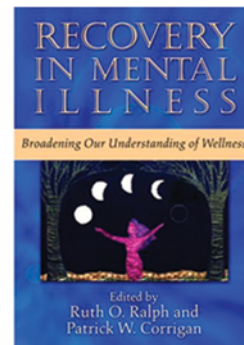
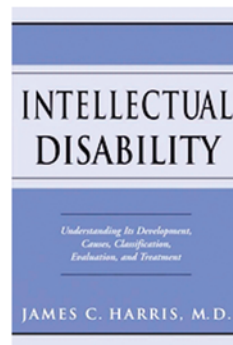
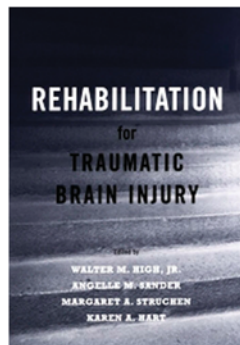
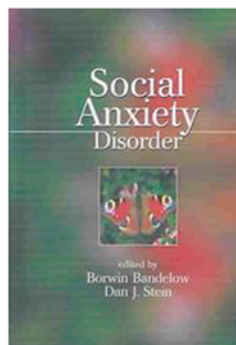
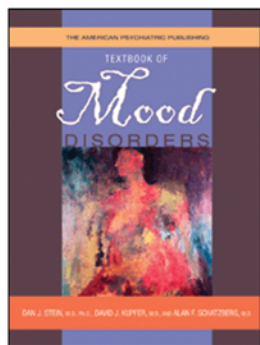


Book Forum

Sandra L. Patterson, Editor



The American Psychiatric Publishing Textbook of Mood Disorders, edited by Dan J. Stein, M.D., Ph.D., David J. Kupfer, M.D., and Alan F. Schatzberg, M.D. Arlington, Va., American Psychiatric Publishing, 2006, 792 pp. \$119.00.

Hot off the press in 2006, this is a book that will stand the test of time. With eight section editors, whose names are household words throughout psychiatry, 99 highly qualified contributors to 43 chapters, and 778 pages, it is one big book. And why not? As the editors point out: "Mood disorders are the bread and butter of clinical psychiatry." Just about everything you need to know about the subject is at your fingertips. The editing is excellent. The index is first-rate. Every chapter is referenced generously.

The book begins, quite appropriately, with a chapter on Historical Aspects of Mood Disorders. While I realize that virtually no one will read the book from cover to cover, I suggest that the first chapter be required reading to set the stage for what follows. What follows are eight major sections (Symptomatology and Epidemiology, Pathogenesis, Investigating Mood Disorders, Somatic Interventions, Psychotherapies, Integrative Management, Subtypes, and Additional Perspectives), each of which are then divided into pertinent chapters that give the book its comprehensive, authoritative stature. Have you been confused by the plethora of mood disorder rating scales—read chapter 5 and convert your confusion to comprehension. Do patients ask why they have a mood disorder—read the chapters on Neurochemistry, Psychoneuroendocrinology, Cognitive Processing, Social Perspectives, and Evolutionary Explanations, and you will be perceived as an expert.

In this psychopharmacologically dominated profession of ours, it is refreshing to see that the psychotherapies have not been forgotten. There are chapters on cognitive-behavioral therapy, interpersonal psychotherapy, and psychoanalytic/psychodynamic psychotherapy for depression and dysthymia, a chapter on several quite effective but often neglected psychotherapeutic approaches to bipolar disorder, and even a chapter on psychotherapy for depressed children and adolescents. There is no chapter devoted to psychotherapy at the other end of the age spectrum, but the topic is covered within the geriatric mood disorder chapter.

You may be wondering whether you should buy this book. If you want the most complete and timely text devoted entirely to mood disorders, this is the book for you. One would be hard

put to find a major omission that could not be explained by that unavoidable lag in publishing that is inherent in all books. I see its audience to be one with a clinical rather than basic research orientation, one that extends beyond psychiatry to a considerably wider range of mental health professionals (including those in primary care who are well immersed in recognizing, diagnosing, and treating disorders of mood).

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There is something about a large and heavy book on a single topic that repels as much as it attracts. Intended as a reference and unlikely to be read in its entirety even by its contributors, such a work promises to be both definitive and comprehensive, allowing the reader to dip in on occasion, to clarify a point or skim a review. And yet, its dimensions alone raise questions. With 101 authors, can a level of quality and focus be maintained? Has the length of time between writing and printing made its facts less timely and its recommendations dated? Is it practical as well as authoritative? Weighing in at 5 pounds and extending for almost 800 pages, the *Textbook of Mood Disorders* is a book that physically announces its presence on both your bookshelf and your lap.

Admirably, the text aspires to and succeeds in being both scholarly and pragmatic. Michael Stone's historical review is an enjoyable sojourn over 2,500 years of cultural awareness of mood disorders, while Pierre Blier provides a succinct and rational guide for the clinician wondering what to do next in a case of treatment-resistant depression.

Yet some unusual choices in coverage and balance are made, and some topics receive less attention than they might. Does vagus nerve stimulation really deserve a chapter all to itself, equivalent in length to that devoted to antipsychotic medications, when the best evidence is still so weak? Among the underdeveloped topics are such issues as grief and bereavement, couples, family and group therapies, depression in dementia and developmental disability, bipolar mixed states, and teratogenicity and breast feeding considerations in drugs other than antidepressants. A future edition might also strive to bring better integration between chapters by providing internal linked references. Although brain imaging findings and cognitive processing changes are discussed extensively in their own chapters, there is no discussion of their possible usage as endophenotypes in the chapter on genetics, nor for that

matter, any reference to the term itself in the index. A more substantive critique might be that the textbook generally seems to avoid controversy or to critique areas of research that are methodologically weak and thus far disappointing in their progress. One exception is the chapter by Richard Shelton and Natalie Lester on selective serotonin reuptake inhibitors, in which they offer a thoughtful dissection of the issue of antidepressants, possibly increasing suicidal risk in select individuals. Comparable analyses of such topics as the dramatically decreased utilization of lithium over the last decade, the stigma of psychiatric illness, or the role of antidepressants in the treatment of mild depression are absent and represent missed opportunities in an otherwise far-reaching text. Yet another issue, more relevant than ever in the present, is that of potential bias or conflict of interest. One chapter includes an extensive disclaimer, but nearly all of the others do not, despite well known pharmaceutical support of some of the authors asked to review a specific topic.

Such considerations should not be viewed as overpowering, however. There is no more comprehensive or current review of mood disorders to be had, and practitioners and educators will find much value in an easy-to-access form.

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Social Anxiety Disorder, edited by Borwin Bandelow and Dan J. Stein. New York, Marcel Dekker, 2004, 366 pp. \$169.95.

Social Anxiety Disorder is a recent contribution to the volume series entitled *Medical Psychiatry*, that includes other texts in this series. The text consists of three main sections, focusing upon the diagnosis, pathogenesis, and treatment of social anxiety disorder. Written by an impressive group of 38 contributors, chapters present the most recent theoretical and empirical information available regarding this challenging disorder.

The first section of the text, Psychopathology, includes a review of the symptom spectrum of social anxiety disorder, including its diagnostic history in various versions of the DSM. Issues regarding differential diagnosis and comorbidity are discussed. A review of epidemiological surveys is included, with consideration of the prevalence of social anxiety disorder in community and clinical settings, its incidence with regard to age of onset, its developmental course and pertinent risk factors, and various diagnostic subtypes. The psychosocial and economic burden of social anxiety disorder is further assessed, with an examination of the disorder's impact upon interpersonal relationships, academic and occupational functioning, quality of life, and health care utilization. Psychometric information is provided regarding rating scales available for the assessment of social anxiety disorder, with data regarding each instrument's reliability, validity, and sensitivity. The diagnosis of social anxiety disorder in children and in cross-cultural groups completes this first section of the text.

The second section, Pathogenesis, focuses upon models of the disorder's etiology. Environmental influences, including childhood trauma, negative parenting styles, and observational learning, are considered. Cognitive models describing maintenance of the disorder are also evaluated, with emphasis upon the theories of Clark and Wells and of Rapee and Heimberg. Empirical support for these cognitive models and

their impact upon treatment strategies is examined. An extensive review of the etiological contribution of neurobiological factors is further provided. The genetic basis of social anxiety disorder, as evidenced through twin and family studies, completes this section of the text.

Finally, the third section of the text, Management, focuses upon intervention. A review of cognitive-behavioral therapies, with descriptions of social skills training, relaxation training, cognitive restructuring, and exposure techniques, is presented. Meta-analytic studies supporting the efficacy of cognitive behavioral therapy in the alleviation of social anxiety disorder are examined. Psychodynamic models of intervention are also described. These treatment interventions include an examination of the emotional meaning of various social anxiety disorder symptoms, environmental stressors, developmental conflicts, and transference within the therapeutic setting. While the review of psychodynamic interventions provides scant empirical validation for any claims to efficacy, this is the only portion of the text that describes case examples of social anxiety disorder patients. The examples are engaging and informative, and provide an important contribution to the overall text, since they present the personal, very human challenge of social anxiety disorder. This section includes a detailed assessment of pharmacological interventions, including the potential for integration of psychotherapeutic and pharmacological treatment strategies.

In general, *Social Anxiety Disorder* is comprehensive, detailed, well-organized, clearly written, and highly informative. Its presentation of current theoretical models and empirical research regarding the multiple complex issues concerning social anxiety disorder makes it an important resource for both research and clinical practice.

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Rehabilitation for Traumatic Brain Injury, edited by Walter M. High, Jr., Ph.D., Angelle M. Sander, Ph.D., Margaret A. Struchen, Ph.D., and Karen A. Hart, Ph.D. New York, Oxford University Press, 2005, 384 pp. \$69.50.

Rehabilitation for Traumatic Brain Injury, edited by psychologists Walter M. High, Angelle M. Sander, Margaret A. Struchen, and Karen A. Hart, is a book compiled from the proceedings of the National Institute on Disability and Rehabilitation Research Conference in 2003. The book's foreword states that the conference was called to present empirical evidence and determine the future of research. The context described includes a change in reimbursement from managed care and the need for more evidence involving interventions. The chapters are geared toward 1) concisely summarizing data on a topic, 2) pointing out methodological difficulties, 3) identifying key research questions, and 4) recommending directions for research. While it is not a criticism of the book, the heterogeneous nature of traumatic brain injury etiologies makes its study very difficult. The book is published by Oxford University Press in 2005, consisting of 362 pages, 5 sections, and 16 chapters.

I would like to mention some highlights on chapters and sections as well as minor suggestions for changes in subsequent editions.