

disorders. It is to be hoped that this book will encourage psychiatrists to become more aware of their potential for improving the management of patients with a variety of neurological diseases.

This volume is a useful reference of not only the psychiatric management, but also the clinical state and psychiatric complications of selected neurological conditions. The emphasis on the treatment of individual psychiatric problems is welcome and the book forms a worthy introduction to this field. This is a multi-author text, but it is clear that fairly strict editorial control has been exercised, which makes it easy to use in everyday liaison neuropsychiatric practice. There is a helpful initial introduction to the neuropsychiatric presentations of neurological disorder and their possible management, followed by eight chapters on individual syndromes. Each chapter includes an introduction, a brief epidemiological overview, an outline of the neurological presentation, pathology and investigation of the disorder, a review of the psychiatric manifestations, and finally details of management of the neurological and psychiatric problems that might arise from the condition. The only exception to this is the chapter on stroke, in which only the neuropsychiatric aspects are covered. There are several very helpful lists, for instance of drug/drug interactions and of disease/drug interactions. A number of illustrations, including magnetic resonance imaging brain scans and a startling picture of a Kayser–Fleischer ring, augment the text.

The main weaknesses of the book are that the selection of neurological disorders is incomplete and that the coverage of some that are included is variable. There are, for example, 42 pages on Fahr disease but only 22 on multiple sclerosis. Movement disorders are well covered, particularly Parkinson's disease, Huntington's disease, Wilson's disease and dystonia. There is a useful chapter on the management of the psychiatric manifestations and complications of HIV. All of the chapters tend more towards the pharmacological than the psychological or psychotherapeutic management of psychiatric problems in people with these neurological diseases, but the book does end with a short paper about family management issues. Perhaps the emphasis on pharmacological matters indicates a relative paucity of worthwhile research into other areas of psychiatric management, but it is a shame that no attention is paid to the variety of cognitive–

behavioural and allied treatments that can be used in this area.

The book does not purport to cover the apparently neurological presentations of psychiatric disorder and makes almost no mention of somatoform disorders. At the outset the editor remarks that books on the psychiatry of Alzheimer's disease and epilepsy exist, and therefore he makes no further mention of them. However, serious omissions appear to be the psychiatric management of migraine, motor neuron disease, infections of the central nervous system other than HIV, normal-pressure hydrocephalus and, possibly, some mention of the sequelae of head injury. Consequently, this cannot by any means be regarded as a comprehensive reference book for those interested in liaison psychiatry on neurological wards, but it can be strongly recommended as a practical handbook for the trainee or general psychiatrist who is consulted by a neurological colleague about a patient with one of the eight conditions featured.

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### Guide to Psychiatric Research

By Arthur Yuwiler & Lennart Wetterberg.  
London: CRC (UK) Press. 2000. 152 pp.  
£33.99 (pb). ISBN 0 8493 0295 1

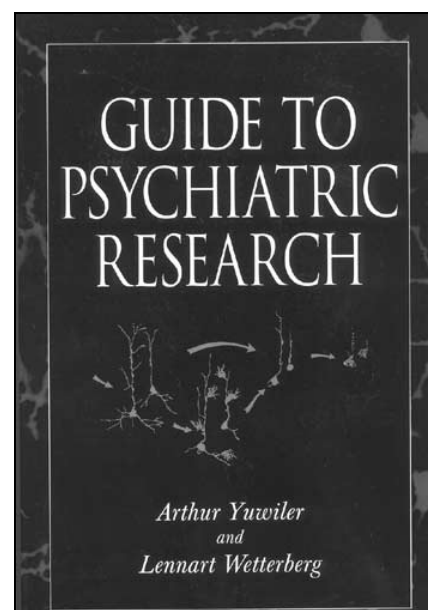
So, you have seen an interesting clinical problem, been prompted to read around the subject and found yourself asking more questions than seem to have answers: a typical starting point for research. What next? Guidance from a venerable and respected senior? A search along the library shelves for the section marked 'research methodology'? Either is entirely reasonable and, in some ways, this slender volume combines the two. Written in a conversational, easy style by authors with a wealth of research and teaching experience, the book promises "to entice people . . . into research". Having developed out of a series of research methodology seminars for medical students, it retains a discursive and thought-provoking approach, spiced up with anecdotes from the history of medical endeavour.

The structure reflects this emphasis, with almost half the book devoted to a

chapter on methodology. This contains a good review of subject selection and useful discussion on the different areas of investigation in psychiatric research and on methods used. The authors' background in neurobiological research is evident in their succinct summaries on imaging and neurotransmitters, but there is no overindulgence.

The introductory chapter engages with a wide-ranging discussion on the nature of scientific enquiry and the ethics of research on humans and animals – particularly topical at present. If you are looking for a handy guide to statistics, however, you will not find it here. The authors boldly state that "this is not a textbook on statistics". (Would that they might turn their hand to one – their style and ability to communicate could cut through much that is daunting in existing texts.)

A subsequent 'how to . . .' section covers reading and writing a paper, and writing a grant proposal. Again, it is full of sensible and deceptively simple advice but also contains a curious account of a fictional grants committee reviewing a lovingly written paper. Populated with characters such as Roberta Receptor (the molecular biologist), Zachery Zingo (the ageing but still research-productive chairman) and Sam Shark ("smooth face, slick hair, a toothy smile and a hard, slick mind"), this entertaining endnote suggests a flair for screenplay that might entice Hollywood should the authors ever tire of biobehaviourism. One last point: most sections of the book are followed by links to websites (both North American and



British) for further reference and debate. Having checked several out, I found them relevant and useful.

This is an engaging short text, which does not set out to be (and is not) a reference guide. For newcomers to research, however, it more than achieves its aim of enticement, and brings with it a sense of fun and adventure rooted in sound advice and scientific principle.

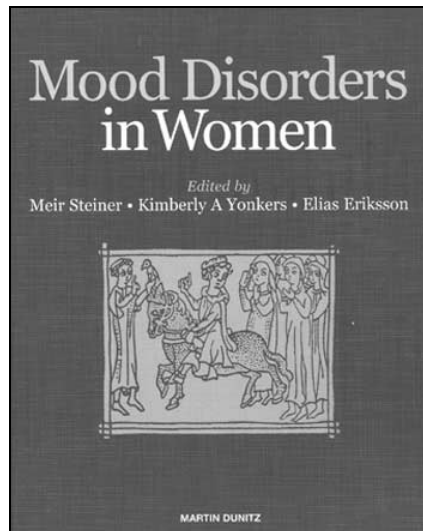
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### Mood Disorders in Women

Edited by Meir Steiner, Kimberly Yonkers & Elias Eriksson. London: Martin Dunitz. 2000. 368 pp. £65.00 (hb). ISBN 1 85307 545 5

The idea behind this book is to provide a comprehensive overview of all aspects of mood disorders in women. The 31 chapters span epidemiology, neuroanatomical differences between the genders, neurochemistry and the effects of female sex hormones on brain and behaviour, through to the use of psychotropic medications during the perinatal period. In addition, there are chapters on specific disorders (such as unipolar and bipolar illnesses) and on specific treatment approaches. These are followed by chapters



on subjects such as drug and alcohol problems, pain, personality and eating disorders. The chapters are of variable quality and some authors appear to stick to their brief more rigorously than others. There are also some differences in perspective between the American and European (the minority) contributors.

The strength of this text is that it covers a wide spectrum of issues and offers useful advice on such topics as the use of psychotropic medication during breastfeeding. The layout of the chapters is easy on the eye, although more diagrams or summary boxes would have been welcome. The weaknesses of this book are two-fold.

First, it is not well-ordered. For example, it would have helped if there were subsections drawing common themes together. Second, there are considerable areas of overlap plus occasional significant omissions. For example, three chapters look at epidemiology and several cover various aspects of pharmacotherapy. The chapter on unipolar disorders and, to a lesser extent that on bipolar disorders are repetitive, almost representing précis of other chapters. This is not the authors' fault – the subjects are well reviewed – but it does suggest a lack of clarity in thinking about how to structure the text. There is a clear exposition of sex and gender differences in neuroanatomy and neurochemistry, but work on psychological as opposed to social models of depression is not dealt with in detail in the chapters on causal theories or psychological therapies.

In summary, this is a comprehensive textbook that is a helpful source of additional information about mood and other disorders in women. However, it is not a substitute for other handbooks of affective or mood disorder. It is a valuable reference text for students and junior doctors alike, and senior clinicians will also appreciate the information on more specific aspects of pharmacological treatment.

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