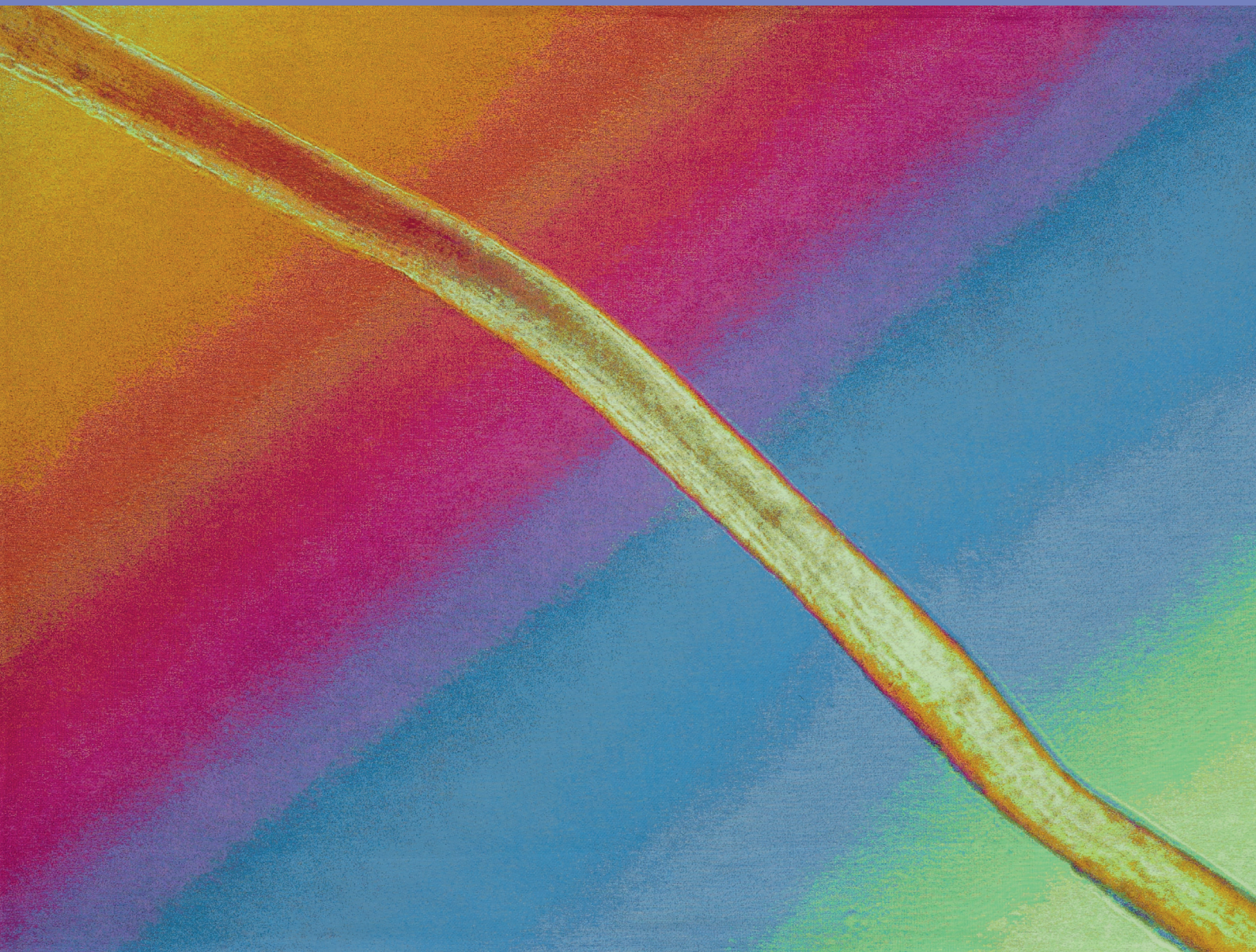




BJPsych  
**International**

Volume 15  
Number 1  
February 2018







Volume 15  
Number 1  
February 2018

BJPsych International (Print)  
ISSN 2056-4740

BJPsych International (Online)  
ISSN 2058-6264

**Mission of BJPsych International**

We address themes that have real practical relevance to supporting patients, with a particular, but not exclusive, focus on the needs of low- and middle-income countries as well as the mental health needs of the poor and socially excluded in more developed countries. Contributors who can provide examples of innovative practice, which could be emulated elsewhere at minimal cost, are especially welcome, as are papers on public mental health.

**Editor**

David Skuse

**Deputy Editor**

George Ikkos

**Founding Editor**

The late Hamid Ghodse

**Student Editor**

Lindsey Kent

**Staff**

Anna Munks (Managing Editor)

**Editorial board**

**Senior Editorial Advisors**

Rachel Jenkins  
UK

John Cox  
UK

**Associate Editors**

Michel Botbol (Europe)  
France

Nick Bouras (Special Papers)  
UK

Santosh Chaturvedi (Indian Subcontinent)  
India

Manu Dhadhpale (Country Profiles)  
India

Tariq Hassan (North America)  
Canada

Kelly Lai (South-East Asia)  
Hong Kong

Nasser Loza (Middle East)  
Egypt

Daniel Maughan (Sustainability)  
UK

Olufemi Olugbile (Africa)  
Nigeria

Eleni Palazidou (Pandora's Box)  
UK

Dr Ian Soosay (Oceania)  
New Zealand

**Other members**

Katy Briffa  
UK

Jorge Calderon  
Chile

Rakesh Chadda  
India

George Christodoulou  
Greece

Anna Datta  
New Zealand

Oluwole Famuyiwa  
UK

Stephen Kisely  
Australia

Marinos Kyriakopoulos (Global Echoes)  
UK

Gholam Reza Mir-Sepassi  
Iran

Hellme Najim  
UK

David Ndeti  
Kenya

Sean O' Domhnaill  
Ireland

Sundararajan Rajagopal  
India

Mohamed Omar Salem  
UAE

Samuel Stein  
UK

**Pictures Editor**

Georgina Corbet-Burcher

**Open access**

Online access to *BJPsych International* is unrestricted; use of its content is governed by the terms of the article's Creative Commons license. Please check each article for the specific Creative Commons license used.

**Access**

*BJPsych International* is Open Access online. Print copies are provided to members of the Royal College of Psychiatrists free of charge.

**About the journal**

*BJPsych International* is published four times a year on behalf of the Royal College of Psychiatrists, which is a charity registered in England and Wales (228636) and in Scotland (SC038369).

*BJPsych International* is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-international>

Information about the College's publications is available at <http://www.rcpsych.ac.uk>

The views presented in this publication do not necessarily reflect those of the Royal College of Psychiatrists, and the publishers are not responsible for any error of omission or fact.

Formerly published as *International Psychiatry* (2003-2014), ISSN 1749-3676, and until 2006 was subtitled as the *Bulletin of the Board of International Affairs of the Royal College of Psychiatrists*.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, 23 High East Street, Dorchester, Dorset DT1 1HD.

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](http://www.fsc.org) for information.

Design © The Royal College of Psychiatrists 2018.

**Notice to contributors**

*BJPsych International* publishes articles dealing with mental health policy, promotion and legislation, the administration and management of mental health services, and training in psychiatry around the world. The journal aims to be a platform for work that is generally underrepresented in the literature, especially psychiatry in low- and middle-income countries.

Manuscripts for publication should be submitted online at <https://mc.manuscriptcentral.com/bjpsych-int> (general enquiries may be addressed to [ip@rcpsych.ac.uk](mailto:ip@rcpsych.ac.uk)).

Manuscripts accepted for publication are copy-edited to improve readability and to ensure conformity with

house style. Authors whose first language is not English are encouraged to contribute.

Contributions are accepted for publication on the condition that their substance has not been published or submitted elsewhere. Once a paper is accepted for publication, all its authors are required to disclose any potential conflict of interest. Completion of the form developed by the International Committee of Medical Journal Editors for this purpose (<http://www.icmje.org/conflicts-of-interest/>) is mandatory.

**About our peer review process**

All articles submitted are reviewed by a minimum of two peers to ensure that their content, length and structure are appropriate for the journal. Not all papers will be accepted for publication, but our peer review process is intended to assist our authors in producing articles for worldwide dissemination. Wherever possible, our expert panel of assessors will help authors to improve their papers to maximise their impact when published.



MIX  
Paper from  
responsible sources  
FSC™ C013985