar disorder. Notice the different treatment approaches for Bipolar Depression.

### **Bipolar Disorder - CANMAT guidelines**

This provides the latest and up to date research on the management of bipolar disorder. The guidelines incorporate the advances in bipolar depression and are set out in the form of algorithms. Psychological strategies for maintenance therapy are also included.

### **Antidepressants and bipolar disorder**

The use of antidepressants in bipolar disorder is controversial. This issue was brought to light by Prof Ghaemi in this article which is a good read. The evidence suggests that antidepressants cause long term destabilisation of bipolar disorder through the kindling phenomenon.

### **The STEP-BD trial**

The largest independent trial for bipolar disorder also supports the above view that the role of antidepressants is limited and that antidepressants do no better than placebo in bipolar depression.

### **More evidence against antidepressants**

### **Bipolar Disorder -Pregnancy and Postpartum**

**Excellent article on Management of Bipolar disorder in pregnancy and postpartum** .Useful as a general reference tool but also for exam going candidates as it is often asked in OSCE's.

### **Bipolar Disorder - CBT**

### **Compliance and Compliance therapy**

This article about compliance is not specific to bipolar disorder despite being included under this sub-section. The article provided a good overview of reasons affecting compliance and principles of adherence/compliance therapy.

### **IPSRT**

This article provides an overview of the role of circadian rhythms in the genesis of psychiatric disorders, the principles of which are a part of the IPSRT for Bipolar Disorder.

## **6. Forensic Psychiatry**

### **Stalking**

### **Management of Stalking Victims**

### **Forensic Report Writing**

## **7. Psychology**

### **Cognitive Behavioural Therapy -Theory and Practice**

### **CBT in Older Age Group**

### **Mindfulness**

**Motivational Interviewing**

**Dialectical Behavioural Therapy (DBT)**

**8. Addiction Psychiatry**

**Alcohol Dependence - Management**

**Alcohol Detoxification**

**Alcohol and Depression**

**Drug Dependence - Management**

**Drug Misuse in Pregnancy**

**Pathological Gambling - Assessment and Treatment**

**Pathological Gambling - RANZCP statement**

**9. Ethics**

**End of Life Decisions**

Detailed Guidelines on End of Life issues

**Ethical Guidelines - Hunger Strike**

**Capacity and its Assessment**

Article on Capacity mainly within the United Kingdom setting but the same principles apply to Australia, Canada and the U.S.

**Capacity Assessment - Older Adults**

**Capacity assessment in C&A's**

**Confidentiality in Adolescents**

This article gives a number of real life scenarios about making health care decisions for adolescents and the ethical issues arising in such cases.

**Testamentary Capacity**

Article on Testamentary capacity within the American context but the principles can be applied to any setting.

**10. Old Age Psychiatry**

**Molecular Biology of Alzheimer's Disease**

**Cholinesterase inhibitors in Dementia**

An older article but nonetheless valuable summary about cholinesterase inhibitors in dementia

## **Parkinson's Disease and Psychiatry**

### **Palliative Care in Dementia**

## **11. Child and Adolescent Psychiatry**

### **C and A Psychiatry- ADHD and Affective Disorders**

This article provides you with a succinct review of ADHD and Affective disorders in children. The focus is mainly on current evidence based treatments and issues rather than the diagnostic assessment. Nevertheless, it is extremely useful as an educational tool for a quick revision of child and adolescent issues.

### **The next article focusses on Autism, OCD, Schizophrenia, Tourette's and Anxiety**

### **C and A Psychiatry- Schizophrenia, OCD, Autism**

#### **Adult ADHD**

An excellent article for those wanting to know more about the current status of Adult ADHD and the controversies around this.

### **Making decisions - Ethical challenges in Children**

## **12. Essay Writing**

### **ADHD debate**

A stimulating debate from two experienced Child and Adolescent Psychiatrists about the validity. This article is useful for exam going candidates to improve their essay writing skills by combining both arguments to provide a balanced view on ADHD. It has to be noted that the exam essay requires a discursive method as opposed to an argumentative method as adopted in this article.

### **Psychiatry and the pharmaceutical industry**

A useful article for essay writing. The style is often in the first person, however in the exam this has to be modified to the third person as it is not meant to be an opinion piece. Nonetheless, a number of themes within the editorial are relevant to essay writing in the exam.

### **Health implications of a size zero culture**

This is an excellent editorial which provides not only a number of important themes in essay writing but also provides a format and style that is applicable to the critical essay. The first two paragraphs (background and introduction) provide an ideal way of putting the essay into perspective and then guiding the examiner to the most important aspects that will be covered in the main body of the essay. Definitely worth a read!!

### **Patient choice in psychiatry**

### **Risk, Psychiatry and The Military**

### **Psychiatric Illness and Society**

### **Psychiatry and The Pharmaceutical Industry**

An article by Joanna Moncrieff, who is well known for her outspoken views on the relationship between psychiatry and pharma. For the purposes of the essay, it is important to present a balanced view however.

### **Personality disorder - An Illness?**

Useful article that outlines the concept of illness and how it applies to personality disorder. The concepts can be widened for psychiatry as a whole and incorporated in many essay topics.

### **Distinction between Mental and Physical Illness**

**A must read.** Outlines the dichotomy that pervades medicine.

### **Stigma in Psychiatry**

## **13. Essay Tips**

**Essay Tips** by Dr Lillian Ng and Dr Mark Burns

**Asylum Seekers and Psychiatry**

**Tips on DSM-V**

**Controversies in DSM-V**

## **14. Leadership and Management**

**Recovery Based Services**

**Clinical Governance**

**Lessons in Leadership - Small Words Count**

**Lessons in Leadership - Keep it Simple**