The Hub is a platform to share ideas, cases and concepts that bridge the gap between academia and the real world. Think about it as the real world textbook, a platform rich with experiences.

Many fields including medicine and psychiatry suffer from ‘closet’ ideas. Many brilliant solutions, the so-called tacit knowledge, is embedded in the brains of people that do not have the platform to express them or at least reach a wider audience. The Hub is a device to unlock this knowledge and share it with the wider world. The Hub gives you an opportunity to make a difference.

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9. Genetically Based Adverse Medication Reactions – Genetically Guided Prescribing By A/Prof Ajeet Singh
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11. Genetically Guided Prescribing: The Future Arrives-Prescribing Odyssey in Psychiatry- Dr Ajeet Singh
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13. Glutathione, Oxidative Stress and N-Acetylcysteine (NAC) in Psychiatric Disorders – Prof Michael Berk
15. Key Messages When Using Antipsychotic Medications By Prof Christoph Correll
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18. Mechanism of Action and Benefits of Agomelatine By Prof Malcolm Hopwood
19. Mechanisms of Sexual Dysfunction With Antidepressants – Conversations with Prof Anita Clayton
20. Metabolic and Cardiovascular Risks with Antipsychotics – How Can Clinicians Make a Difference?- Prof Correll
21. Movement Disorders with Antipsychotic Medication – Conversations with Dr Stephen Stahl
22. N-Acetylcysteine (NAC) in Schizophrenia and Bipolar Disorder- Prof Michael Berk
23. Oxidative and Inflammatory Biomarkers As Targets For Novel Therapies – Prof Michael Berk
24. Practical Aspects of Switching Antipsychotic Medication By Prof Christoph Correll
25. Prof Jayashri Kulkarni’s Tips On Prescribing Antipsychotics in Pregnancy
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34. What Are the Mechanisms of Metabolic Syndrome? – Conversations with Dr Stephen Stahl
35. Why Should We Be Concerned About Metabolic Syndrome in Psychiatry?-Prof Correll
Women's Mental Health
Articles

1. Is the Oral Contraceptive Pill Associated with Depression?- A Synopsis of The Impact of OC Pills on Mood
2. Lamotrigine in Pregnancy – Is Lamotrigine Safe in Pregnancy?
3. The Amazing Brain Changes in Pregnancy Linked to Mother-Infant Attachment
4. The Impact of Maternal Stress on the Fetal Brain – A Summary of Key Mechanisms
5. Vitamin D Deficiency in Pregnancy is Linked to Autism
6. Why We Need Trauma-informed Care in Mental Health Services – Highlights from RCPsychIC 2019

Videos

1. Gender Differences in Mental Health By Professor Jayashri Kulkarni
2. Hormones and Mental Illness in Women – PMDD / Depression and the Pill / Perimenopausal Depression-Prof Kulkarni
3. HRT vs Antidepressants in Perimenopausal Depression By Prof Jayashri Kulkarni
4. Key Messages for Clinicians in Perinatal Mental Health By Professor Anne Buist
5. Mother-Infant Relationship | Gut-Brain Axis By Professor Anne Buist
6. Neurobiology and Impact of Perinatal Depression By Professor Anne Buist
7. Perinatal Depression – Hot topics in Perinatal Mental Health – Professor Anne Buist
8. Premenstrual Dysphoric Disorder (PMDD) and Hormonal Treatments By Professor Jayashri Kulkarni
9. Prof Jayashri Kulkarni’s Tips On Prescribing Antipsychotics in Pregnancy
10. The Relationship Between Estrogen and Mood By Professor Jayashri Kulkarni
11. Tibolone As Adjunctive Treatment in Perimenopausal Depression By Prof Jayashri Kulkarni
12. Women's Mental Health: A Bio-Psycho-Social Approach By Prof. Jayashri Kulkarni
Forensic Psychiatry
Articles
1. Mental Health Risk Assessment: Traps to Avoid in Day-To-Day Clinical Work

Videos
1. Characteristics of 10 Perpetrators of Lone Actor Massacres – Professor Paul Mullen
2. Is There An Association Between Mental Illness and Violence? – Prof Paul Mullen
3. Lone Actor Terrorists – Forensic Psychiatry – Prof Paul Mullen
4. Media Coverage of Mass Killings – Prof Paul Mullen
5. The Lone Actor Script in Massacres – Prof. Paul Mullen
Technology in Psychiatry
TECHNOLOGY IN PSYCHIATRY

**Articles**

1. Can Analysis of Speech Patterns Predict Psychosis? – Big Data
2. Can Digital Technology Prevent Suicides?
3. Computerized Speech Analysis – An Objective Marker for Psychiatry?
4. Experiences from AVATAR therapy – Conversing with Voices – Highlights from RCPsychIC 2019
5. Internet Addiction Disorder – Case Files of Internet Addiction Disorder and Psychosis
6. Social Media Use, Sleep and Obesity in Children
7. Social or the Antisocial Media? The Silence Before the Storm – Highlights from RCPsychIC 2019
9. Transcranial Magnetic Stimulation (TMS) for Depression – Review of the Evidence
10. Transcranial Magnetic Stimulation (TMS) in Depression – Case Study
11. Using Data Science to Understand Suicide – Management of Suicidality

**Videos**

2. Bridging the Mind-body Gap – Digital and Neuroscientific Approaches Q&A – Dr. Arshya Vahabzadeh
3. Clinical Indications For Repetitive Transcranial Magnetic Stimulation (rTMS) – Dr. Martijn Arns
4. DNA Interpretation- A Complex Process – Genetically Guided Prescribing By A/Prof Ajeet Singh
5. Evolution of Pharmacogenetic Prescribing
6. Evolution of Pharmacogenetic Prescribing – Genetically Guided Prescribing By A/Prof Ajeet Singh
7. From Apps to Systems in Mental Health Assessment and Management – Dr. Arshya Vahabzadeh
8. Frontiers of Psychiatry – Digital and Neuroscientific Approaches By Dr Arshya Vahabzadeh
9. Genetically Based Adverse Medication Reactions – Genetically Guided Prescribing By A/Prof Ajeet Singh
10. Genetically Guided Prescribing: The Future Arrives - Precision Medicine By Dr Ajeet Singh
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13. How Do We Make Sense of Epigenetics and What Should A Clinician Know - Prof Greg Mattingly
14. Key Differences Between High Frequency & Low Frequency rTMS Protocols - Dr. Martijn Arns
15. Key Differences Between rTMS and Electroconvulsive Therapy (ECT) - Dr. Martijn Arns
16. Localising The Exact Point of Maximum Stimulation For rTMS - Dr. Martijn Arns
17. Neurobiology of Brain Plasticity and Pattern Recognition - Prof Gordon Parker
18. Neurofeedback and The Role of Sleep in Psychiatric Disorders - Dr. Martijn Arns
19. New Developments in Neuromodulation & Stimulation in Psychiatry - Dr. Martijn Arns
20. Number of Sessions & Pulses Required for Optimal Results of rTMS - Dr. Martijn Arns
21. Repetitive Transcranial Magnetic Stimulation (rTMS) in Depression - Conversations with Dr Martijn Arns, Neuromodulation Expert
22. Smart Glass Technology for Autism - Dr Ned Sahin
23. Technological Advances in Psychiatry - From Couch to Cloud by Arshya Vahabzadeh
24. Technology Advancements in Psychiatry - Part 2 - Dr. Arshya Vahabzadeh
25. Technology and The Converging Paths of Mental Health - Dr Arshya Vahabzadeh
26. The Basics of Pharmacogenetics - Genetically Guided Prescribing By A/Prof Ajeet Singh
27. The Digital Conceptualisation of Depression - Dr Arshya Vahabzadeh
28. The Potential Side Effects of rTMS - Dr.Martijn Arns
29. The Principle Behind Choosing The Dorsolateral Prefrontal Cortex for rTMS - Dr. Martijn Arns
30. Typical Response & Remission Rates of rTMS in Treatment Resistant Cases - Dr. Martijn Arns
31. What Are the Reasons For the Rise in Interest in Neuromodulation? - Conversations with Dr Martijn Arns, Neuromodulation Expert
Psychology & Psychotherapy
Articles
1. A Synopsis of the Side Effects of Psychotherapy – What Should Clinicians Know?
2. Clinical Management of Depression – Summary of RANZCP Guidelines
3. Cognitive Behavioral Therapy Changes Brain Connectivity Predicting Long Term Recovery in Psychosis
4. Countertransference
5. Donald Trump – Insights From a Psychiatrist and Psychotherapist
6. Insights from an Early Career Psychologist – 10 Lessons and a Duck
7. Supercharge Your Psychotherapy Case Training
8. The Benefits of Psychological Assessments and When to Use Them
9. Transference
10. Why Pokemon is Really About Self Discovery and Exploration

Videos
1. Avoiding Pitfalls in The RANZCP Psychotherapy Case – Dr Neil Jeyasingam
2. Choosing A Patient For Psychodynamic Psychotherapy By Dr Neil Jeyasingam
3. How to Write A Psychotherapy Case – RANZCP By Dr Neil Jeyasingam
4. Pattern Analysis and Clinical Reasoning By Prof Gordon Parker
5. Setting the Scene For the Psychotherapy Case ( RANZCP ) – Dr Neil Jeyasingam
6. The Process of Psychotherapy (RANZCP Psychotherapy Case) – Dr Neil Jeyasingam
Expert Interviews
Videos
1. A Journey On the Metabolic Highway – Conversations with Dr Stephen Stahl
2. A Targeted Approach Towards Treating Symptoms of Schizophrenia – Dr. David Bloom
3. Antipsychotic Medications – Same-Same For Efficacy But Different For Side Effects – Prof Christoph Correll
4. Approaching the Issue of Sexual Dysfunction with Antidepressants in Clinical Practice – Conversations with Prof Clayton
5. Are There Similarities Between the Neurobiology of ADHD and Binge-Eating Disorder? – Prof Martin Katzman
6. Can Biomarkers Help Predict the Response To Antipsychotic Medications – Dr. David Bloom
7. Can Clinicians Consider Clozapine Augmentation With Lurasidone? – Prof Correll’s Insights
8. Clozapine Vs Lurasidone Plus Olanzapine | Effectiveness | Side-effects | Dosage by Dr David Bloom
9. Could You Summarise Your Approach To the Management of Adult ADHD – Prof Martin Katzman
10. Effects of Lurasidone or Brexpiprazole in the Absence of Antihistamine Receptors & Augmentation Strategies – Dr David Bloom

Articles
1. Inside the Mind of a Deputy Chief Psychiatrist – Interview with Dr Vinay Lakra
2. Inside the Mind of a Specialist in Borderline Personality Disorder – Interview with A/Prof Sathya Rao
3. Inside the Mind of an Adult ADHD Specialist – Interview with Dr Mahendra Perera
4. Inside the Mind of Dual Psychiatrist and Pain Medicine Physician – Interview with Dr Khaldoon Alsaee
5. The Medical Model In Mental Health – An Interview With Ahmed Samei Huda
11. How Can We Extend the Duration of Effect of Stimulants? – Prof Martin Katzman
13. How Do We Make Sense of Epigenetics and What Should A Clinician Know – Prof Greg Mattingly
14. How Do You Conceptualise Adult ADHD – Prof Martin Katzman
15. How Is Lisdexamfetamine Different Compared To Other Stimulants – Prof Martin Katzman
16. How Is the Presentation of ADHD Different in Adults Compared With Children? – Prof Martin Katzman
17. How Should Clinicians Approach the Use of Non-Stimulants? – Prof Martin Katzman
19. How Should Clinicians Look At Functioning of An Individual To Optimise Outcomes By Prof Rajiv Tandon
20. How To Conceptualize the Role of Partial Agonist Treatment Within the Domains of Psychopharmacology By Prof Rajiv Tandon
21. How To Efficiently Use Resilience To Treat Schizophrenia By Prof Greg Mattingly
22. How To Switch Antipsychotics To Improve Patient Response – Dr David Bloom
23. How Would You Summarise Your Approach To the Diagnosis of Adult ADHD – Prof Martin Katzman
24. Key Aspects in Addressing Antipsychotic Related Side Effects – Prof Rajiv Tandon
25. Key Differences Between Lurasidone & Brexpiprazole, Side Effects & Prescription Strategies- Dr David Bloom
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33. Metabolic and Cardiovascular Risks with Antipsychotics – How Can Clinicians Make a Difference?- Prof Correll
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35. Neurobiological Reasons Behind the Brain’s Improved Response To Long-Acting Stimulants Rather Than Short-Acting Stimulants By Prof Martin Katzman
36. Outcome of Major Depression, Choice of Antidepressants and the Importance of Shared Decision Making – Prof Koen Demyttenaere
37. Practical Aspects of Switching Antipsychotic Medication By Christoph Correll
38. Repetitive Transcranial Magnetic Stimulation (rTMS) in Depression – Conversations with Dr Martijn Arns, Neuromodulation Expert
39. Should Clinicians Screen All Patients With Treatment-Resistant Depression for ADHD? – Prof Martin Katzman
40. Should We Be Concerned About Stimulant Induced Psychosis in Bipolar and Schizoaffective Disorder? – Prof Katzman
41. Strategic Treatment For Antipsychotic Medication (Clozapine) Non-Responders By Dr David Bloom
42. The Future of Antipsychotic Medication – Conversations with Dr Stephen Stahl
43. The Impact of Medication Adverse Effects on Quality of Life in Schizophrenia-Prof Correll
44. The Metabolic Syndrome in Psychiatry and The Triple Whammy Effect – Conversations with Dr Stephen Stahl
45. Tips To Manage Cognitive symptoms in Schizophrenia – Dr David Bloom
46. Top Reasons Why A Clinician Would Consider One Partial Agonist Over Another By Prof Rajiv Tandon
47. Typical Response & Remission Rates of rTMS in Treatment Resistant Cases – Dr. Martijn Arns
48. Update on the Treatment of Schizophrenia: Phases of Illness and Treatment Goals By Prof Correll
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50. What Are the Causes of Development of Metabolic Syndrome in Schizophrenia-Prof Christoph Correll
51. What Are the Key Aspects in Assessment of Metabolic Syndrome? – Conversations with Dr Stephen Stahl
52. What Are the Key Considerations Before Switching Antipsychotics-Dr David Bloom
53. What Are the Long-Term Benefits of Prescribing Long-Acting Stimulants in Adult ADHD – Prof Martin Katzman
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55. What Are the Reasons For the Rise in Interest in Neuromodulation? – Conversations with Dr Martijn Arns, Neuromodulation Expert
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57. What Is the Importance of Hedonic Tone and Its Relationship to Disorders By Prof Martin Katzman
58. What Is the Role of Cannabinoids in Psychiatry By Prof Martin Katzman
59. What Would Be the Steps That You Might Take To the Diagnosis of Adult ADHD By Prof Martin Katzman
60. What Would the Ideal Antipsychotic Medication Look Like – Prof Greg Mattingly
61. Why Should We Be Concerned About Metabolic Syndrome in Psychiatry?–Prof Correll
62. Would There Be Any Difference in the Dosage of Stimulants in Bipolar Vs ADHD? Are They Smaller Due to the Risk By Prof Martin Katzman
Research & Statistics
**Articles**

1. Allocation Concealment
2. Critical Appraisal Worksheets – Using Checklists for Analysing Studies
3. Efficacy and Acceptability of Antidepressants in Acute Depression – What Does the Largest Ever Research Study on Antidepressants Tell Us?
4. How to Pass the Critical Appraisal Exam – MRCPsych and RANZCP
5. How Well Do We Understand Probabilities In Medicine?
6. Odds Ratio
7. Your Guide to P Values and Confidence Intervals – Shoe Size, Penile Length, Football and Heart Attacks!

**Videos**

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Leadership & Management
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5. Decision-Making Biases and Doctor Error: Overconfidence By Prof Jill Klein
6. Essential Mental Models for A Psychiatrist – The Art of Complex Problem Solving- Dr Sanil Rege
7. Principles of Entrepreneurship and Innovation in Medicine – Dr Sanil Rege
Miscellaneous
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12. The World’s Kind Of Crazy
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6. Pattern Analysis and Clinical Reasoning By Prof Gordon Parker
7. Personal Experience of Mental Illness – Rowan Wall
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