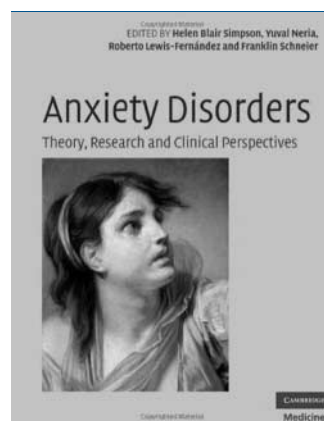


some of the more traditional hospital-based liaison topics such as assessment of delirium, alcohol use and self-harm, and gives short chapter overviews of somatoform and factitious disorders. Chapters focusing on a range of other specific situations pepper the book, from pregnancy to the special consideration 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.

Sean Cross Locum Consultant Liaison Psychiatrist, South London and Maudsley NHS Foundation Trust, London, UK. Email: s.cross05@cantab.net

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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.

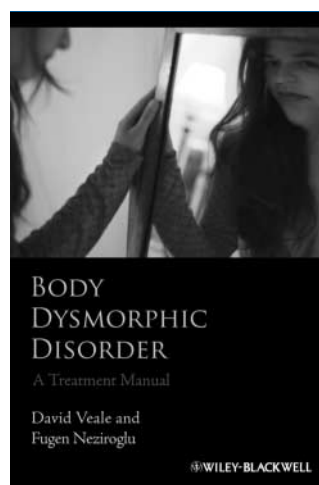
The book is broadly divided into four sections. First, an in-depth description of epidemiology is given, taking age, and geographical and cultural factors into account. The history, and future, of anxiety disorders is covered from DSM-I to DSM-5 and beyond. Psychological, biological, genetic, psychodynamic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

Justin Wakefield ST4 Child and Adolescent Psychiatry, Newham Child and Family Consultation Service, York House, 411 Barking Road, London E13 4AL, UK. Email: justin.wakefield@easttondon.nhs.uk

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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