



Dulcan's Textbook of Child and Adolescent Psychiatry, edited by Mina K. Dulcan, M.D. Washington, DC, American Psychiatric Publishing, 2010, 1104 pp., \$252.00.

The field of child psychiatry has historically been fraught with controversy and stigmatization, yet this text offers hope in its presentation of a comprehensive and contemporary evidence base, supporting best-practice approaches for the assessment and treatment of youths with mental illness. One is struck by the scope and depth of the text, which leave the reader feeling empowered and inspired by how far the field has come in establishing a solid, scientifically rigorous reservoir of knowledge to guide one's practice. This text bears little resemblance to its previous edition, in that 56 of 65 chapters feature new lead authors. It is enormously expanded in its scope, with the addition of over a dozen new sections and an increase in chapters devoted to treatment, from seven to 18 chapters. Emphasis was clearly given to ensuring the authors' reliance on the most current evidence base, along with developmentally informed approaches with practical applications.

Some examples of domains in which substantial progress has been made in recent decades include pediatric psychopharmacology, functional and structural brain imaging, and genetics and epigenetics. The involvement of industry in pediatric psychopharmacology research was limited until the enactment of legislation providing pharmaceutical companies with an additional 6 months of drug patent exclusivity protection in return for conducting specific studies in children. The legislation, which was initially enacted in 1997 and then confirmed and expanded in 2002 and 2007, provided a powerful incentive for industry-funded pediatric research. The impact was substantial, as demonstrated by industry sponsorship of more than 300 pediatric studies from 1998 through May 2008. The exponential increase of controlled trials of medication in pediatric populations has vastly improved clinical outcomes, with an expanded evidence base regarding pharmacokinetics, efficacy, and safety.

The literature available on functional and structural brain imaging has likewise burgeoned, particularly during the past two decades. Until recent years, functional imaging studies could not be ethically performed in children because of the risk of exposure to radioisotopes. However, recent advances in imaging technology, which circumvent the use of radiation, have increasingly paved the way for the inclusion of adolescents, and even younger children, in such trials, helping to inform the field regarding the neurophysiology and structural

implications of childhood psychiatric disorders. Finally, with the successful completion of the Human Genome Project and advancing technologies related to identifying and understanding genetic processes, the field has seen tremendous progress in the domains of genetics and epigenetics. Sophisticated technologies and designs applied to long-term prospective studies have increasingly informed the field regarding mechanisms of mental illness development, with overall findings pointing to a gene-environment interaction as etiologic in most cases.

The authors managed to distill and consolidate the vast literature presently available to the field, with a focus on more current findings. The chapters were designed to be comprehensive and balanced, with practical applications and key points highlighted. For example, the chapter on attention deficit hyperactivity disorder (ADHD), by Steven R. Pliszka, M.D., was organized in a clear and easy-to-follow manner, with handy tables and bulleted summary outlines to reiterate key points and present core principles in a readily digestible fashion. The writing style is very concise and crisp, facilitating efficient consumption of the materials. The information compiled is balanced, offering multiple points of view within each category as appropriate, including contradicting perspectives along with evidence in their support. For example, the conflicting data from various research groups related to the rates of comorbidity in ADHD and childhood bipolar disorder are presented objectively, with Dr. Pliszka theorizing a rational explanation for the discrepancy. The available data regarding stimulant efficacy are known to be vast, but the author managed to capture essential "take-home" points, concisely summarizing what the totality of data has revealed. Relatively newer research findings related to more recently developed long-acting medications and neuroimaging technologies are presented and summarized in a straightforward manner. In summary, the author was adept in culling a massive and complex body of literature and presenting key findings in a concise and readily comprehensible fashion.

The chapter on substance abuse, by Oscar G. Bukstein, M.D., M.P.H., and Deborah Deas, M.D., M.P.H., is well organized, current, and comprehensive. Sections mentioning newer phenomena, such as Internet addiction, were added to reflect contemporary culture and trends. I appreciated the section devoted to prevention programs, which was primarily organized around guiding principles. The assessment section was developed with an eye toward practical applications, with easy-to-read tables summarizing major screening and diag-

nostic tools as well as reference ranges. Key summary points are highlighted in a bulleted and readily retained fashion.

I was curious as to how the text would tackle the thorny, murky, controversial topic of pediatric-onset bipolar disorder. I was amazed and relieved to discover that the vast and varied literature on this broad topic was organized and distilled into a relatively concise, neutral, and intelligible chapter, by authors Gabrielle A. Carlson, M.D., and Stephanie E. Meyer, Ph.D. The inclusion of case vignettes was critical to demonstrating the nuances and complexities of assessing youths for bipolar spectrum disorders. All controlled medication trials are summarized amply and depicted detailed, as well as bulleted, summary tables, which have practical utility in a busy clinical or teaching site. Furthermore, what is known about behavioral, psychosocial, and family treatments is reviewed and presented in a consolidated fashion. I appreciated the ability of Drs. Carlson and Meyer to fairly represent the varied and sometimes contradictory perspectives held by subject matter experts and researchers across the world. In addition, the authors were adept at highlighting the potential pitfalls and confounders in assessing and treating youths suspected of having mood disorders, which will prove useful to all practitioners who might encounter such cases.

I found Dr. Mina Dulcan's chapter on psychiatric classification, including past, current, and future systems, to be fascinating and relevant. With so much of child psychiatry research organized around diagnoses, the background, rationale, and methodology for defining and validating diagnostic criteria are essential for any provider to understand. Additionally, the various classification systems used internationally, spanning all ages, are reviewed, ensuring readers a broadened scope of available diagnostic tools.

In summary, I found Dulcan's textbook of child and adolescent psychiatry to be the best of its kind. It provides an authoritative, concise review of the most current literature in a manner that is balanced and intelligible. The material was organized in a readily digestible manner, with well-written narratives, bulleted summaries, and easy-to-read tables. This text would serve well as a definitive and comprehensive reference and guide to any provider assessing and treating youths with mental illness in any setting.

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Obsessive-Compulsive Spectrum Disorders: Refining the Research Agenda for DSM-V, edited by Eric Hollander, M.D., Joseph Zohar, M.D., Paul J. Sirovatka, M.S., and Darrel A. Regier, M.D., M.P.H. Washington, DC, American Psychiatric Publishing, 2011, 257 pp., \$67.00 (paper).

Obsessive-Compulsive Spectrum Disorders: Refining the Research Agenda for DSM-V is a collection of review articles based on presentations from a research planning conference on obsessive-compulsive disorder (OCD) and related disorders held in preparation for the publication of DSM-5 in 2013.

The conference was assembled by the APA in conjunction with the World Health Organization and the National Institutes of Health. The book examines whether OCD should remain in the anxiety disorders category for DSM-5 or whether it should be included in a new group of obsessive-compulsive spectrum disorders. These spectrum disorders are characterized by repetitive thoughts and behaviors and are systematically examined in relationship to OCD with regard to their shared phenomenology, comorbidity, familial and genetic features, brain circuitry, and treatment response.

In chapter 1, Fineberg et al. suggest that OCD serves as a "prototype" for a number of disorders distinguished by repetitive thoughts and behaviors. OCD has traditionally been diagnostically categorized with anxiety disorders because of a model that emphasizes anxiety generating obsessions and the reduction of anxiety through the performance of compulsions. However, the authors argue that emerging research suggests that the central features of the disorder are repetitive thoughts and behaviors resulting from basal ganglia dysregulation. The authors also point to a growing body of literature that implicates corticostrially mediated control and reward systems in the pathophysiology of OCD. Although OCD has significant comorbidity with a number of anxiety disorders (including generalized anxiety disorder and social phobia), the authors highlight differences in areas such as neurocircuitry and treatment response and argue for a closer relationship with disorders such as body dysmorphic disorder, tic-related disorders, and trichotillomania, which are also characterized by deficits in inhibition. This chapter also stresses the need to identify emerging endophenotypes related to OCD and obsessive-compulsive spectrum disorders for more accurate diagnostic classification and effective treatment strategies.

Chapters 2–4 examine proposed obsessive-compulsive spectrum disorders (body dysmorphic disorder, eating disorders, tic-related disorders, trichotillomania, and impulse control disorders) and their relationship to OCD. All of these disorders are noted for their phenomenological similarity to OCD in being characterized by repetitive thoughts and behaviors. However, some of these disorders (body dysmorphic disorder, eating disorders) differ in the content of obsessive thoughts and the perceived ego-syntonic nature of repetitive behaviors (e.g., repetitive behaviors in impulse control disorders often produce pleasurable emotions in the beginning). Tic-related disorders stand out among the obsessive-compulsive spectrum disorders as having genetic and imaging data most closely associated with that for OCD. All of the chapters emphasize the need for further research on the etiology and pathophysiology of these disorders to determine their relationship with OCD and with other possible obsessive-compulsive spectrum disorders.

The remaining chapters examine recent advances in the research of OCD that could improve diagnostic classification, assessment, and treatment. In the fifth chapter, the possible benefits of a dimensional versus categorical conceptualization of OCD symptoms are examined. A dimensional approach is in line with the most recent call by the National Institute of Mental Health for Research Domain Criteria, which emphasizes the identification of endophenotypic markers across psychopathology. The authors suggest that a dimensional approach would allow for an evolutionary understanding of OCD that could integrate biological and genetic data while al-