

Choices in Recovery – Research References

This is a list of all research references for Craig Wagner's book, *Choices in Recovery*. It contains active hotlinks to the abstracts, full-text studies, web pages, PDFs, etc. Many links point to the PubMed database at www.NCBI.NLM.NIH.gov/Pubmed (those with PMID/PMCID numbers).

References listed here are exactly the same as those listed in the printed book with a publication date of 2025-03-31. The publication date of the book is found on the first page of the References at the very end of the book.

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<p>¹ Note: Recommendation made by Mental Health America (http://goo.gl/FTQIAo). See Drugs RD, 2003, http://goo.gl/7GIRHm.</p>
<p>¹ Note: SAMHSA indicates, “Trauma can occur from a variety of causes, including maltreatment, separation, abuse, criminal victimization, physical and sexual abuse, natural and manmade disasters, war, and sickness... many (people) suffer a variety of negative physical and psychological effects (from this trauma). Trauma exposure has been linked to later ...mental illness.” (SAMHSA, Leading Change: A plan for SAMHSA’s roles and actions 2011-2014, http://goo.gl/n5uRqZ). Varese F, Childhood Adversities Increase the Risk of Psychosis: A Meta-analysis of Patient-Control, Prospective- and Cross-sectional Cohort Studies, 2012, Schizophrenia Bulletin, PMID: 3406538). Etain B, Childhood trauma is associated with severe clinical characteristics of bipolar disorders, 2013, J Clin Psychiatry, PMID: 24229750). Investigating and addressing previous trauma may be vital for mental health recovery. The primary therapeutic response for trauma is a Psychosocial Restorative response with EMDR and Emotion Freedom Technique among the most effective.</p>
<p>¹ Note: See James Prochaska’s book Changing for Good (William Morrow and Company, 1994); “transtheoretical model of change” by Leamy (next endnote); and the 4-step mental health recovery process by Mark Ragins in Road to Recovery, http://goo.gl/WxbuJA.</p>
<p>¹ Note: Statements regarding severity tended to very vague. Authors typically fail to state whether investigators attributed adverse effects to the study drug, dosage or other factors. Pope A, PMID: 20592438, http://bjp.rcpsych.org/content/197/1/67.full. P Rothwell notes “Reporting of adverse effects of treatment in RCTs and systematic reviews is often poor”, Factors That Can Affect the External Validity of Randomised Controlled Trials, PLoS Clin Trials. 2006, PMID: PMC1488890.</p>
<p>¹ Note: The American Psychiatric Association has formed the “APA Caucus on Complementary, Alternative and Integrative Medicine”, www.intpsychiatry.com.</p>
<p>¹ Note: The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) is the American Psychiatric Association's widely criticized classification and diagnostic tool. A research specialist calls it “astonishingly arbitrary” (Caplan P, http://goo.gl/1UJZxA). The pharmaceutical industry has significant influence on content (69 percent of APA Committee have financial ties to Big Pharma, https://goo.gl/inmdpv). An open letter from the American Psychological Association signed by 13,000</p>

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<p>people decried this influence. The Director of the NIMH indicates the DSM-5 has a “lack of validity... It is critical to realize that we cannot succeed if we use DSM categories as the ‘gold standard’... That is why NIMH will be re-orienting its research away from DSM categories.” (Insel T, Director’s Blog: Transforming Diagnosis, April 29, 2013).</p>
<p>¹ Note: The DSM-V includes a Cultural Formulation Interview (http://goo.gl/MKq5W5) for assessing potential psychosocial stressors.</p>
<p>¹ Note: The pipeline for new psychotropic drugs is slowing.. Many psychotropics are of the “me too” variety –similar to existing drugs.. The probability of failure of introducing new drugs, the long drug development cycle (averaging 18 years), the complexity of the brain and the profit erosion by generic drugs all contribute to very high psychotropic drug development costs (http://goo.gl/duU7Q). It is becoming increasingly difficult for drug companies to justify placing scarce research dollars on mental health efforts. Pharmaceutical companies have reduced research funding for new psychotropics (http://goo.gl/ITYv6d).</p>
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