

CPD eLearning

265 **New from CPD eLearning**

Cochrane Corner

266 **Psychological and pharmacological interventions for depression in patients with diabetes mellitus and depression: a Cochrane Review**

Harald Baumeister, Nico Hutter & Jürgen Bengel

Round the Corner

267 **Do we need a more individualised approach to the management of comorbid depression and diabetes?**

Surina Moodley & Panagiotis Pavlou

Refreshment

271 **Beyond the cold baths: contemporary applications of cold-water immersion in the treatment of clinical depression and anxiety**

Carlos Carona & Sandra Marques

Articles

274 **Cognitive-behavioural therapy as a comprehensive treatment for personality disorders**

Diogo Carreiras, Paula Castilho, Daniel Rijo, Maria do Céu Salvador & Carlos Carona

288 **From industrialised to mindful medicine: including the politics of need and trust in child psychiatry**

Simon R. Wilkinson

Clinical Reflection

298 **Adult attention-deficit hyperactivity disorder: time for a rethink?**

Shevonne Matheiken, Meriç Erden, Rajeev Krishnadas & Mariana Pinto da Costa

Articles

303 **Managing the clinical encounter with patients with personality disorder in a general psychiatry setting: key contributions from neuropsychanalysis**

Tennyson Lee & Mark Solms

311 **Transformative technologies in medicine: a primer for psychiatrists**

Neil Mayfield, Suzy Ker, Rachel Steele & Stephen Wright

Research Methods

322 **Should we compromise on *n*-of-1 data analyses?**

Prathiba Batley

Memory Lane

326 **Bowlby's trilogy**

Jeremy Holmes

In this issue (271–273), authors Carlos Carona and Sandra Marques review the evidence regarding the beneficial effects of cold-water immersion on clinical depression and anxiety and outline potential therapeutic mechanisms underlying the intervention. They discuss promising avenues for future research and best practice recommendations.

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