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## Cover picture

*The Birthday Clown* (1989)  
by Stephanie Bates (b. 1957)

This image represents the act of putting on a confident and entertaining front, despite experiencing serious self-doubts. For a large part of my life, OCD, superstition and hypochondria would rise and dominate me. This affected my confidence and my main passion: drawing and painting. Art was the thing that I loved to do above everything else, the thing that gave me joy. My late father used to tell me to draw a cartoon of my 'worry subject matter'. This helped me to distance myself from experiences of strong anxiety and now it helps to re-focus and calm my thinking. Despite the dominating effects of my illness, I attended both Chelsea College of Art (now University of the Arts, Chelsea) and Bristol Polytechnic to study graphic design and illustration. I continue to draw and am aiming to complete some children's books, which have been admired by professionals, and also to 'dare' to try some different mediums.



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, 17 Belgrave Square, London SW1X 8PG, UK or [bjprcpsych.ac.uk](mailto:bjprcpsych.ac.uk).