

## Research

### CARING FOR THE CRITICALLY ILL PATIENT

#### Ventilatory Support in Acute Respiratory Distress Syndrome 846

There is evidence that titrating positive end-expiratory pressure (PEEP) to offset esophageal pressure (an estimate of pleural pressure) can attenuate lung injury and improve patient outcomes in acute respiratory distress syndrome. Beitler and colleagues for the EPVent-2 Study Group randomized 200 patients with acute respiratory distress syndrome and found that PEEP titration guided by esophageal pressure, compared with a conventional ventilatory strategy, did not improve a composite outcome of mortality and days free from mechanical ventilation. In an Editorial, Cavalcanti and colleagues conclude that a tool in common use for adjusting PEEP and the more invasive, costly, and cumbersome technique tested in this study have similar clinical outcomes.

📖 Editorial 839

📺 Visual Abstract [jama.com](http://jama.com)

#### Nutritional Interventions and Major Depressive Disorder 858

Adherence to a high-quality diet is associated with a lower risk of new depressive symptoms. Bot and colleagues for the MoodFOOD Prevention Trial Investigators randomized 1025 overweight or obese adults with depressive symptoms and found that neither multinutrient supplementation nor food-related behavioral activation therapy reduced episodes of major depressive disorder. In an Editorial, Berk and Jacka suggest that dietary changes should be integrated with psychological and pharmacological therapies as well as evidence-based lifestyle interventions.

📖 Editorial 842 Related Article 869

📺 CME [jamanetwork.com/learning](http://jamanetwork.com/learning)

#### A Collaborative Care Intervention for Obesity and Depression 869

Many patients with obesity and depression have poor treatment adherence and therapeutic response. In a randomized trial by Ma and colleagues that enrolled 409 adults with obesity and depression, a collaborative care intervention integrating behavioral weight loss treatment, problem-solving therapy, and antidepressant medications improved weight loss and depressive symptoms at 12 months.

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Editor in Chief  
Howard Bauchner, MD

**135 YEARS**  
OF CONTINUOUS  
PUBLICATION



## Research (continued)

### A Behavioral Intervention to Increase Physical Activity **880**

Individuals with type 2 diabetes seldom achieve recommended levels of physical activity. Balducci and colleagues for the Italian Diabetes and Exercise Study 2 Investigators randomized 300 physically inactive and sedentary patients with type 2 diabetes and found that a behavioral intervention resulted in a sustained increase in physical activity and a decrease in sedentary time.

## Clinical Review & Education

### Diagnosis and Management of Infectious Diarrhea **891**

In this JAMA Clinical Guidelines Synopsis of a 2017 guideline developed by the Infectious Diseases Society of America, Hamilton and Cifu discuss the clinical management of children and adults with suspected or confirmed infectious diarrhea.

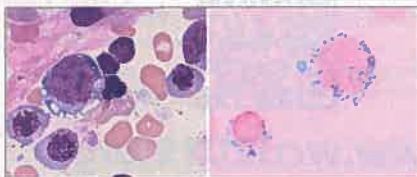
## GENOMICS AND PRECISION HEALTH

### Genetic Sequencing of Infectious Pathogens **893**

This JAMA Insights article by Gwinn and colleagues explains how genetic sequencing of infectious pathogens can be used to identify etiologies of disease outbreaks and suggest treatment strategies.

Author Video Interview [jama.com](http://jama.com)

### Gastric Bypass Surgery and Pancytopenia **895**



This JAMA Clinical Challenge by Saxena and colleagues presents a 54-year-old man with pancytopenia and a history of Roux-en-Y gastric bypass. What would you do next?

## Online @ [jama.com](http://jama.com)



### Editor's Audio Summary

Howard Bauchner, MD, summarizes and comments on this week's issue.

### Author Interview



Marta Gwinn, MD, MPH, and Gregory L. Armstrong, MD, authors of "Next-Generation Sequencing of Infectious Pathogens"

### CME Credit

Earn CME credit by reading CME-designated articles in this issue and taking the quiz online. CME quizzes are available by topic and by US state requirements at <https://edhub.ama-assn.org/jn-learning>

### Visual Abstract

"Effect of Titrating Positive End-Expiratory Pressure (PEEP) With an Esophageal Pressure-Guided Strategy vs an Empiric High PEEP-FiO2 Strategy on Death and Days Free From Mechanical Ventilation Among Patients With Acute Respiratory Distress Syndrome: A Randomized Clinical Trial"



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