

BJP The British Journal of Psychiatry Psych



Effectiveness of exercise-based interventions in reducing depressive symptoms in non-depressed people: a systematic review and meta-analysis of randomized controlled trials

Bellón et al

Electroconvulsive therapy for depression: 80 years of progress

Kirov et al

Involuntary Isolation: Interpreting Mental Health Legislation During the COVID-19 Pandemic

Sediqzadah et al

Investigating associations of childhood abuse and serum brain-derived neurotrophic factor levels with suicidal behaviours in patients with depressive disorders

Kim et al

BJPsych

The British Journal of Psychiatry

ISSN 0007 - 1250

Editor Kamaldeep Bhui CBE**Deputy Editors**

Matthew Broome
William Lee
(Research Integrity Editor)
Gin Malhi
(Editorials Editor)
Giles Newton-Howes
(Reviews Editor)
Rachel Uptegrove

Associate Editors

Shehzad Ali
Jonathan Bisson
Elena Garraida
Joseph Hayes
Philipp Homan
Edgar Jones
Helen Killaspy
Anne Lingford-Hughes
Philip McGuire
Francis Anthony O'Neill
Zena Samaan
Jan Scott
James Shearer
Bart Sheehan
Najma Siddiqi
Mustafa Soomro

Editorial Advisors

Sarah Byford
John Geddes
Martin Knapp

International Editorial Board

Regi T. Alexander (UK)
(Book Reviews Editor)
Allan Beveridge (UK)
Alec Buchanan (USA)
Colin Campbell (UK)
(Correspondence Editor)
(Analysis Editor)
Mary Cannon (Ireland)

Patricia Casey (Ireland)
Rakesh K Chadda (India)
Andrew Cheng (Taiwan)
Erika Comasco (Sweden)
John Cookson (UK)
Pim Cuijpers (The Netherlands)
David Curtis (UK)
Kimberlie Dean (Australia)
Colin Drummond (UK)
Emilio Fernandez Egea (UK)
Sinan Guloksuz
(The Netherlands)
Peter Haddad (UK)
Judith Harrison (UK)
Madelyn Hicks (USA)
Cyrus Ho (Singapore)
Louise Howard (UK)
Khalida Ismail (UK)
Navneet Kapur (UK)
Eirini Karyotaki
(The Netherlands)
Kenneth Kaufman (USA)
Steve Kisely (Australia)
Ivan Koychev (UK)
Rajeev Krishnadas (UK)
Stephen Lawrie (UK)
Glyn Lewis (UK)
Kwame McKenzie (Canada)
Marco Mula (UK)
Roger Mulder (New Zealand)
Aileen O'Brien (UK)
(Analysis Editor)
Claire de Oliveira (UK)
Martin Orrell (UK)
Femi Oyebode (UK)
(Book Reviews Editor)
(Executive Contents Editor)
Sarah Peters (UK)
Michael Phillips (China)
Mariana Pinto Da Costa (UK)
Alexandra Pitman (UK)
Rahul Rao (UK)
(Highlights Editor)
Thomas Schulze (Germany)

Frauke Schultze-Lutter
(Germany)
Sukhwinder Shergill (UK)
Emily Simonoff (UK)
Athula Sumathipala (UK)
Eric Tan (Australia)
Nori Takei (Japan)
Leila Tarokh (Switzerland)
Derek Tracy (UK)
(Editor for Public Engagement and Education)
Stuart Watson (UK)
Richard Williams (UK)
Kiriakos Xenitidis (UK)
(Correspondence Editor)
Allan Young (UK)
Melvyn Zhang Weibin
(Singapore)
Yaara Zisman-Ilani (USA)

Trainee Editors

Katherine Adlington
Angharad de Cates
Laura McWhirter

Statistical Advisors

Eva Petkova
Min Yang

Staff

Head of Publishing
Elizabeth Hay
Managing Editor
Alice Shuttleworth
Senior Publications Coordinator
Dianndra Roberts

Past Editors

Eliot Slater 1961–72
Edward H. Hare 1973–77
John L. Crammer 1978–83
Hugh L. Freeman 1984–93
Greg Wilkinson 1994–2003
Peter Tyrer 2003–13

Subscriptions

British Journal of Psychiatry (ISSN 0007-1250) is published monthly. The six issues starting January 2021 comprise Volume 218, the six issues starting July 2021 comprise Volume 219. 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, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, 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 218/219 are as follows:

	INSTITUTIONS	INDIVIDUALS
Print and online	£589/\$1049	£475/\$739
Online only	£483/\$740	£308/\$481

Single issues are £57 (US\$101 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.

Queries from College members about missing or faulty copies should be sent to Customer Services, Cambridge University Press, email journals_societies@cambridge.org, tel. +44 (0)1223 326070.

USPS ID Statement

The *British Journal of Psychiatry*, ISSN 0007-1250, is published monthly by Cambridge University Press, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK. The US annual subscription price is \$976 print and online/\$688 online only for institutions and \$687 print and online/\$447 online only for individuals. Airfreight and mailing in the USA by agent named World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Periodicals postage paid at Brooklyn, NY 11256. US Postmaster: Send address changes to The *British Journal of Psychiatry*, World Container Inc, 150-15, 183rd Street, Jamaica, NY 11413, USA. Subscription records are maintained at Cambridge University Press, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK. Air Business Ltd is acting as our mailing agent.

Online access

British Journal of Psychiatry is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry>.

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

Instructions to authors

Full instructions to authors are given at <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/information/instructions-contributors>.

Advertising

Correspondence and copy should be addressed to: Stephen H. P. Mell, Advertising Manager, PTM Publishers Ltd, 41 Hart Close, Uckfield, East Sussex TN22 2DA, UK (email advertising@ptmpublishers.com; tel. 020 8642 0162)

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

©The Royal College of Psychiatrists 2021. Unless so stated, material in the *British Journal of Psychiatry* does not necessarily reflect the views of the Editor or the Royal College of Psychiatrists. The publishers are not responsible for any error of omission or fact.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, 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 for information.



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>.

All papers in this journal are peer-reviewed. No person is permitted to take any role in the peer-review of a paper in which they have an interest, defined as follows: fees or grants from, employment by, consultancy for, shared ownership in, or any close relationship with, an organisation whose interests, financial or otherwise, may be affected by the publication of the paper.

A41 Editorial Board
A43 Highlights of this issue

Editorial

575 **Involuntary isolation: interpreting mental health legislation during the COVID-19 pandemic**
Saadia Sediqzadah, Lwam Ghebrehariat, Kristen T. Weersink, David N. Fisman and Kendra A. Naidoo

577 **psychiatry in literature – Thomas Hoccleve's *Complainte***
Andrew F. Tarbuck

Review

578 **Effectiveness of exercise-based interventions in reducing depressive symptoms in people without clinical depression: systematic review and meta-analysis of randomised controlled trials**
Juan Ángel Bellón, Sonia Conejo-Cerón, Almudena Sánchez-Calderón, Beatriz Rodríguez-Martín, Darío Bellón, Emiliano Rodríguez-Sánchez, Juan Manuel Mendive, Ignacio Ara and Patricia Moreno-Peral

Paper

588 **Mortality after electroconvulsive therapy**
Bradley V. Watts, Talya Peltzman and Brian Shiner

Analysis

594 **Electroconvulsive therapy for depression: 80 years of progress**
George Kirov, Sameer Jauhar, Pascal Sienaert, Charles H. Kellner and Declan M. McLoughlin

Papers

598 **Investigating associations of childhood abuse and serum brain-derived neurotrophic factor levels with suicidal behaviours in patients with depressive disorders**
Jae-Min Kim, Ju-Wan Kim, Hee-Ju Kang, Ju-Yeon Lee, Sung-Wan Kim, Il-Seon Shin, Byung-Jo Chun and Robert Stewart

606 **Data-driven clustering differentiates subtypes of major depressive disorder with distinct brain connectivity and symptom features**
Yanlin Wang, Shi Tang, Lianqing Zhang, Xuan Bu, Lu Lu, Hailong Li, Yingxue Gao, Xinyu Hu, Weihong Kuang, Zhiyun Jia, John A. Sweeney, Qiyong Gong and Xiaoqi Huang

613 **psychiatry in literature – Saturn: star of melancholy**
George Ikkos

Analysis

614 **Are we repeating mistakes of the past? A review of the evidence for esketamine**
Mark A. Horowitz and Joanna Moncrieff

Columns

618 **Corrigendum**
619 **Correspondence**
623 **Contents of *BJPsych Advances***
624 **Kaleidoscope**
626 **Ten Books**

Cover picture

Two Auld Wifies, Dundee by Ron Stenberg
Oil on canvas, 1982
© Ron Stenberg



Stenberg's double portrait highlights the dangers of judging by appearances and uncovers a poignant story of a mother's enduring love. Following an appeal for information, the sitter on the left was quickly identified as Mrs Janet Isles-Denny. Rather than gossiping with an auld wifie, she was out with her beloved son Alexander, a long-term resident of Dundee's Royal Lift Hospital. Despite giving the work its evocative title, Stenberg nevertheless painted what he had observed. Rather than two women, it is clear that Alexander is a man - note the position of his coat buttons and the size of his hands and feet. In a final twist to a remarkable tale, the woman who the artist believed was a modest Hilltown housewife, left her substantial estate to establish a Trust to benefit the people of Dundee.

Thank you Dundee Art Galleries and Museums for providing the image. Text from McManus Art Gallery and Museum, Dundee.

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.