

BJP The British Journal of Psychiatry Psych

Themed Issue: Precision Medicine and Personalised Healthcare in Psychiatry

Guest Editors: Prof. Rachel Upthegrove, Dr Dominic Dwyer, Dr Lana Kambeitz-Illankovic, Dr Rajeev Krishnadas



The potential of precision psychiatry: what is in reach?

Kambeitz-Illankovic et al

Predicting dropout in outpatient psychotherapy with machine learning algorithms

Bennemann et al

Classification of suicidal thoughts and behaviour in children

van Velzen et al

Prediction models in first-episode psychosis

Lee et al

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BJPsych

Contents

- A13 **Editorial Board**
A15 **Highlights of this issue**

Editorials

- 169 **Five points to consider when reading a translational machine-learning paper**
Dominic Dwyer and Rajeev Krishnadas
- 172 **Towards personalised predictive psychiatry in clinical practice: an ethical perspective**
Natalie Lane and Matthew Broome

Analysis

- 175 **The potential of precision psychiatry: what is in reach?**
Lana Kambeitz-Illankovic, Nikolaos Koutsouleris and Rachel Upthegrove

Review

- 179 **Prediction models in first-episode psychosis: systematic review and critical appraisal**
Rebecca Lee, Samuel P. Leighton, Lucretia Thomas, Georgios V. Gkoutos, Stephen J. Wood, Sarah-Jane H. Fenton, Fani Deligianni, Jonathan Cavanagh and Pavan K. Mallikarjun

Papers

- 192 **Predicting patients who will drop out of out-patient psychotherapy using machine learning algorithms**
Björn Bennemann, Brian Schwartz, Julia Giesemann and Wolfgang Lutz
- 202 **Deep learning identifies robust gender differences in functional brain organization and their dissociable links to clinical symptoms in autism**
Kaustubh Supekar, Carlo de los Angeles, Srikanth Ryali, Kaidi Cao, Tengyu Ma and Vinod Menon

- 209 **Auschwitz: dreaming the nightmare of day – Dr Miklós Nyiszli (A-8450)**
Greg Wilkinson

- 210 **Classification of suicidal thoughts and behaviour in children: results from penalised logistic regression analyses in the Adolescent Brain Cognitive Development study**
Laura S. van Velzen, Yara J. Toenders, Aina Avila-Parcet, Richard Dinga, Jill A. Rabinowitz, Adrián I. Campos, Neda Jahanshad, Miguel E. Rentería and Lianne Schmaal

- 219 **Using polygenic scores and clinical data for bipolar disorder patient stratification and lithium response prediction: machine learning approach**
Micah Cearns, Azmeraw T. Amare, Klaus Oliver Schubert, Anbupalam Thalamuthu, Joseph Frank, Fabian Streit, Mazda Adli, Nirmala Akula, Kazufumi Akiyama, Raffaella Ardau, Bárbara Arias, Jean-Michel Aubry, Lena Backlund, Abesh Kumar Bhattacharjee, Frank Bellivier, Antonio Benabarre, Susanne Bengesser, Joanna M. Biernacka, Armin Birner, Clara Brichtant-Petitjean, Pablo Cervantes, Hsi-Chung Chen, Caterina Chillotti, Sven Cichon, Cristiana Cruceanu, Piotr M. Czerski, Nina Dalkner, Alexandre Dayer, Franziska Degenhardt, María Del Zompo, J. Raymond DePaulo, Bruno Étain, Peter Falkai, Andreas J. Forstner, Louise Frisen, Mark A. Frye, Janice M. Fullerton, Sébastien Gard, Julie S. Garnham, Fernando S. Goes, Maria Grigoriou-Serbanescu, Paul Grof, Ryota Hashimoto, Joanna Hauser, Urs Heilbronner, Stefan Herms, Per Hoffmann, Andrea Hofmann, Liping Hou, Yi-Hsiang Hsu, Stéphane Jamain, Esther Jiménez, Jean-Pierre Kahn, Layla Kassem, Po-Hsiu Kuo, Tadafumi Kato, John Kelsoe, Sarah Kittel-Schneider, Sebastian Kliwicki, Barbara König, Ichiro Kusumi, Gonzalo Laje, Mikael Landén, Catharina Lavebratt, Marion Leboyer, Susan G. Leckband, Mario Maj, the Major Depressive Disorder Working Group of the Psychiatric Genomics Consortium, Mirko Manchia, Lina Martinsson, Michael J. McCarthy, Susan McElroy, Francesc Colom, Marina Mitjans, Francis M. Mondimore, Palmiero Monteleone, Caroline M. Nievergelt, Markus M. Nöthen, Tomas Novák, Claire O'Donovan, Norio Ozaki, Vincent Millischer, Sergi Papiol, Andrea Pfennig, Claudia Pisanu, James B. Potash, Andreas Reif,

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- 229 **Using combined environmental-clinical classification models to predict role functioning outcome in clinical high-risk states for psychosis and recent-onset depression**
Linda A. Antonucci, Nora Penzel, Rachele Sanfelici, Alessandro Pigoni, Lana Kambeitz-Illankovic, Dominic Dwyer, Anne Ruef, Mark Sen Dong, Ömer Faruk Öztürk, Katharine Chisholm, Theresa Haidl, Marlene Rosen, Adele Ferro, Giulio Pergola, Ileana Andriola, Giuseppe Blasi, Stephan Ruhrmann, Frauke Schultze-Lutter, Peter Falkai, Joseph Kambeitz, Rebekka Lencer, Udo Dannlowski, Rachel Upthegrove, Raimo K. R. Salokangas, Christos Pantelis, Eva Meisenzahl, Stephen J. Wood, Paolo Brambilla, Stefan Borgwardt, Alessandro Bertolino and Nikolaos Koutsouleris the PRONIA Consortium

- 245 **Auschwitz: 2. Children**
Greg Wilkinson

Columns

- 246 **Correspondence**
247 **Book Review**
248 **Contents of BJPsych Advances**
249 **Kaleidoscope**

Cover picture

"One of those days" by Jess de Zilva

© Jess de Zilva

Greatly inspired by Valentin de Boulogne's version of the 'the last supper' I had been plotting a painting for over a year. It was going to be a painting, not of the last supper, but of the early morning after the party. Then the pandemic and the first lockdown hit. I realized I would not be able to execute the idea as I had planned and so 'the morning after' morphed into this painting I named 'One of those days'. Not being able to work with models, all the protagonists in this painting are one and the same person. It still deals with how we are with our fellow people, the breakdown of social rules, behaviour otherwise not laid bare and thresholds being lowered, except in this painting it has turned inwards. How do we deal with ourselves when being faced and maybe even stuck with ourselves? The many facets of our personality come out to play; the good, the bad and the ugly. One of those days is one of the many indistinguishable days stuck in four walls with one's self.

Jess de Zilva is a London based painter of psychological allegories.

She takes our confusion and doubt and mirrors them back at us as painted stories. In her oil paintings she combines figures' poses and expressions, backdrops and symbolic objects, creating psychological allegories that always leave space for the viewer to wonder.

De Zilva's style is best described as psychological realism: "I'm interested in what underpins our actions and thoughts, how context influence us. My paintings are psychological so they can be visually dreamlike, but the feelings they express are dead real. I paint in a realist manner to bring some reality and seriousness to a subject that cannot be seen or touched and is difficult to describe."

The painted figures in her works are portraits of real people yet the stories are not about specific people; Jess hopes there is a piece of everyone reflected in her works.

We are always looking for interesting and visually appealing images for the cover of the Journal and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London, E1 8BB, UK or bjp@rcpsych.ac.uk.

