

ethnic groups. The previous study has shown East Asians appear to have a clinically relevant decrease in clozapine clearance compared with Caucasians. This review will explore the magnitude of the impact of ethnicity, especially the East Asian population on psychotropic medications such as atypical antipsychotics.

**Objective.** To understand the efficacy, safety, and tolerability of atypical antipsychotics in East Asian ethnicity. To emphasize the importance of ethnicity in clinical practice while offering/prescribing atypical antipsychotic medications.

**Discussion.** Several previous studies reported the diverse response to the antipsychotics among different ethnicities secondary to differences in pharmacokinetics and pharmacodynamics. One study revealed White Europeans may require higher doses of therapeutic antipsychotics than Asians and Hispanics. Aripiprazole in Asians had a relatively higher rate of akathisia, and a significantly increased risk of tremor compared to placebo. A significantly increased risk of weight gain and fasting total cholesterol from olanzapine were observed in Japanese patients. Olanzapine was also associated with somnolence and dizziness. Quetiapine XR was associated with a significant increase risk of somnolence and dizziness in Chinese patients.

**Conclusion.** It is indicated from previous studies antipsychotics respond in various ways in different ethnicity in terms of metabolism, clearance, and adverse effects. Further research could be beneficial on what is clinically most effective dosing of different antipsychotics among different populations including East Asians.

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## COVID-19 Induced Psychosis in Patients with Underlying Mental Health Disorder: Case Report

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### Abstract

The COVID-19 pandemic confronted the world with an unknown reality whose challenges extend beyond the immediate threat to human health posed by the virus itself. Numerous stressors such as fear of the disease gravity and absence of proper treatment protocols, prolonged social isolation, anxiety, and financial burden lead to increased risk of developing psychiatric disorders in patients with underlying mental health problems. We present a case of a 23-year-old female, with a history of anxiety and depression who presents with psychosis and mania after contracting 2019 novel coronavirus. The patient was asymptomatic for the infection. The purpose of this case report is to highlight the fact that COVID-19 can increase the risk of mania and new-onset psychosis in patients with a previous psychiatric history.

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## Psychosocial Stressors and Phase of Life Problems as a Cause of Somatic Symptom Disorder in Healthy Patients: Case Report

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### Abstract

Knowledge about the aging process and in particular changes affecting mental health in the elderly has been gradually acquired as more research studies focus on this topic. However, as the majority of studies are geared toward more commonly encountered mental health disorders such as depression and anxiety, there is less data for conditions that are encountered less frequently such as somatoform disorder. We present the case of a 62-year-old male who presents with idiopathic physical symptoms not explained by any medical conditions except somatic symptom disorder. A comprehensive review of the literature using databases, such as PubMed, NCBI, and Google Scholar was conducted to gain a better understanding of this specific disorder and to rule out similar conditions that present in a similar way. The purpose of this case report is to emphasize the fact that social stressors and phase of life problems could trigger somatic symptom disorder in otherwise healthy individuals.

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## Effects of Long-Term Deutetrabenazine Treatment in Patients with Tardive Dyskinesia and Underlying Psychiatric or Mood Disorders

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