

FROM THE GUEST EDITOR

87 NNDC Special Issue: Challenges of Mood Disorders Care

John F. Greden, M.D., and J. Raymond DePaulo, Jr., M.D.

REVIEWS

88 Suicide Risk Assessment and Prevention: Challenges and Opportunities

Eileen P. Ryan, D.O., and Maria A. Oquendo, M.D., Ph.D.

Strategies such as restricting access to lethal means and treating a comorbid psychiatric disorder are effective in suicide risk assessment and management. Various scientific and technological advances may enhance the ability to identify and treat at-risk patients, but further research is needed.

100 Clinical Perspective on Opioids in the Context of Suicide Risk

Paul S. Nestadt, M.D., and Amy S. B. Bohnert, Ph.D., M.H.S.

Rising rates of suicide and opioid overdose deaths in the U.S. may be linked. Interventions targeting shared risk factors and tools, such as naloxone, medications for opioid use disorders, and improved risk screening and prescription methods, should be implemented to reduce risk.

106 Is Postpartum Depression Different From Depression Occurring Outside of the Perinatal Period? A Review of the Evidence

Melissa M. Batt, M.D., M.P.H., et al.

Evidence as to whether postpartum depression (PPD) is distinct from major depressive disorder is mixed, affected largely by how the postpartum period is defined. This review found that depression occurring in the early postpartum period may be distinct whereas depression occurring in the later postpartum period may be more like major depressive disorder.

FEATURES

CLINICAL SYNTHESIS

120 Consequences of Recurrence of Major Depressive Disorder: Is Stopping Effective Antidepressant Medications Ever Safe?

Jennifer Severe, M.D., et al.

People who experience a major depressive episode often face a recurring longitudinal treatment course. The time has come for major depressive disorder to be categorized as a chronic illness, such as diabetes and heart disease, for which prevention and maintenance of wellness interventions are imperative.

129 The Care of Patients With Complex Mood Disorders

Zachary A. Cordner, M.D., Ph.D., et al.

Perspectives are offered on treatment management for patients with mood disorders complicated by physical and psychological disorders, personality vulnerabilities, drug misuse, and/or interpersonal problems. These commonly encountered conditions can make depressive states harder to treat.

139 Management of Complex Co-occurring Psychiatric Disorders and High-Risk Behaviors in Adolescence

Justine W. Welsh, M.D., et al.

Early, adequate, and individualized cross-sectional analysis of foreseeable risk for comorbid psychopathology of adolescents can inform preventive measures and behavioral therapies for conditions ranging from disordered eating to suicidal ideation and self-harm.

Features, continued

150 Depression Comorbid With Stroke, Traumatic Brain Injury, Parkinson's Disease, and Multiple Sclerosis: Diagnosis and Treatment

Susan K. Conroy, M.D., Ph.D., et al.

For patients with stroke, traumatic brain injury, Parkinson's disease, and multiple sclerosis, the diagnosis and treatment of depression can be particularly challenging. For each of these neurologic disorders, this review assesses screening tools, etiological factors, and evidence for various depression treatments.

162 Computer-Assisted CBT and Mobile Apps for Depression: Assessment and Integration Into Clinical Care

Jesse H. Wright, M.D., Ph.D., and Matthew Mishkind, Ph.D.

Two experts in treating depression with the help of computer-assisted CBT and mobile apps offer an introduction to these technological tools. How effective are they? Advantages and disadvantages? How can clinicians choose the most useful ones? And how best to introduce them into clinical practice?

169 Advancing Treatment of Depression and Other Mood Disorders Through Innovative Models of Telepsychiatry

Jay H. Shore, M.D., M.P.H., et al.

Innovative models of telepsychiatric care are reviewed, including the use of videoconferencing and asynchronous telepsychiatry, which are reconfiguring psychiatric care delivery and improving the quality of, and access to, care for depression and other mood disorders.

175 Real-Time Monitoring: A Key Element in Personalized Health and Precision Health

John Zulueta, M.D., et al.

Numerous advances in computing and sensor technologies can enhance objective, real-time data collection and patient outcome prediction, informing the diagnosis and management of psychiatric disorders but also prompting concern for ensuring data integrity and ethical and legal issues.

181 Next-Step Treatment Considerations for Patients With Treatment-Resistant Depression That Responds to Low-Dose Intravenous Ketamine

William V. Bobo, M.D., M.P.H., et al.

Strategies to extend an acute response to ketamine for patients with treatment-resistant unipolar or bipolar depression are reviewed. Next treatment steps may include maintenance ketamine or esketamine, other pharmacotherapies, electroconvulsive therapy, and other approaches, although none are backed by strong evidence.

PATIENT MANAGEMENT EXERCISE

193 Postpartum Depression

Ian A. Cook, M.D.

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Dorothy E. Stubbe, M.D.

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220 Prognosis and Improved Outcomes in Major Depression: A Review

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