

# JPN JOURNAL OF PSYCHOSOCIAL NURSING<sup>®</sup>

February 2015 Volume 53, Number 2 AND MENTAL HEALTH SERVICES

Cited in MEDLINE/PubMed

Healio<sup>®</sup> ACCESS FULL TEXT  
at Healio.com/JPN

## Troubled first-year students

Exploring the relationship between stress and depression

### Reducing physical comorbidity

The need for improved clinical monitoring of individuals with mental illness—page 32

### Sustaining physical fitness and dietary habits

What happens once an intervention program stops?—page 46

Journal of psychosocial  
SERIALS



004289  
bib: 13399108125

1,407.50

SLACK<sup>®</sup>  
INCORPORATED

EARN CONTACT HOURS PAGE 54

004289



## Pharmacology Focus

- 20** Product Update
- 21** Clip & Save: Drug Chart Hypertension
- 23** Psychiatric Medications and Sudden Cardiac Death: Putting the Risk in Perspective  
*Robert H. Howland*

## Original Articles

**32** Approaches to Reduce Physical Comorbidity in Individuals Diagnosed With Mental Illness

Mental health nurses should conduct ongoing health promotion and clinical monitoring of clients.

*Emily R. Welsh and Geoffry Phillips McEnany*

**38** Factors Predictive of Depression in First-Year College Students

Stress, coping factors, and perceived support from family were indicators of depressive symptomology in students adjusting to college.

*Julie M. Brandy, Sue Penckofer, Phyllis A. Solari-Twadell, and Barbara Velsor-Friedrich*

**46** Assessing Sustainability of InSHAPE Participants' Fitness Activities in a Community Mental Health Setting

A one-on-one relationship with a fitness trainer was found to help individuals maintain exercise habits.

*Marsha L. Lesley and Kristi Livingwood*

## Sections

- 13** Editorial
- 16** Letters to the Editor
- 18** News
- 27** Adolescents at Risk—Pain Pills to Heroin: Part II  
*Susanne Fogger and Teena M. McGuinness*
- 54** CNE Quiz
- 56** NARSAD Art

