

The Psychiatrist

FORMERLY THE PSYCHIATRIC BULLETIN

EDITORIALS

- 241 The Mental Capacity Act and mental healthcare in prison: opportunities and challenges
Sharon Davies, Claire Dimond
- 243 Compulsory treatment in prison. Commentary on . . . The Mental Capacity Act and mental healthcare in prison
Simon Wilson

ORIGINAL PAPERS

- 245 Assertive outreach: mirror-image study with contemporaneous controls
Ann M. Mortimer, Charles J. Shepherd, Akin Fadahunsi, Adam Jones, Palanivelu Kumar, Poornima Gangaram
- 249 Spirituality and the mental health professions
Monika Pelechova, Gilly Wiscarson, Derek K. Tracy
- 254 Sector and functional models of consultant care: in-patient satisfaction with psychiatrists
Richard Laugharne, Milind Pant
- 257 Alcohol use in schizophrenia: prevalence, patterns, correlates and clinical outcomes in Goa, India
Anil Rane, Abhijit Nadkarni, Jaiprada Kanekar, Wenona Fernandes, Hirabai A. Borker, Yvonne Pereira

CURRENT PRACTICE

- 263 UK extended Medical Assessment Programme for ex-service personnel: the first 150 individuals seen
Ian P. Palmer

COLUMNS

- 271 Correspondence
- 275 Obituaries
Dr Thomas Richard Emerson
Andrew Charles Skarbek
Professor Phil Seager
Dr Tomma Muhsin
- 278 Reviews
Reading about . . . self-help books for body dysmorphic disorder
Overcoming Your Workplace Stress: A CBT-Based Self-Help Guide

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Cover image

In this issue, O'Connor & Veale (pp. 278-279) survey the current self-help literature on body dysmorphic disorder.

Image by Guy Undrill 2012. Detail from *The Rokeby Venus* (c.1648-51) by Velázquez, courtesy of the National Gallery, London, UK/The Bridgeman Art Library.