

ensure that improvements in gender equality in publishing occur at an increased pace; we aim to put our own house in order first.

Author gender and other diversity data have not been routinely collected in *BJPsych* journals, as is the case in other academic journals to our knowledge. We conducted a preliminary, retrospective review of papers published in the *BJPsych* in the years 2017–2019, grouped by first and last author gender (Table 1). Although data are small in number, there appear to be differences by gender and potentially significant work to be done. Further reading on the topic is listed in the Appendix.

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Author contributions

All authors substantially contributed to the conception and drafting of the work. All authors have approved the final version to be published and agree to be accountable for the accuracy and integrity of the work.

Declaration of interest

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ICMJE forms are in the supplementary material, available online at <https://doi.org/10.1192/bjp.2020.192>.

Appendix

Further reading

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psychiatry in sacred texts

The road to tranquil equanimity: excerpts from the Bhagavad Gita

Joel Philip , Vinu Cherian and Philip John

The Bhagavad Gita, a sacred Indian text that dates back to the 2nd century BCE, is set in the form of a dialogue between the prince Arjuna, and his charioteer and mentor Krishna, at the start of the 'righteous war' between the two opposing factions of the Pandavas and the Kauravas. Observing the vast legions of the Kaurava army across the battlefield, Arjuna remarks:

'Seeing my kinsmen arrayed for battle, my limbs are giving way and my mouth is drying up. My whole body shudders; my hair is standing on end. My bow is slipping from my hand, and my skin is burning all over. My mind is in quandary and whirling in confusion; I am unable to hold myself steady any longer.'

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