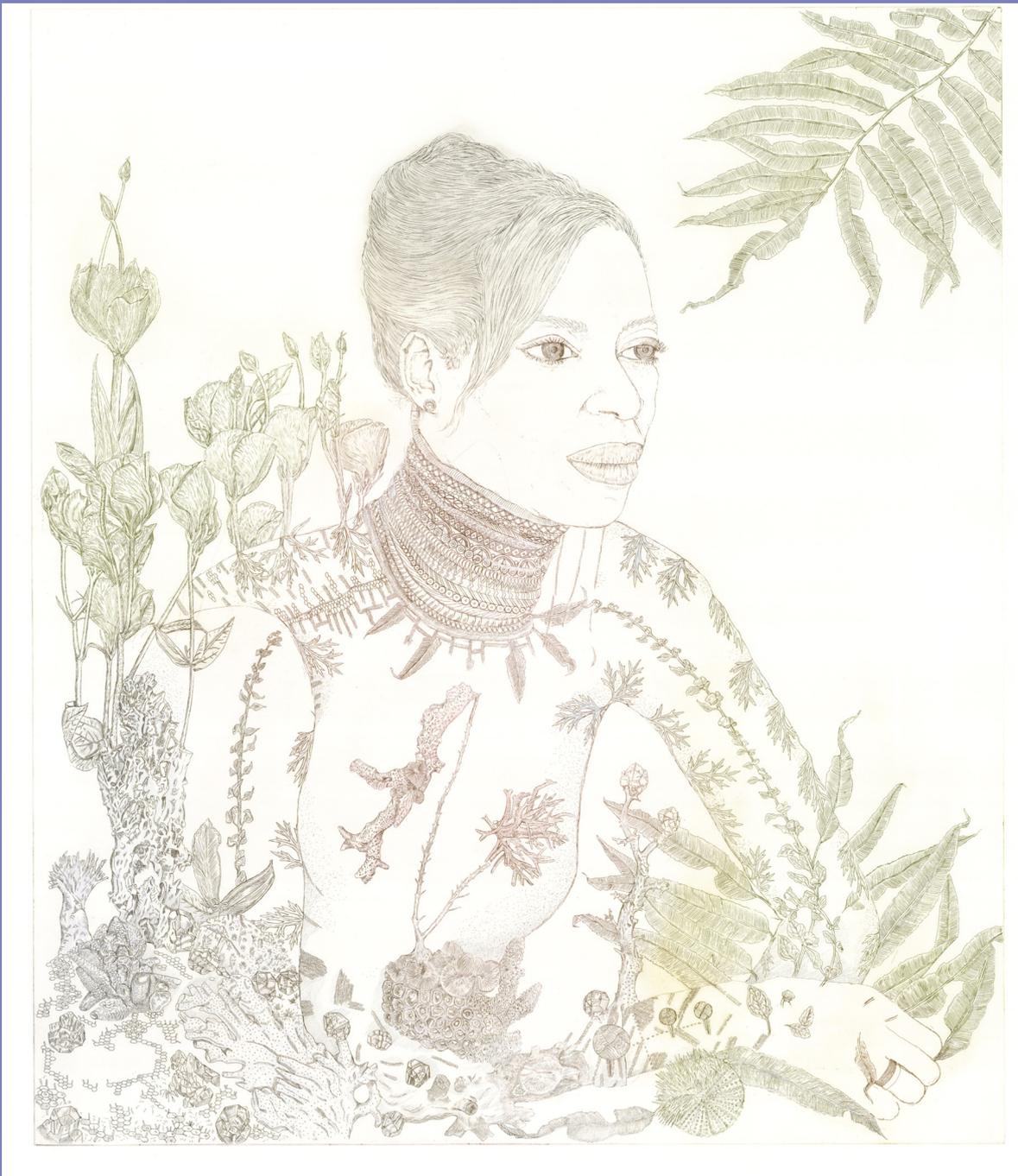
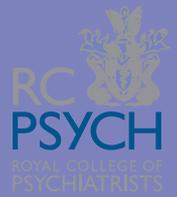


BJPsych International

Volume 19
Number 3
August 2022





Volume 19
Number 3
August 2022

BJPsych International (Print)
ISSN 2056-4740

BJPsych International (Online)
ISSN 2058-6264

Mission of BJPsych International

We address themes that have real practical relevance to supporting patients, with a particular, but not exclusive, focus on the needs of low- and middle-income countries as well as the mental health needs of the poor and socially excluded in more developed countries. Contributors who can provide examples of innovative practice, which could be emulated elsewhere at minimal cost, are especially welcome, as are papers on public mental health.

Editor

David Skuse

Founding Editor

The late Hamid Ghodse

Managing Editor

Conceição Santos Sinclair

Editorial board

Deputy Editor

Marinos Kyriakopoulos
UK

Senior Editorial Advisor

Rachel Jenkins
UK

Associate Editors

Michel Botbol (Europe)
France

Tariq Hassan (North America)
Canada

Nasser Loza (Middle East)
Egypt

Eleni Palazidou (Pandora's
Box)
UK

Editorial Board members

Rakesh Chadda (India)

George Christodoulou
(Greece)

Anna Datta (New Zealand)

Hussien Elkholy (UK)

Jorge Gaete (Chile)

Stephen Kisely (Australia)

Hellme Najim (UK)

David Ndeti (Kenya)

Patrick Nwagbogu (UK)

Felipe Picon (Brazil)

Sundararajan Rajagopal
(India)

Mohamed Omar Salem
(UAE)

Digital Content Editor

Sachin Shah (UK)

Pictures Editor

Tim McInerney (UK)

Trainee Editors

Dami Ajayi (UK)

Khalid Elzamzamy (Qatar)

Open access

Online access to *BJPsych International* is unrestricted; use of its content is governed by the terms of the article's Creative Commons license. Please check each article for the specific Creative Commons license used.

Access

BJPsych International is Open Access online. Print copies are provided to members of the Royal College of Psychiatrists free of charge.

About the journal

BJPsych International is published four times a year on behalf of the Royal College of Psychiatrists, which is a charity registered in England and Wales (228636) and in Scotland (SC038369).

BJPsych International is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-international>

Information about the College's publications is available at <https://www.rcpsych.ac.uk>

The views presented in this publication do not necessarily reflect those of the Royal College of Psychiatrists, and the publishers are not responsible for any error of omission or fact.

Formerly published as *International Psychiatry* (2003-2014), ISSN 1749-3676, and until 2006 was subtitled as the *Bulletin of the Board of International Affairs of the Royal College of Psychiatrists*.

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.

Design © The Royal College of Psychiatrists 2022.

Notice to contributors

BJPsych International publishes articles dealing with mental health policy, promotion and legislation, the administration and management of mental health services, and training in psychiatry around the world. The journal aims to be a platform for work that is generally underrepresented in the literature, especially psychiatry in low- and middle-income countries.

Manuscripts for publication should be submitted online at <https://mc.manuscriptcentral.com/bjpsych-int> (general enquiries may be addressed to ip@rcpsych.ac.uk).

Manuscripts accepted for publication are copy-edited to improve readability and to ensure conformity with house style. Authors whose first language is not English are encouraged to contribute.

Contributions are accepted for publication on the condition that their substance has not been published or submitted elsewhere. Once a paper is accepted for publication, all its authors are required to disclose any potential conflict of interest. Completion of the form developed by the International Committee of Medical Journal Editors for this purpose (<http://www.icmje.org/conflicts-of-interest/>) is mandatory.

About our peer review process

All articles submitted are reviewed by a minimum of two peers to ensure that their content, length and structure are appropriate for the journal. Not all papers will be accepted for publication, but our peer review process is intended to assist our authors in producing articles for worldwide dissemination. Wherever possible, our expert panel of assessors will help authors to improve their papers to maximise their impact when published.

USPS ID Statement

BJPsych International, ISSN 2056-4740, is published four times a year by Cambridge University Press, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK. There are no paid subscriptions to the journal. 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 BJPsych International, 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.



MIX
Paper from
responsible sources
FSC™ C013985