

- 18 Rohde P, Lewinsohn PM, Seeley JR. Comparability of telephone and face-to-face interviews in assessing axis I and II disorders. *Am J Psychiatry* 1997; **154**: 1593–8.
- 19 Cooper Z, Cooper PJ, Fairburn CG. The validity of the eating disorder examination and its subscales. *Br J Psychiatry* 1989; **154**: 807–12.
- 20 Troop N, Schmidt U, Tiller J, Todd G, Keilen M, Treasure J. Compliance with a self-care manual for bulimia nervosa: predictors and outcome. *Br J Clin Psychol* 1996; **35**: 435–8.
- 21 Waller G, Schmidt U, Treasure J, Murray K, Alenya J, Emanuelli F, Crockett J, Yeomans M. Problems across care pathways in specialist adult eating disorders services. *Psychiatr Bull*. In press.
- 22 Agras WS, Walsh T, Fairburn CG, Wilson GT, Kraemer HC. A multicenter comparison of cognitive-behavioral therapy and interpersonal psychotherapy for bulimia nervosa. *Arch Gen Psychiatry* 2000; **57**: 459–66.
- 23 Welch SL, Fairburn CG. Impulsivity or comorbidity in bulimia nervosa. A controlled study of deliberate self-harm and alcohol and drug misuse in a community sample. *Br J Psychiatry* 1996; **169**: 451–8.
- 24 Gellatly J, Bower P, Hennessy S, Richards D, Gilbody S, Lovell K. What makes self-help interventions effective in the management of depressive symptoms? Meta-analysis and meta-regression. *Psychol Med* 2007; **37**: 1217–28.
- 25 McIntosh VV, Jordan J, Carter FA, Luty SE, McKenzie JM, Bulik CM, Frampton CM, Joyce PR. Three psychotherapies for anorexia nervosa: a randomized, controlled trial. *Am J Psychiatry* 2005; **162**: 741–7.
- 26 Lewis G, Anderson L, Araya R, Elgie R, Harrison G, Proudfoot J, Schmidt U, Sharp D, Weightman A, Williams C. *Self-Help Interventions for Mental Health Problems. Expert Report for NIMHE*. Department of Health, 2003.



## Poems by doctors

### Phasianus Colchicus

Stephen Wilson

It was too late to brake, impossible to swerve –  
 what bird-brained philosophy made it plod on  
 oblivious, as if it had its mind on higher things  
 and wasn't to be disturbed? Bottle-green head,  
 cheeks wattled red, neck stretched forward  
 like it was pulling against a leash,  
 turning an indifferent eye, deaf ear to my horn.  
 It was one of those times when the future  
 is suddenly certain, or there is no future,  
 when there's nothing to do but hold course –  
 and I thought of you on a strange road  
 leaning into a bend, that day a pheasant  
 from nowhere flew across your front wheel;  
 and felt like some avenging angel.