

# BJPpsych

The British Journal of Psychiatry



**The BJPpsych Journals:  
open for business  
and faster than a  
speeding bullet in  
advancing psychiatry  
internationally**  
Malhi

**Adverse childhood  
experiences and  
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Köhler-Forsberg et al

**Measuring the  
impact of therapy  
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ISSN 0007 - 1250

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*British Journal of Psychiatry* (ISSN 0007-1250) is published monthly. The six issues starting January 2024 comprise Volume 224, the six issues starting July 2024 comprise Volume 225. Orders from non-members of the College, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press & Assessment, Shaftesbury Road, Cambridge, CB2 8EA, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press & Assessment, Journals Fulfillment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA, email subscriptions\_newyork@cambridge.org. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

The annual subscription prices (including delivery by air but excluding VAT) for Volumes 224/225 are as follows:

	INSTITUTIONS	INDIVIDUALS
Print and online	£702/\$1248	£566/\$880
Online only	£473/\$725	£307/\$481

Single issues are £67 (US\$120 in the USA, Canada and Mexico) plus postage. 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. Claims for missing issues should be made immediately on receipt of the subsequent issue.

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

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Founded by J. C. Bucknill in 1853 as the *Asylum Journal* and known as the *Journal of Mental Science* from 1858 to 1963.

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

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The *British Journal of Psychiatry* is published monthly by the Royal College of Psychiatrists (a charity registered in England and Wales (228636) and in Scotland (SC038369)). The Journal publishes original work in all fields of psychiatry. Manuscripts for publication should be submitted online at <https://mc.manuscriptcentral.com/bjpsych>.

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# BJPsych

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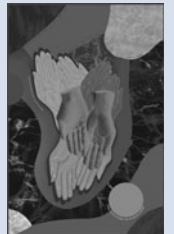
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### Cover picture

#### ‘Carry Me [to the shallow waters]’, Valerie Amani

A reflection on how touch is usually an unconsidered part of mental healthcare environments – and how hands are complex symbols that can either emanate support or restraint.

In a hope to invert the cold, inorganic and unfamiliar surfaces within the ward, the piece is an invitation to explore softness, and the comfort that colour can bring. Accompanied by small excerpts from poems written in moments where I was not sure if I was swimming or drowning – depicted in the abstract sea – the piece aims to encourage exploration and dialogue around how the spaces we are in, can better work with our senses in order to hold and ground us while in moments of uncertainty.



We are always looking for interesting and visually appealing images for the cover of the Journal and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London, E1 8BB, UK or [bjp@rcpsych.ac.uk](mailto:bjp@rcpsych.ac.uk).