



# Irish Journal of Psychological Medicine

The official journal of the College of Psychiatrists of Ireland



## Themed Issue:

Physical Health in Mental Illness

## Guest Editor:

Associate Professor Brian  
O'Donoghue

## The Key Papers are:

Addressing physical health in mental illness: the urgent need to translate evidence-based interventions into routine clinical practice

O'Donoghue, B.

Pilot cohort study of obstructive sleep apnoea in community-dwelling people with schizophrenia

Myles, H., Myles, N., Vincent, A. D., Wittert, G., Adams, R., Chandratilleke, M., Liu, D., Mercer, J., Vakulin, A., Chai-Coetzer, C. L. & Galletly, C.

Physical health trajectories of young people commenced on clozapine

O'Donoghue, B., Mujanovic, A., Young, S., Bridson, T., Mora, L., Bismark, M., Cocks, J., Siskind, D. & McGorry, P.

Physical health interventions for patients who have experienced a first episode of psychosis: a narrative review

Fouhy, F., Cullen, W. & O'Connor, K.

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## COVER IMAGE

Alison's (pseudonym) body map "*Make yours a good self*" from the Keeping the Body in Mind project, in Boydell, K.M., de Jager, A., Ball, J., et al. (2018). Mapping a novel landscape for understanding physical and mental health: Arts-based research with youth experiencing psychosis, *Art/Research International*, 3(2), 236-261.

The *Keeping the Body in Mind* program focuses on prevention and early intervention of physical health issues and is offered alongside treatment for mental health and social issues as part of routine care. Body mapping was used to explore the complexity of this physical health intervention and develop an in-depth understanding of experiences of young clients of the early intervention centre, with a particular focus on the embodied relationship between physical and mental health.

Alison's (pseudonym) slogan is "*make yours a good self*" instead of "be yourself," which she found problematic as "*I could be terrible and still be me.*" Her slogan was viewed as a better way of describing who to be. Alison begins her narrative by describing her loss of interest in all that she loved in life – school, music and art. Her body is turned to the future to indicate that she is looking ahead and does not dwell on the past. Her imagined future includes images of leaves and flowers to represent her growth as a person. Behind her, in the past, are trees that are less leafy, to show that she failed to bloom. Alison drew a lady beetle inside a flower as they have a hard shell, but underneath they have hidden wings. The lady beetle was put in the middle of the flower as a sign of potential. The mushrooms were selected as they often appear after rain and represent "*a little present after something bad happens.*" The cat symbolises the importance of companionship. On the inside of the body, her heart depicts her core, and the lungs because she used to smoke a lot. The colours within her body represent different emotions and demonstrate her conviction that a person can feel multiple emotions about one thing. The cuts on her arm show past self-harm.

Prof Katherine Boydell has recently edited a book, published by Routledge, entitled: 'Applying Body Mapping in Research. An arts based method'. The book provides an overview of the innovative, arts-based research method of body mapping and highlights the potential research and therapeutic benefits associated with body mapping.

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