

**Editor**

Patricia Casey (Ireland)

Editorial Board

Regi Alexander (UK)	Roger Ho (Singapore)	Jessica Yakeley (UK)
Daniilo Arnone (UAE)	Sarah Huline-Dickens (UK)	
Kamaldeep Bhui (UK)	Jason Luty (UK)	Trainee Editors
Asit Biswas (UK)	Rose McCabe (UK)	Oliver Gale-Grant
Billy Boland (UK)	Beatriz Moyano	Sundar Gnanavel
William Burbridge-James (UK)	(Argentina)	Aastha Sharma
Angela Carballado (Ireland)	Femi Oyeboode (UK)	Junior Trainee Editor
Carlos Carona (Portugal)	Mariana Pinto da Costa (UK)	Robert Michael Lundin
John Cookson (UK)	David Reiss (UK)	Cochrane Corner Editor
Gian Maria Galeazzi (Italy)	Keith Rix (UK)	Riccardo De Giorgi
Sanju George (India)	Howard Ryland (UK)	Managing Editor
Malcolm Hopwood (Australia)	Jan Scott (UK)	Anna Munks
	Ito Udo (Canada)	
	Wang Wei (Norway)	

Subscriptions

BJPsych Advances Volume 27, 2021 (six issues)

	Members of the Royal College of Psychiatrists	Non-members	Institutions
Print and electronic	£76/\$142	N/A	£229/\$397
Electronic only	Free	£164/\$248	£211/\$324

Members of the College may purchase a print subscription at <https://www.cambridge.org/core/membership/rcpsych>.

Orders from non-members of the College, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press, Journals Fulfilment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfilment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA, email subscriptions_newyork@cambridge.org. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Online access BJPsych Advances is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-advances>. Information about the College's publications is available at <http://www.rcpsych.ac.uk>.

Instructions to authors Full instructions to authors are given at <https://www.cambridge.org/core/journals/bjpsych-advances/information/instructions-contributors>.

Continuing professional development (CPD) Those wishing to register for CPD with the Royal College of Psychiatrists should contact the CPD unit (tel: +44 (0)20 3701 2621 or +44 (0)20 3701 2610). There is no charge for participation in the CPD scheme for Members, Fellows and Affiliates of the College.

CPD Online The College also publishes an interactive online learning facility for CPD in psychiatry. Further details, sample modules and subscription information can be viewed at www.psychiatrycpd.co.uk. Discounts are available for BJPsych Advances subscribers.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, Dorchester, Dorset DT1 1HD.

This journal issue has been printed on FSC™-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

© The Royal College of Psychiatrists 2021. Published by Cambridge University Press on behalf of the Royal College of Psychiatrists, a charity registered in England and Wales (228636) and in Scotland (SC038369). Unless so stated, material in BJPsych Advances does not necessarily reflect the views of the Editor or the Royal College of Psychiatrists. The publishers are not responsible for any errors of omission or fact.

The College crest is a registered trade mark of the Royal College of Psychiatrists.

ISSN 2056-4678



New From CPD Online

The eLearning resource for mental health professionals

CPD Online offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. **During the pandemic, there will be no limit on eLearning that can be counted for CPD; it will be possible for ALL 50 CREDITS to be obtained in this way.** Access to the modules and podcasts is through annual subscription, but we also offer a series of free publications for you to trial first.

For more information, visit the CPD Online website: <https://elearning.rcpsych.ac.uk>

Recent modules and podcasts

Podcast What is life? Bridging the disciplines to solve unanswered questions

For generations, scientists have struggled to make sense of the fundamental question: 'what is life?'. Can life be explained by known physics and chemistry, or do we need something fundamentally new? In this podcast, Dr Raj Persaud discusses these thought-provoking questions with renowned physicist Professor Paul Davies – author of the 2019 book 'The Demon in the Machine'. **CPD credits: 0.5**

Module Repetitive transcranial magnetic stimulation (rTMS): a cutting-edge neuropsychiatric therapy

Repetitive transcranial magnetic stimulation (rTMS) is an innovative, non-invasive and well-tolerated therapy that may be used as a treatment option for a variety of neuropsychiatric disorders. A large number of studies spanning more than 30 years have shown it to be a powerful neuroscience tool for diagnostic and therapeutic purposes. This module aims to provide a brief introduction of rTMS therapy and its use in neuropsychiatry. **CPD credits: 1.5**

Podcast Are you ignorant about the pandemic?

In this podcast, Professor Renata Salecl discusses her new book, 'A Passion for Ignorance: What We Choose Not to Know and Why', with Dr Raj Persaud, examining the human tendency to ignore what is inconvenient or traumatic. They also consider the relationship between ignorance and psychotherapy, and question whether ignorance is in fact the central problem at the heart of the COVID-19 pandemic. **CPD credits: 0.5**

Module Vitamin D in schizophrenia and depression – is it all about the sunshine?

This module looks at the role of vitamin D in mental health. Vitamin D deficiency is a global phenomenon and has been associated with a wide range of physical and mental disorders. People with mental disorders, especially those with psychotic disorders, are an at-risk population for this deficiency. **CPD credits: 1.5**

Podcast Lost in thought: can intellect save you in a pandemic?

In this podcast, Dr Raj Persaud talks to Dr Zena Hitz about her 2020 book 'Lost in Thought', in which she argues that 'learning for its own sake' is a key ingredient of human happiness, vital for the circumstances we currently live in. **CPD credits: 0.5**

Podcast How to think like Shakespeare: lessons from a Renaissance education

In this podcast, Dr Raj Persaud speaks to Professor Scott Newstok about his 2020 book, 'How to Think like Shakespeare' – an enlightening guide to the craft of thought which demonstrates what's been lost in education today and how we might begin to recover it. **CPD credits: 0.5**

Other recently published CPD Online podcasts (each worth 0.5 CPD credits and freely accessible) include:

- The psychology behind mathematical modelling of epidemics
- Managing alcohol withdrawal in acute in-patient psychiatry
- Coping with the 'pointless suffering' of COVID-19
- Re-reading Camus's 'The Plague' in pandemic times
- Obedience to authority – lessons from Milgram applied to COVID-19
- Mental Health Tribunals: response to the COVID-19 emergency
- How do we lead effectively through the COVID-19 pandemic?
- Working with patients remotely
- Ethical considerations arising from COVID-19
- COVID-19: Isolation and loneliness – is there a 'social cure'?
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.