- Intervention Services (the National EDEN studies): study rationale, design and baseline characteristics. *Early Interv Psychiatry* 2014; **8**: 59–67.
- 22 Henderson J, Forbat L. Relationship-based social policy: personal and policy constructions of 'care'. Crit Soc Policy 2002; 22: 669–87.
- 23 Lambert H, McKevitt C. Anthropology in health research: from qualitative methods to multidisciplinarity. BMJ 2002; 325: 210–3.
- 24 Russell Bernard H. Research Methods in Anthropology: Qualitative and Quantitative Approaches. AltaMira Press, 2011.
- 25 Corbin J, Strauss A. Basics of Qualitative Research: Techniques and Procedures for Developing Grounded Theory. 3rd edn. Sage, 2008.
- 26 Morse J, Barrett M, Mayan M, Olson K, Spiers J. Verification strategies for establishing reliability and validity in qualitative research. Int J Qual Methods 2002: 1: 13–22
- 27 Epstein S. Impure Science: AIDS, Activism, and the Politics of Knowledge. University of California Press, 1996.
- 28 Sin J, Moone N, Wellman N. Developing services for the carers of young adults with early-onset psychosis – listening to their experiences and needs. J Psychiatr Ment Health Nurs 2005; 12: 589–97.
- 29 Jones K. Addressing the needs of carers during early psychosis. Early Interv Psychiatry 2009; 3: S22–6.
- 30 Shiers D. Talking to patients and families about first-time psychosis. Prescriber 2004: 15: 43–8.

- 31 Bauer R, Koepke F, Sterzinger L, Spiess H. Burden, rewards, and coping the ups and downs of caregivers of people with mental illness. J Nerv Ment Dis 2012; 200: 928–34.
- 32 Barnes, M. Care in Everyday Life: An Ethic of Care in Practice. The Policy Press, 2012.
- 33 Chamberlayne P, King A. The biographical challenge of caring. Sociol Health Illn 1997; 19: 601–21.
- 34 Barnes, M. Care in Everyday Life: An Ethic of Care in Practice. The Policy Press, 2012.
- 35 Desjarlais R. Struggling along: the possibilities for experience among the homeless mentally ill. In A Reader in Medical Anthropology: Theoretical Trajectories, Emergent Realities (eds B Good, MMJ Fischer, S Willen, M DelVecchio Good): 160–74. Wiley-Blackwell, 2010.
- **36** Charmaz K. *Good Days and Bad Days: The Self and Chronic Illness in Time.* Rutgers University Press, 1993.
- 37 Patterson P, Birchwood M, Cochrane R. Expressed emotion as an adaptation to loss. *Br J Psych* 2005; **187**: s59–64.
- 38 Kuipers E, Onwumere J, Bebbington P. Cognitive model of caregiving in psychosis. *Br J Psych* 2010; **196**: 259–65.
- 39 Lester H, Marshall M, Jones P, Fowler D, Amos T, Khan N, et al. Views of young people in Early Intervention Services for first-episode psychosis in England. Psychiatric Serv 2011; 62: 882–7.

## poems by doctors

## I Must Speak for this Man

## **Edward John Anderson**

I have forgotten the day, the month, the year. I have forgotten the feel of salt wind On the skin, the velvet of cats. I have forgotten mouth organ music, The tang of metal on teeth, The smell of durian, the scent of the frangipan, Rough wool at the throat. I have forgotten the Kowloon waterfront, The thin limbs in the small hours, How many times I have been drunk, The number of fights I have started and stopped.

I have forgotten my friend, companion and lover. I have forgotten his name.

I have forgotten the condescension of my nurses, The slops I had for breakfast, The last time I shat myself. I have forgotten my hopes for the future.

I suck breath. I soak my bed. I am dead but do not die. There is no more to me.

Edward John Anderson is a retired GP. The poem was selected by Femi Oyebode. Published in *The Hippocrates Prize Anthology*, Hippocrates Press, 2012. © Edward John Anderson. Reprinted with permission.

The British Journal of Psychiatry (2015) 207, 142. doi: 10.1192/bjp.bp.114.146993