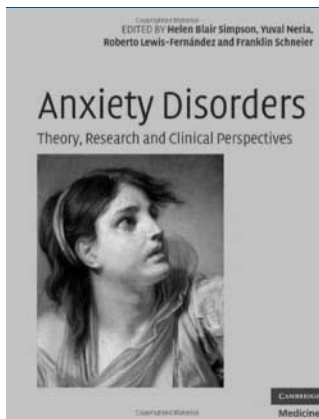


some of the more traditional hospital-based liaison topics such as assessment of delirium, alcohol use and self-harm, and gives short chapter overviews of somatoform and factitious disorders. Chapters focusing on a range of other specific situations pepper the book, from pregnancy to the special consideration of children, transplant procedures and the increasingly relevant bariatric interventions. Each of these chapters is likely to prove useful as signposting to more detailed texts. The strongest section of the book gives a series of detailed summaries of the knowledge base of specific conditions such as post-stroke depression, depression and cardiac disease and the interplay between mental health and a range of other conditions, from cancer to a variety of neurological, endocrine and infective disorders.

Understandably, the book has a US focus – its cited evidence base is overwhelmingly stateside-oriented and there is a dominance of DSM diagnoses. In addition, several chapters give specific drug usage and dosage information, which obviously should not be followed without checking with local guidelines first. However, for the book's focus on psychosomatic medicine in its widest sense, it is an excellent entry-level text for students, postgraduate trainees and many other professionals.

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### Anxiety Disorders: Theory, Research and Clinical Perspectives

Edited by Helen Blair Simpson,  
Yuval Neria,  
Roberto Lewis-Fernández  
& Franklin Schneier.  
Cambridge University Press. 2010.  
£60.00 (hb). 394pp.  
ISBN: 9780521515573

This is a thoroughly comprehensive review of all anxiety disorders. Covering the entire lifespan, it gives an excellent account of epidemiology, aetiology, treatment and current research. By also providing a historical context to the evolving clinical and research landscape, it becomes a fascinating and useful text for any clinician, researcher or student looking to expand their knowledge. Contributors from Columbia University Department of Psychiatry and New York State Psychiatric Institute offer well-researched reviews of the literature, but also a very personal account of their own research and experience. With a heavily research-oriented approach, it is not the most accessible text for those wishing to simply familiarise themselves with this area. There is, however, a useful section on treatment in primary care.

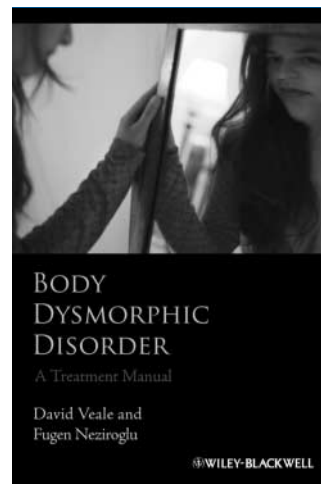
The book is broadly divided into four sections. First, an in-depth description of epidemiology is given, taking age, and geographical and cultural factors into account. The history, and future, of anxiety disorders is covered from DSM-I to DSM-5 and beyond. Psychological, biological, genetic, psychodynamic and evolutionary theories of anxiety are assigned equal prominence, and are both engaging and informative.

The two sections that follow cover aetiology and clinical descriptions of anxiety as a pathological condition. Controversies related to diagnostic validity of disorders such as social anxiety disorder are discussed. Particularly interesting sections on the usefulness and limitations of work in animal models of anxiety and their implications for clinical practice, and a detailed section on culturally bound anxiety syndromes, make this a very rich and thorough account. Discussions of important comorbidities of depression and personality disorder ensure the book is grounded in real-life clinical practice.

The final section focuses on treatment. Although not proposing to be a treatment manual, the book does provide a well-informed account of psychological and pharmacological treatments. In addition, there is a well-referenced chapter on brain stimulation techniques (electroconvulsive therapy, transcranial magnetic stimulation, deep brain stimulation and vagus nerve stimulation). The chapter on complementary treatment strategies gives the clinician an excellent grounding on which to base a well-informed discussion with patients.

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### Body Dysmorphic Disorder: A Treatment Manual

By David Veale & Fugen Neziroglu.  
Wiley-Blackwell. 2010.  
£39.99 (pb). 488pp.  
ISBN: 9780470851210

The National Institute for Health and Clinical Excellence published guidance on the treatment of both obsessive-compulsive and body dysmorphic disorders in 2006. Despite this, it is immediately apparent to anyone treating these disorders that knowledge and adherence to these guidelines is patchy and many individuals are inadequately treated. If the situation is poor with regard to treatment of obsessive-compulsive disorder, it is even more so with body dysmorphic disorder. This book can thus be seen as a welcome addition to the literature.

The book is divided into two distinct parts. The first part is a full description of the theoretical background, including various items such as neurobiological aspects of body dysmorphic disorder, a translation of an original excerpt by Morselli (1891), and acral lick dermatitis and serotonin reuptake inhibitors in dogs. The authors cite and present an extensive number of studies. The second part is a treatment manual, taking the reader step by step through various techniques including a standard history in body dysmorphic disorder, constructing a cognitive formulation and addressing difficulties in engagement. There are detailed verbatim examples of questions that may be asked by the therapist, as well as forms, diagrams and case vignettes. Self-report

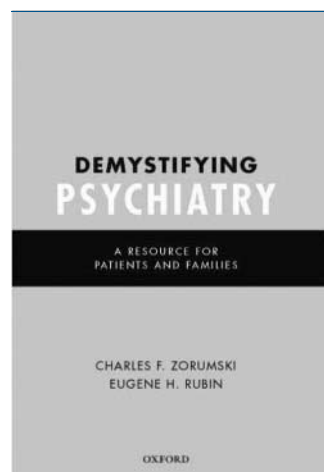
questionnaires and diagnostic interviews are provided in an appendix for practical use. Each chapter is well laid out, beginning with a summary and followed by a list of contents, which makes the text easy to use as a reference book. It is somewhat disappointing, therefore, that the final index is patchy and it is difficult to locate specific items.

There are a number of excellent features in this book, but also some shortcomings which could easily be ironed out in future editions. First, it is extremely wordy and repetitive, which is most marked in the first section. In parts it appears that sentences and paragraphs have been copied from earlier in the book. In addition, there are a number of errors and contradictions in the text. Also, the authors seem to put excessive detail into relatively small areas at the expense of others. For example, there is a chapter plus another section covering psychogenic excoriation and separate detailed sections on cosmetic phalloplasty and vaginoplasty, whereas psychopharmacological treatment is relegated to a short chapter and an extremely practical section in the treatment manual.

In summary, this is a timely publication which has many useful components and would be a helpful addition to any psychiatrist's or therapist's bookshelf. Our criticisms mainly relate to the first half of the book, which could be drastically cut and made into a more relevant reference section. Generally, however, this is a very positive addition to the bibliography which we would recommend to anyone interested in the subject.

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### Demystifying Psychiatry: A Resource for Patients and Families

By Charles F. Zorumski  
& Eugene H. Rubin.  
Oxford University Press USA. 2009.  
£19.99 (hb). 240pp.  
ISBN: 9780195386400

*Demystifying Psychiatry* is an impressively fluent compilation, cleverly converting the specialist knowledge of two American professors into a succinct overview of the many dimensions of psychiatry. Zorumski and Rubin have successfully deployed a writing style that details both clinical and scientific concepts in a surprisingly accessible manner. They have endeavoured to strive away from producing yet another mundane patient resource and to embrace the realm of the 'expert-patient'; relevant, to the point and, most importantly, not patronising or overwhelming. *Demystifying Psychiatry* will not disappoint.

The chapters are titled as questions orienting the reader from the outset. The arrangement of content is such that psychiatric disorders (common conditions, warning signs) and the role of

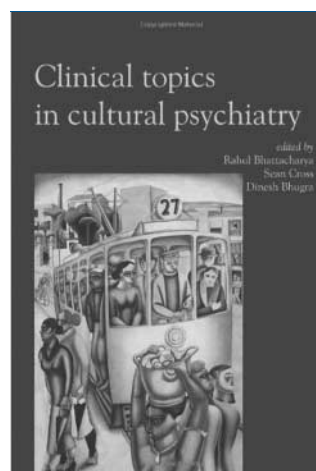
psychiatrists (psychiatric training, patient assessment) are tackled at the start. The remainder of the book deals with the theories underlying psychiatric disorders (biological mechanisms) and principles of treatment (medications, psychotherapies, brain stimulation, psychosurgery). The final sections focus on issues such as patient and family involvement in treatment, and advise patients how to approach the American consumer-oriented medical market. The book finishes with a reflection of psychiatry as a historical, yet dynamic, field with an exciting future.

The preconceptions that form the mist in psychiatry are objectively challenged; electroconvulsive therapy is regarded scientifically, a contrast to its often false portrayal in film. Delirium is explained as 'something like the brain crashing' and the benefits of psychotherapy as being 'magical'. Scientific jargon is minimal and all information is fully explained in a fluid narrative. The case examples are particularly useful; through 'Larry' who misuses substances and 'Mark' who hallucinates the reader can appreciate the reality of psychiatric disorders, and indeed draw on personal experience.

Despite being aimed at 'patients and their families', medical student, trainee psychiatrist and even long-practising consultant will find *Demystifying Psychiatry* a satisfying read. It definitely 'demystifies' the prejudice that up-to-date psychiatric science is only available in an unapproachable textbook.

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doi: 10.1192/bjp.bp.111.092601



### Clinical Topics in Cultural Psychiatry

Edited by Rahul Bhattacharya,  
Sean Cross & Dinesh Bhugra.  
RCPsych Publications. 2010.  
£30.00 (pb). 454pp.  
ISBN: 9781904671824

This well written, multi-authored book delivers everything that its title promises, and much more! It includes chapters previously published as articles in *Advances in Psychiatric Treatment*, updated with recent references, and some new chapters as well. The authors and editors are acknowledged experts in the field of cultural psychiatry, who have all contributed significantly to the understanding of this important area.

The book is divided into three sections – 'Theoretical and general issues', 'Specific mental health conditions across cultures' and 'Management issues in the cultural context'. Clinically relevant, important work in cultural psychiatry is covered in a very readable and understandable format. Several authors make reference to the same papers and it is interesting to see how they approach the same subject from differing angles.

The chapter on the mental health of refugees and asylum seekers is especially helpful as clear definitions highlight the