

- 28 Berman AH, Bergman H, Palmstierna T, Schlyter F. Evaluation of the Drug Use Disorders Identification Test (DUDIT) in criminal justice and detoxification settings and in a Swedish population sample. *Eur Addict Res* 2005; **11**: 22–31.
- 29 Kay SR, Fiszbein A, Opler LA. The Positive and Negative Syndrome Scale (PANSS) for schizophrenia. *Schizophr Bull* 1987; **13**: 261–76.
- 30 Rush AJ, Gullian CM, Basco MR, Jarrett RB, Trivedi MH. The Inventory of Depressive Symptomatology (IDS): psychometric properties. *Psychol Med* 1996; **26**: 477–86.
- 31 Endicott J, Spitzer RL, Fleiss JL, Cohen J. The Global Assessment Scale. A procedure for measuring overall severity of psychiatric disturbance. *Arch Gen Psychiatry* 1976; **33**: 766–71.
- 32 Young RC, Biggs JT, Ziegler VE, Meyer DA. A rating scale for mania: reliability, validity and sensitivity. *Br J Psychiatry* 1978; **133**: 429–35.
- 33 Li J, Ji L. Adjusting multiple testing in multilocus analyses using the eigenvalues of a correlation matrix. *Heredity* 2005; **95**: 221–7.
- 34 Bergen SE, O'Dushlaine CT, Ripke S, Lee PH, Ruderfer DM, Akterin S, et al. Genome-wide association study in a Swedish population yields support for greater CNV and MHC involvement in schizophrenia compared with bipolar disorder. *Mol Psychiatry* 2012; **17**: 880–6.
- 35 Wickham H. *ggplot2: Elegant Graphics for Data Analysis (1st edn)*. Springer, 2009.
- 36 Epicure Consortium, EMINet Consortium. Genome-wide association analysis of genetic generalized epilepsies implicates susceptibility loci at 1q43, 2p16.1, 2q22.3 and 17q21.32. *Hum Mol Genet* 2012; **21**: 5359–72.
- 37 Altamura AC, Pozzoli S, Fiorentini A, Dell'osso B. Neurodevelopment and inflammatory patterns in schizophrenia in relation to pathophysiology. *Prog Neuropsychopharmacol Biol Psychiatry* 2013; **42**: 63–70.
- 38 Hope S, Ueland T, Steen NE, Dieset I, Lorentzen S, Berg AO, et al. Interleukin 1 receptor antagonist and soluble tumor necrosis factor receptor 1 are associated with general severity and psychotic symptoms in schizophrenia and bipolar disorder. *Schizophr Res* 2013; **145**: 36–42.
- 39 Rimol LM, Hartberg CB, Nesvag R, Fennema-Notestine C, Hagler DJ Jr, Pung CJ, et al. Cortical thickness and subcortical volumes in schizophrenia and bipolar disorder. *Biol Psychiatry* 2010; **68**: 41–50.
- 40 Simonsen C, Sundet K, Vaskinn A, Birkenaes AB, Engh JA, Faerden A, et al. Neurocognitive dysfunction in bipolar and schizophrenia spectrum disorders depends on history of psychosis rather than diagnostic group. *Schizophr Bull* 2011; **37**: 73–83.
- 41 Sullivan PF, Fan C, Perou CM. Evaluating the comparability of gene expression in blood and brain. *Am J Med Genet B Neuropsychiatr Genet* 2006; **141B**: 261–8.
- 42 Takahashi M, Hayashi H, Watanabe Y, Sawamura K, Fukui N, Watanabe J, et al. Diagnostic classification of schizophrenia by neural network analysis of blood-based gene expression signatures. *Schizophr Res* 2010; **119**: 210–8.
- 43 Wright FA, Sullivan PF, Brooks AI, Zou F, Sun W, Xia K, et al. Heritability and genomics of gene expression in peripheral blood. *Nature Genet* 2014; **46**: 430–7.



psychiatry and sacred texts

The Qur'an, Chapter 93: The Morning Hours

Ibtesham T. Hossain

The Qur'an is compiled of 114 chapters delving into a multitude of existential themes which provide the perfect ingredients for a human psyche – influencing the emotions, thoughts and behaviour of over a billion people worldwide.

Chapter 93, in combination with its context, is of particular interest from a psychiatric point of view because it provides a framework for overcoming depression. The opening verse begins with an oath, 'By the morning brightness' (verse 1) referring to the early part of the day as being a time of activity and full of life, directing a person's mind to positive thoughts. This is followed by 'And by the night when it grows still' (verse 2), implying that the stillness of the night provides calmness, the juxtaposition of the verses highlighting the contrasting emotions a person faces during the day and night. 'Your Lord has not forsaken you, nor does He hate you' (verse 3) – powerfully provides a sense of belonging and dispels the notion of helplessness.

The closing verses then describe how a person's situation can be changed regardless of their circumstances, inducing a sense of control through reliance and gratitude, all coming together to foster the take-home message – hope.

The British Journal of Psychiatry (2016)
209, 120. doi: 10.1192/bjp.bp.116.181198