- 33 Pot AM, Bohlmeijer ET, Onrust S, Melenhorst AS, Veerbeek M, de Vries W. The impact of life review on depression in older adults: a randomized controlled trial. Int Psychogeriatr 2010; 22: 572–81.
- 34 Spek V, Nyklicek I, Smits N, Cuijpers P, Riper H, Keyzer J, Pop V. Internet-based cognitive behavioural therapy for subthreshold depression in people over 50 years old: a randomized controlled clinical trial. Psychol Med 2007; 37: 1797–806.
- **35** Vazquez FL, Torres A, Blanco V, Díaz O, Otero P, Hermida E. Comparison of relaxation training with a cognitive–behavioural intervention for indicated prevention of depression in university students: a randomized controlled trial. *J Psychiatr Res* 2012; **46**: 1456–63.
- 36 Van't Veer-Tazelaar PA, van Marwijk HWJ, van Oppen P, van Hout HPJ, van der Horst HE, Cuijpers P, et al. Stepped-care prevention of anxiety and depression in late life: a randomized controlled trial. *Arch Gen Psychiatry* 2009; 66: 297–304.
- **37** Willemse GRWM, Smit F, Cuijpers P, Tiemens BG. Minimal-contact psychotherapy for sub-threshold depression in primary care: randomised trial. *Br J Psychiatry* 2004; **185**: 416–21.
- 38 Williams JW, Barrett J, Oxman T, Frank E, Katon W, Sullivan M, et al. Treatment of dysthymia and minor depression in primary care: a randomized controlled trial in older adults. *JAMA* 2000; 284: 1519–26.
- 39 Cuijpers P, van Straten A, Andersson G, van Oppen P. Psychotherapy for depression in adults: a meta-analysis of comparative outcome studies. J Consult Clin Psychol 2008; 76: 909–22.
- 40 Cuijpers P, Li J, Hofmann SG, Andersson G. Self-reported versus clinicianrated symptoms of depression as outcome measures in psychotherapy research on depression: a meta-analysis. Clin Psychol Rev 2010; 30: 768–78.





The Man He Killed

Thomas Hardy

'Had he and I but met By some old ancient inn, We should have sat us down to wet Right many a nipperkin!

'But ranged as infantry, And staring face to face, I shot at him as he at me, And killed him in his place.

'I shot him dead because – Because he was my foe Just so: my foe of course he was; That's clear enough; although

'He thought he'd 'list, perhaps, Off-hand like – just as I – Was out of work – has sold his traps – No other reason why.

'Yes; quaint and curious war is! You shoot a fellow down You'd treat if met where any bar is, Or help to half-a-crown.'

Selected by Femi Oyebode.

The British Journal of Psychiatry (2014) 205, 274. doi: 10.1192/bjp.bp.114.148288