

BJPpsych

The British Journal of Psychiatry



**The digital redesign
of mental health**
Goodday et al

**On the role of
artificial intelligence
in psychiatry**
Rocheteau

**Psychological
consequences of long
COVID**
Fancourt et al

**Mental health
services in Ukraine
during the early
phases of the 2022
Russian invasion**
Goto et al

BJP Psych

The British Journal of Psychiatry

ISSN 0007 - 1250

Editor Kamaldeep Bhui CBE (UK)**Deputy Editors**

Matthew Broome (UK)
 William Lee (UK)
 (Research Integrity Editor)
 Gin Malhi (Australia)
 (Editorials Editor)
 Rachel Uptegrove (UK)

Associate Editors

Shehzad Ali (UK)
 Jonathan Bisson (UK)
 Rakesh K Chadda (India)
 Emilio Fernandez Egea (UK)
 Elena Garralda (UK)
 Judith Harrison (UK)
 Joseph Hayes (UK)
 Cyrus Ho (Singapore)
 Philipp Homan (Switzerland)
 Edgar Jones (UK)
 Lana Kambeitz-Illankovic
 (Germany)
 Helen Killaspy (UK)
 Rajeev Krishnadas (UK)
 Philip McGuire (UK)
 Aileen O'Brien (UK)
 (Debate Editor)
 Alexandra Pitman (UK)
 Emmert Roberts (UK)
 Zena Samaan (Canada)
 Frauke Schultze-Lutter
 (Germany)
 Jan Scott (UK)
 James Shearer (UK)
 Bart Sheehan (UK)
 Najma Siddiqi (UK)
 Mustafa Soomro (UK)
 Athula Sumathipala (UK)
 Stuart Watson (UK)
 Melvyn Zhang Weibin
 (Singapore)

Editorial Advisors

Sarah Byford (UK)
 John Geddes (UK)
 Martin Knapp (UK)

International**Editorial Board**

Regi T. Alexander (UK)
 Allan Beveridge (UK)
 (Book Reviews Editor)
 (Cover Artwork Editor)
 Alec Buchanan (USA)
 Colin Campbell (UK)
 (Correspondence Editor)
 (Analysis Editor)
 Mary Cannon (Ireland)
 Patricia Casey (Ireland)
 Andrew Cheng (Taiwan)
 Erika Comasco (Sweden)
 John Cookson (UK)
 Pim Cuijpers (The Netherlands)
 David Curtis (UK)
 Claire de Oliveira (UK)
 Kimberlie Dean (Australia)
 Colin Drummond (UK)
 Jianfeng Feng (China)
 Sinan Guloksuz
 (The Netherlands)
 Peter Haddad (UK)
 Madelyn Hicks (USA)
 Louise Howard (UK)
 Khalida Ismail (UK)
 Navneet Kapur (UK)
 Eirini Karyotaki
 (The Netherlands)
 Kenneth Kaufman (USA)
 Steve Kisely (Australia)
 Ivan Koychev (UK)
 Stephen Lawrie (UK)
 Glyn Lewis (UK)
 Lin Lu (China)
 Kwame McKenzie (Canada)
 Marco Mula (UK)
 Roger Mulder (New Zealand)
 Roger Mulder (New Zealand)
 Femi Oyeboade (UK)
 (Book Reviews Editor)
 (Extras Editor)
 Sarah Peters (UK)
 Michael Phillips (China)
 Mariana Pinto Da Costa (UK)
 Thomas Schulze (Germany)
 Sukhwinder Shergill (UK)

Emily Simonoff (UK)
 Dan Siskind (Australia)
 Shuichi Suetani (Australia)
 (Highlights Editor)
 Nori Takei (Japan)
 Eric Tan (Singapore)
 Leila Tarokh (Switzerland)
 Derek Tracy (UK)
 (Editor for Public Engagement and
 Education)
 Alexander Tsai (USA)
 Richard Williams (UK)
 Kiriakos Xenitidis (UK)
 (Correspondence Editor)
 Allan Young (UK)
 Yaara Zisman-Ilani (USA)

Trainee Editors

Katherine Adlington (UK)
 (Highlights Editor)
 Angharad de Cates (UK)
 Shubhangi Karmakar (Ireland)

Statistical Advisors

Pak Chung Sham (China)
 Dawn Holmes (USA)
 Anikó Lovik (Sweden)
 Nick Meader (UK)
 Prathiba Natesan Batley (USA)
 Eva Petkova (USA)
 Rob Saunders (UK)
 Jingwei Wu (USA)
 Min Yang (China)
 Nanhua Zhang (USA)

Staff

Head of Publishing
 Elizabeth Hay
Managing Editor
 Holly Drury
Senior Publishing Coordinator
 Diandra 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 2023 comprise Volume 222, the six issues starting July 2023 comprise Volume 223. 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 Fulfilment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfilment 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 222/223 are as follows:

	INSTITUTIONS	INDIVIDUALS
Print and online	£650/\$1156	£524/\$815
Online only	£468/\$717	£304/\$475

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 \$1156 print and online/\$717 online only for institutions and \$524 print and online/\$304 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 2023. 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.

- A5 Editorial Board
A7 Highlights of this issue

Editorial

- 51 **The digital redesign of mental health: leveraging connected digital technologies for agency-driven patient-focused care**
Sarah M. Goodday, Daniel R. Karlin and Stephen H. Friend

Analysis

- 54 **On the role of artificial intelligence in psychiatry**
Emma Rocheteau

- 57 **Poem – The end of silence**
Garima Kaur

Papers

- 58 **Multicentre, England-wide randomised controlled trial of the 'Foundations' smartphone application in improving mental health and well-being in a healthcare worker population**

Sam N. Gnanapragasam, Rose Tinch-Taylor, Hannah R. Scott, Siobhan Hegarty, Emilia Souliou, Rupa Bhundia, Danielle Lamb, Danny Weston, Neil Greenberg, Ira Madan, Sharon Stevelink, Rosalind Raine, Ben Carter and Simon Wessely

- 67 **Understanding the effects of a complex psychological intervention on symptoms of depression in Goa, India: findings from a causal mediation analysis**

Nadine Seward, Stijn Vansteelandt, Darío Moreno-Agostino, Vikram Patel and Ricardo Araya

- 74 **Psychological consequences of long COVID: comparing trajectories of depressive and anxiety symptoms before and after contracting SARS-CoV-2 between matched long- and short-COVID groups**

Daisy Fancourt, Andrew Steptoe and Feifei Bu

- 81 **Psychiatry in history – Helen Flanders Dunbar: the mother of psychosomatic medicine**
Robert M. Kaplan

- 82 **Mental health services in Ukraine during the early phases of the 2022 Russian invasion**

Ryunosuke Goto, Irina Pinchuk, Oleksiy Kolodezhny, Nataliia Pimenova and Norbert Skokauskas

Columns

- 88 Correspondence
90 Book reviews
92 Contents of *BJPsych Advances*
93 Kaleidoscope

- 95 **Poem – Synaesthesia in the subjunctive**
Julie Miller

- 96 **Psychiatry in Literature – Profane illumination (or the Soul in Limbo): André Breton's *Nadja* (Librairie Gallimard, Paris, 1928)**
George Ikkos

Cover picture

Nicola Bealing, Animal Alphabet for Bethlem Mother and Baby Unit (Central Panel), 2021

Nicola created an 'Animal Alphabet' for the Conference Room at the Bethlem Mother and Baby Unit at Bethlem Royal Hospital, South London and Maudsley NHS Foundation Trust. This piece is the central panel of a triptych, painted in oil on dibond, showing a cheerful array of animals – from crocodiles and caterpillars to parrots and porpoises – representing each letter of the alphabet. The inspiration for this beautiful artwork came from the live animal painting workshop that Nicola hosted at the MBU on the 26 May 2021, during which she recognised how receptive patients were to the presence of animals. She wanted to bring a sense of the wonder of animals into the ward more permanently through her painting.

This artwork was commissioned by Hospital Rooms, an arts charity that brings art and creative activity to inpatient mental health wards around the UK.

Photograph: Damian Griffiths
www.hospital-rooms.com
www.nicolabealing.co.uk

