

Solitude

The Science and Power of Being Alone

Most of us spend a sizable chunk of each day alone. Whether we love it or try to avoid it, we can make better use of that time. The science of solitude shows that alone time can be a powerful space used to tap into countless benefits.

“Extremely comprehensive, accessible, and tremendously engaging. This is an absolute must read and invaluable resource on this topic from leading international experts.”

Robert J. Coplan, *Carleton University*

“This book is full of wisdom. Kind, conversational, and profoundly practical.”

Michael Harris, author of *Solitude and The End of Absence*

“This delightful book helps you strengthen your capacity for solitude and harness the benefits of being alone.”

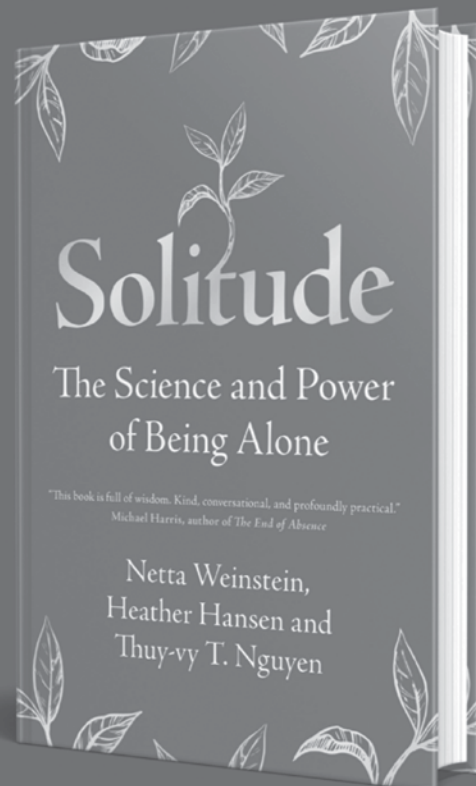
Scott Barry Kaufman, author of *Transcendence*

“Rejuvenates the subject by sowing the seeds of reshaping our perception of solitude.”

Sharon Ost Mor, *University of Haifa*

“An interesting and comprehensive read on everything you need to know about making the most of your time alone.”

Marion Pauw, author of *Daylight* and screenwriter of *In Therapy*

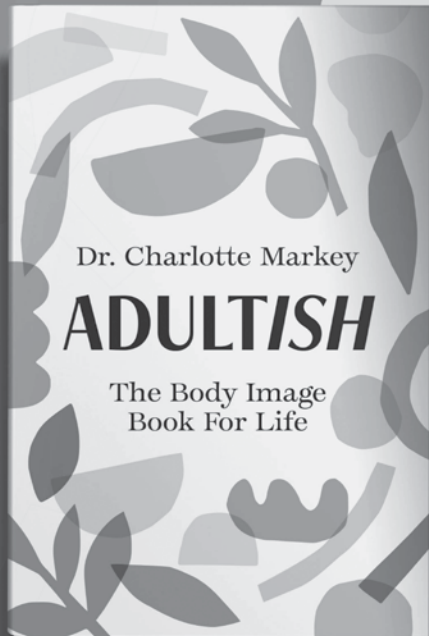


9781009256605 | Hardback | £20.00/\$25.95 | April 2024

Save 20% with code SOLITUDE20
www.cambridge.org/solitude



CAMBRIDGE
UNIVERSITY PRESS



Dr. Charlotte Markey

ADULTISH

The Body Image
Book For Life

Save 20% off with
code ADUL20

“Charlotte Markey
has done it again!
...an incredibly
thoughtful, robust
guide.”

CARA NATTERSON, MD,
Pediatrician, *NY Times* best-
selling author and founder
of puberty positive company
Order of Magnitude

“This book is a
breath of fresh
air... I love the
way Dr. Charlotte
Markey provides
insight, empathy,
education and
action items in
this incredible
book.”

JENNA WERNER, Registered
dietitian and owner of *Happy
Strong Healthy*

9781009228961 | PB | \$19.95 / £15.99
September 2024 / October 2024



CAMBRIDGE
UNIVERSITY PRESS



Psychology

Books and Journals from
Cambridge University Press

Cambridge University Press is a leading publisher in the psychological and brain sciences.

From undergraduate course resources, our prestigious Cambridge Handbooks in Psychology series, our leading journals including *Behavioral and Brain Sciences* and *Development*, *Journal of the International Neuropsychological Society* and *Psychopathology*, and our extensive collection of scholarly monographs,

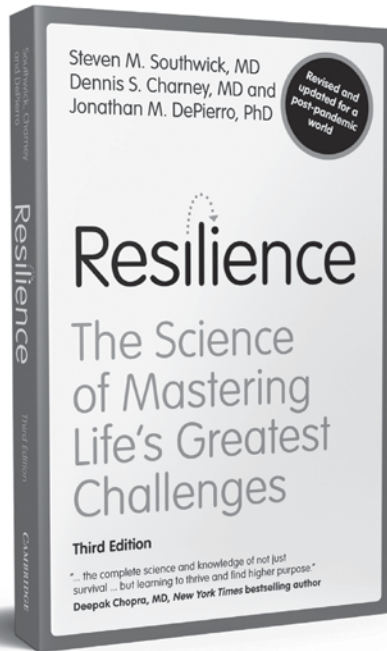
Cambridge supports learning and research across all of psychology and related fields. .

For further details visit:
cambridge.org/core-psychology

Cambridge
Core



CAMBRIDGE
UNIVERSITY PRESS



“...an extraordinary manual”

Deepak Chopra, MD and New York Times Bestselling Author

“...a beautiful book that will benefit everyone.”

Richard J. Davidson, PhD, author of the New York Times bestseller
The Emotional Life of Your Brain

“The lessons in this book are what we should teach our children.”

Barbara Olasov Rothbaum, PhD, Director, Emory Healthcare Veterans Program

“...an essential text.”

Thomas Insel, MD, former Director of US National Institute of Mental Health

[cambridge.org/resilience](https://www.cambridge.org/resilience)

9781009299749 | Paperback | September 2023 | £12.99 / \$16.95



CAMBRIDGE
UNIVERSITY PRESS

INSTRUCTIONS FOR CONTRIBUTORS

SUBMISSION OF MANUSCRIPTS

All manuscripts should be submitted online via our new manuscript submission and tracking site, <http://mc.manuscriptcentral.com/ipm>. Full instructions for electronic submission are available directly from this site. If you wish to submit a book review please email your paper directly to the Editorial Office <mhayes@irishpsychiatry.ie>. To facilitate rapid reviewing, communications for peer review will be electronic and authors will need to supply a current e-mail address when registering to use the system.

All submitted material will become the property of the Journal until, and if, publication is refused. Material so referred should not be sent elsewhere for publication.

The Journal will accept for consideration original papers, brief research reports, audits, clinical case reports, review articles, historical papers, perspective articles, editorials, and letters to the editor and book reviews. Original data papers receive top priority for speedy publication.

Generally original papers should not have text more than 4500 words in length (excluding title, authors, abstract, tables/figures and references). Papers shorter than these limits are encouraged. For papers of unusual importance the editorial team may waive these requirements. Short reports have a word limit of 2,000 and editorials have a word limit of 1,500.

Manuscripts should be prepared in accordance with the "Uniform Requirements for Manuscripts (URM) Submitted to Biomedical Journals" of the International Committee of Medical Journal Editors (2010).

Declaration of Interest: A statement must be provided in the acknowledgements listing all financial support received for the work and, for all authors, any financial involvement (including employment, fees, share ownership) or affiliation with any organization whose financial interests may be affected by material in the manuscript, or which might potentially bias it. This applies to all papers including editorials and letters to the editor.

Contributors should also note the following:

1. S.I. units should be used throughout in text, figures and tables.
2. Authors should spell out in full any abbreviations used in their manuscripts.
3. Foreign quotations and phrases should be followed by a translation.
4. If necessary, guidelines for statistical presentation may be found in: Altman DG, Gore SM, Gardner MJ & Pocock SJ (1983). Statistical guidelines for contributors to medical journals. *British Medical Journal* 286, 1489–1493.

REFERENCES (1) The Harvard (author-date) system should be used in the text and a complete list of References cited given at the end of the article. In a text citation of a work by more than two authors cite the first author's name followed by et al. (but the names of all of the authors should be given in the References section). Where several references are cited together they should be listed in rising date order. (2) The References section should be supplied in alphabetical order (authors' names in bold, journal titles in full), following the text. Some examples follow:

Brown GW (1974). Meaning, measurement and stress of life events. In *Stressful Life Events: Their Nature and Effects* (ed. B. S. Dohrenwend and B. P. Dohrenwend), pp. 217–244. John Wiley: New York.

Brown J (1970). *Psychiatric Research*. Smith: Glasgow.

Brown J, Williams E, Wright H (1970). Treatment of heroin addiction. *Psychological Medicine* 1, 134–136.

(3) Online citations

doi (when published online prior to printed issue)

Acute Health Care, Rehabilitation and Disability Prevention Research - National Center for Injury Prevention and Control. (<http://www.cdc.gov/ncipc/profiles/acutecare/default.htm>). Accessed 7 June 2004.

British Psychological Society Research Digest, Issue 12. (<http://lists.bps.org.uk/read/messages?id=1423>). Accessed 17 February 2004.

[Authors are requested to print-out and keep a copy of any online-only material, in case the URL changes or is no longer maintained.]

FIGURES AND TABLES Only essential figures and tables should be included. Further tables, figures, photographs and appendices, may be included with the online version on the journal website. To ensure that your figures are reproduced to the highest possible standards, Cambridge Journals recommends the following formats and resolutions for supplying electronic figures. Please ensure that your figures are saved at final publication size and are in our recommended file formats. Following these guidelines will result in high quality images being reproduced in both the print and the online versions of the journal. Line artwork: Format: tif or eps, Colour mode: black and white (also known as 1-bit), Resolution: 1200 dpi; Combination artwork (line/tone): Format: tif or eps, Colour mode: grayscale (also known as 8-bit), Resolution: 800 dpi; Black and white halftone artwork: Format: tif, Colour mode: grayscale (also known as 8-bit), Resolution: 300 dpi; Colour halftone artwork: Format: tif, Colour mode: CMYK colour, Resolution: 300 dpi. All photographs, graphs, and diagrams should be referred to as figures and should be numbered consecutively in Arabic numerals. Captions for figures should be typed double-spaced on separate sheets. Tables should be numbered consecutively in the text in Arabic numerals and each typed on a separate sheet after the References section. Titles should be typed above the table.

PROOFS AND OFFPRINTS Page proofs will be sent to the author designated to receive correspondence. Corrections other than to printer's errors may be charged to the author. The corresponding author of each paper will receive a PDF file of their article.

COPYING This journal is registered with the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923. Organizations in the USA who are also registered with C.C.C. may therefore copy material (beyond the limits permitted by sections 107 and 108 of US copyright law) subject to payment to C.C.C. of the per-copy fee of \$16.00. This consent does not extend to multiple copying for promotional or commercial purposes. Code 0033-2917/2017 \$16.00. Organizations authorized by the Copyright Licensing Agency may also copy material subject to the usual conditions. ISI Tear Sheet Service, 3501 Market Street, Philadelphia, Pennsylvania 19104, USA, is authorized to supply single copies of separate articles for private use only. For all other use, permission should be sought from Cambridge or the American Branch of Cambridge University Press.

SUBSCRIPTIONS *Irish Journal of Psychological Medicine* (ISSN 0790-9667) is published quarterly by Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK/Cambridge University Press, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA. The subscription price (excluding VAT) for institutions, which includes print and electronic access, of volume 41, 2024 is £428 (US \$752 in USA, Canada and Mexico; €524 in Euro). For institutions, single issues print only, the price is £135 (\$216 in USA, Canada and Mexico; and €151 in Euro). EU subscribers (outside the UK) who are not registered for VAT should add VAT at their country's rate. VAT registered subscribers should provide their VAT registration number. Orders, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfillment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

ONLINE ACCESS This journal is included on Cambridge Core and can be found at cambridge.org/ipm

Enquiries about advertising should be sent to ad_sales@cambridge.org

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.

Printed and bound by CPI Group (UK) Ltd, Croydon, CR0 4YY

Irish Journal of Psychological Medicine

CONTENTS

OBITUARY

Obituary: Professor Ivor Browne, FRCPI FRCPSych MSc (Harv.) DPM
Kelly, B. D. 423

EDITORIAL

Climate change and health: the role of health professionals
Crowley, P., O'Connor, C., Power, E., Cannon, M., Cotter, D. & McNicholas, F. 427

ORIGINAL RESEARCH

Mental health of Irish adolescents following the COVID-19 pandemic: results
from a population-based cross-sectional survey
Dooley, N., Power, E., Healy, H., Cotter, D. & Cannon, M. 430

Psychiatrists' views on clozapine prescribing in Ireland
Grant, A., McManus, R., Belay, H., Mahon, M., Murad, F., O'Donoghue, B. &
Lally, J. 439

The impact of fluphenazine withdrawal: a mirror-image study
Meehan, S., Moran, S., Rainford, A., McDonald, C. and Hallahan, B. 446

Amid magic and menace: psychiatrists' attitudes to psilocybin therapy
Gribben, A., Burke, T., Harrington, C., Husein, A., Murnane, K. S.,
Hendricks, P. S., Tobin, K., Ivers, J-H., Thuery, G., Harkin, A. & Kelly, J. R. 451

A qualitative evaluation of a telehealth healthy lifestyle intervention for
people with serious mental illness
O'Keeffe, D. & Clarke, M. 460

Co-designing a virtual reality exposure therapy with students experiencing
school anxiety: a proof-of-concept study
Boyle, D., Morrin, N., Scargill, J., Mulvey, F., Heavin, C., Flanagan, E.,
McMahon, B. & O'Connell, H. 469

Perspectives of psychiatric trainees and examiners on the assessment of
communication skills during an online clinical examination: a qualitative study
Usman, M., Adamis, D. & McCarthy, G. 478

Dysfunctional schema modes as determinants of psychiatric comorbidities:
a study in a cohort of people with epilepsy
Shafique, N., Arafat, S. M. Y., Siddiqui, F., Malik, W. T., Hallahan, B. &
Khalily, M. T. 485

CASE REPORT

Kynanthropic and vampirism delusions: a case report and review
of the literature
Mulholland, K., McLoughlin, A., McDonald, C. & Hallahan, B. 493

PERSPECTIVE PIECE

The clinical pathway in ADMiRE, Ireland's first public specialist service for
children and adolescents with attention deficit hyperactivity disorder
McGrath, J. 497

LETTERS TO THE EDITOR

Hexahydrocannabinol (HHC): a potentially potent challenge for Ireland's
early intervention in psychosis network
Naughton, S. & Clarke, M. 505

Etizolam and Irish drug poisoning deaths
Keenan, E., Kelleher, C., Lyons, S. & Sweeney, N. 506

The only Special Interest Group with a Stack – Evolution, Psychiatry and
the Substack Platform
Brar, G., Hunt, A. & O'Connell, H. 508

Stalking and autism
Murphy, V., Laboy, N. M., Peretti, K., & Abbott, S. E. 510

BOOK REVIEW

Grief and prolonged grief disorder
Carey, C. 512