

# JAMA Psychiatry

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R Tao and Coauthors

**1121 Association of Serum Interleukin 6 and C-Reactive Protein in Childhood With Depression and Psychosis in Young Adult Life: A Population-Based Longitudinal Study**  
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## Research

**"Sleeper" Effects of Metacognitive Training**

1103

Moritz and colleagues examine the 3-year efficacy of metacognitive training for schizophrenia in a 2-center randomized clinical trial. Compared with neuropsychological training, the metacognitive training group demonstrated significantly greater reductions in the Positive and Negative Syndrome Scale delusion and positive syndrome scores, as well as in the Psychotic Symptom Rating Scales delusion score. Improvements in self-esteem and quality of life favoring metacognitive training were also found, which did not distinguish groups at previous assessment points ("sleeper" effects).

**ZNF804A Expression in the Human Brain**

1112



*ZNF804A* is a leading gene associated with schizophrenia risk, but the biological basis for its involvement is unknown. In this issue, Tao and colleagues identified a novel, shorter variant of *ZNF804A* and showed that it may be a mediator of the genetic association. The effect was only seen in the fetal brain, extending the evidence that the prenatal period is a critical time for genetic mechanisms underlying schizophrenia. The specific functions of the *ZNF804A* variant remain unknown.

**Poor Sleep Quality as a Risk Factor for Suicide**

1129

Bernert and colleagues evaluate poor subjective sleep quality and the risk for late-life suicide within a multisite population-based study. Based on a longitudinal investigation of 14 456 older adults in the Established Populations for Epidemiologic Studies of the Elderly, poor sleep quality conferred elevated risk for death by suicide 10 years later, independent of depressed mood.

**Cognitive Therapy in Depression Recovery**

1157

In this randomized clinical trial by Hollon and colleagues, 452 patients with major depression are treated for as long as 3 years with antidepressant medications or augmenting agents necessary to bring them to recovery. Half of the patients also received cognitive therapy. The recovery rate was higher in combined treatment, especially among patients with severe, nonchronic depression. The combination was not required for patients with less severe depression and those with chronic depression did not benefit.

◀ Editorial 1101

➤ Continuing Medical Education [jamanetworkcme.com](http://jamanetworkcme.com)

**ADRB2 Polymorphism, Childhood Trauma, and PTSD**

1174

Genetic risk factors have been implicated in posttraumatic stress disorder (PTSD) vulnerability. Using an Ohio National Guard cohort and replicating it in an independent Grady Trauma Project cohort, Liberzon and colleagues identified a novel association of a single-nucleotide polymorphism in the promoter region of the *ADRB2* gene with PTSD symptoms in interaction with childhood trauma. This *ADRB2* polymorphism has been linked to adrenergic system function.

## Art and Images in Psychiatry



1096 Mark Chagall (1887-1985), *White Crucifixion*, 1938, French.

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## Author Interview

**AUDIO** Interview with Rebecca A. Bernert, PhD, author of "Association of Poor Subjective Sleep Quality With Risk for Death by Suicide During a 10-Year Period: A Longitudinal, Population-Based Study of Late Life"

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