



Evolutionary Psychiatry Special Interest Group (EPSIG)

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EPSIG YouTube Channel: <https://www.youtube.com/channel/UCHyW9iyWB4jcQTequ-Nrg5w>

EPSIG web Pages: www.epsig.org

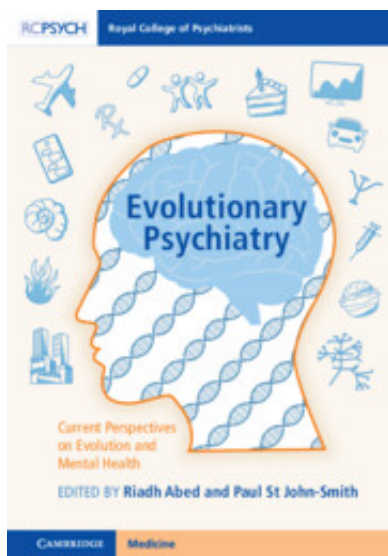
Notes from the Editor

The summer holiday is long gone, and life is busy as ever, but I hope that when you have a moment you will browse through our latest newsletter (which is purposely short and sweet).

We have got information on the trainee initiative, our recent presentation at the RCPsych Congress in Edinburgh and exciting news on the now available volume **Evolutionary Psychiatry** through Cambridge University Press and edited by Riadh Abed and Paul St John-Smith. To launch the book, Adam Hunt, an executive committee member, has started a podcast series, with one episode dedicated to every chapter. The 'Evolving Psychiatry' podcast is available to listen to on [Spotify](#), [Apple podcasts](#), [Google podcasts](#), [Stitcher](#) and other podcast platforms, and video versions are available on [Spotify](#) or the 'Evolving Psychiatry' [YouTube channel](#).

If that has whetted your appetite, you may also want to read how an evolutionary view can help us understand vaccine refusal (<https://www.cambridge.org/core/journals/bjpsych-bulletin/article/how-evolutionary-science-can-help-us-understand-vaccine-refusal-in-the-covid19-pandemic/7EBA6EE825E1A02072A0B6A47C94AB93>).

1. Evolutionary Psychiatry book



The book is available through Cambridge University Press at £49.99 but if you buy it and enter the code RCPSYCH, you get a 30% discount. The book contains the following chapters:

- Chapter 1 **Introduction to Evolutionary Psychiatry** Riadh Abed & Paul St John-Smith
- Chapter 2 **The Biopsychosocial Model Advanced by Evolutionary Theory.** Adam Hunt, Paul St John-Smith & Riadh Abed
- Chapter 3 **Hominin Evolution I: The Origins of Homo Sapiens.** Derek Tracy
- Chapter 4 **Hominin Evolution II: Sapiens, Masters of the Universe.** Derek Tracy
- Chapter 5 **Hunter Gatherers, Mismatch and Mental Disorder.** Nikhil Chaudhary & Gul Deniz Salali
- Chapter 6 **Why Mental Disorders Persist: Evolutionary Foundations of Psychiatry.** Randolph Nesse
- Chapter 7 **Anxiety Disorders in Evolutionary Perspective.** Randolph Nesse
- Chapter 8 **Evolutionary Perspectives on Depression.** Markus Rantala & Severi Luoto
- Chapter 9 **An Evolutionary, Clinical Call to Transcend Suicide Risk Assessment.** C.A. Soper, P. Malo Ocejo & M.M. Large
- Chapter 10 **Evolutionary Perspectives on Schizophrenia Spectrum Disorders.** Martin Brune
- Chapter 11 **Evolutionary Perspectives on Eating Disorders.** Riadh Abed and Agnes Ayton.
- Chapter 12 **Substance Abuse and Evolution.** Paul St John-Smith & Riadh Abed
- Chapter 13 **The Social Function of Alcohol in Evolutionary Perspective.** Robin Dunbar
- Chapter 14 **Evolutionary Perspectives on Childhood Trauma.** Annie Swanepoel, Michael J. Reiss, John Launer, Graham Music, & Bernadette Wren
- Chapter 15 **Evolutionary Perspectives on Neurodevelopmental Disorders.** Annie Swanepoel, Michael J. Reiss, John Launer, Graham Music & Bernadette Wren
- Chapter 16 **Maternal Negativity and Child Maltreatment: How Evolutionary Perspectives Contribute to a Layered and Compassionate Understanding.** Daniela Sieff
- Chapter 17 **Alzheimer's as a Disease of Evolutionary Mismatch, with a Focus on Reproductive Life-History.** Molly Fox
- Chapter 18 **Psychopharmacology and Evolution.** Paul St John-Smith, Riadh Abed & Martin Brune
- Chapter 19 **What the Evolutionary and Cognitive Sciences Offer the Sciences of Crime and Justice.** Brian B. Boutwell, Megan Suprenant & Todd K. Shackelford.
- Chapter 20 **Evolutionary Thinking and Clinical Care of Psychiatric Patients.** Alfonso Troisi

2. EPSIG Trainee Committee

In March we began advertising for interested trainees to join the newly formed EPSIG Trainee Executive committee. We now have 20 members from across the UK and a large concentration of enthusiasm for evolution and psychiatry!

The aim of the committee/group is to provide a forum for trainees to discuss evolutionary ideas and a platform from which to work alongside the EPSIG Executive Committee in promoting awareness of evolution in psychiatry across the UK.

A specific aim is for trainees to gain knowledge and confidence in evolutionary ideas and enable them to take these ideas back to their localities, have discussions with colleagues about evolution and perhaps run evolutionary teaching sessions. To kick-start this, we have arranged a whole-day workshop planned for 27th January 2023 at the college HQ in London.

We also have a book group organised by the trainees to discuss evolutionary publications.

Any trainees who would be interested in joining the group can contact Tom Carpenter, CT2 Psychiatry: carpenter.te@gmail.com

3. RCPsych International Congress, Edinburgh, 23rd June 2022

What studies about maternal abuse, prenatal stress, childhood trauma and insights from hunter-gatherers can teach us about normal and abnormal child development

- *An evolutionary perspective on child maltreatment*
- *Prenatal stress and effects on child neurodevelopment: evolutionary explanations*
- *Evolutionary mismatch and mental disorder: insights from hunter-gatherer studies*

There is a lot of research that focuses on adverse childhood experiences and the effects on the brain and body. However, what is missing is to understand why these experiences continue to happen and to what extent children have adapted to cope. An evolutionary view, which considers the difference between disorder and adaptation, may increase our understanding.

Why do mothers abuse or neglect their children? Parenting does not happen in a vacuum and is very sensitive to environmental factors. Children adapt the best they can to less than ideal circumstances. A lot of what we currently see as psychopathology may be better conceptualised as adaptations to a harsh environment. Dr Swanepoel will discuss parent-offspring conflict, life history theory, attachment theory and differential susceptibility to help explain the complexity of childhood trauma. <https://www.youtube.com/watch?v=XWVX3HZywMM>

Prof Vivette Glover is an expert on prenatal stress. While many of the neurodevelopmental changes are maladaptive in our current society, it is plausible that they are of adaptive benefit for animals in their native habitat, and for humans in earlier environments, when maternal stress was due to actual environmental danger, including from predators. <https://www.youtube.com/watch?v=2q0eGCpdBnk>

Dr Nikhil Chaudhary will discuss his current project which considers how differences between industrialised lifestyles and those of our hunter-gatherer ancestors—specifically in the domains of social organisation and child rearing practices—may be responsible for the high prevalence of psychiatric disorders in the industrialised world.

[Video will be uploaded to our EPSIG YouTube channel](#)