

A small quibble (and only that) is that despite the comprehensive summaries throughout, I missed a satisfying concluding chapter which might have drawn together the excellent material of the preceding chapters. The volume ends abruptly following the chapter on old age, and, as a reader, I felt the need for a eulogy.

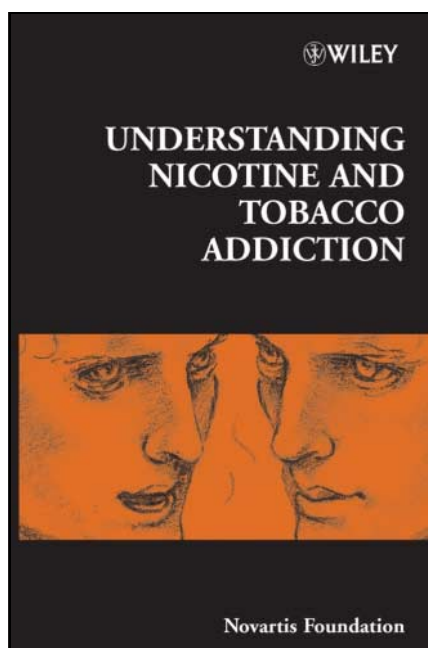
Nevertheless, I unequivocally recommend this book. It makes an ambitious contribution to our understanding of gender disparity within the field of women's mental well-being, effectively collating current disparate information into a coherent integrative overview. The result is a collection of meaty essays which should comprehensively satisfy the appetite for an enlightened and broadened perspective.

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Understanding Nicotine and Tobacco Addiction

Edited by Gregory Bock & Jamie Goode.
John Wiley & Sons. 2006. 284pp. £80.00 (hb).
ISBN 0470016574

This book is an edited collection of talks given by major researchers in nicotine addiction at a symposium funded by Novartis. Nicotine is an unusual addictive drug



because it is not all that hedonic and it is perfectly possible to smoke and perform complex tasks, like driving a car, providing you do not crash while lighting up. It is much more difficult to get rats to self-administer nicotine than it is cocaine, for example. However, humans find it really difficult to stop using cigarettes and the majority of attempts to quit end in failure within a few weeks, even with maximum therapy. How can something so nondescript in its effects get such a grip on us? Unfortunately, no one contributing to this seminar will tell you, but readers will get partial answers to these questions.

The 15 chapters in this book are diverse. Some of them, for example the one on nicotinic acetylcholine receptor functions in the central nervous system, are essentially papers that give the results of one or a series of closely interrelated experiments. I always struggle with such work to understand where it fits in to the picture of smoking we see. Fortunately, many of the chapters are followed by the edited transcript of a discussion, in which, sometimes, clinical researchers try to grapple with the basic science and apply it to humans. In this case, however, the comments are left to the basic scientists alone, which means that less of an integrative perspective is offered. Nevertheless, the questions and comments do put the findings into a somewhat broader context. At times, these discussions are inadvertently amusing.

Chapters such as 'Defining and assessing nicotine dependence in humans' do take an integrative approach and probably offer insights that could not be gained by reading the journals. The author draws on his own recently published theory of addiction, which is not specific to tobacco, to examine how the DSM-IV criteria, and other widely used measures of dependence, apply to smoking, and offers new insights both on smoking and the concept of dependence in general. The fact that these chapters follow one another show the reader that the text leaps around without any linking and does not offer a coherent account of the phenomena of nicotine addiction and smoking.

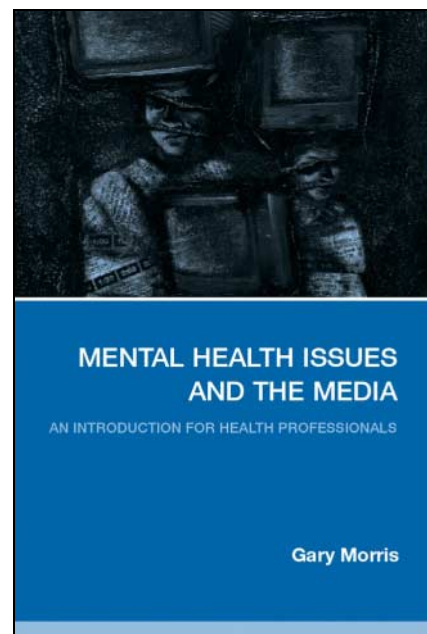
This is an expensive book aimed at the nicotine researcher. Anyone who has attended conferences of the Society for Research in Nicotine and Tobacco will have heard many of these talks and had more fun than they will reading this book. However, it does summarise some aspects of the rather disparate approaches taken to understanding this most widespread of lethal

addictions. Bringing these into the same symposium is one thing, integrating their insights to explain the tobacco epidemic is quite another.

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Mental Health Issues in the Media: An Introduction for Health Professionals

By Gary Morris. Routledge. 2006. 272pp.
£19.99 (pb). ISBN 0415325315



This is a timely book given the 10 years since Otto Wahl's *Media Madness* and Greg Philo's *Media and Mental Distress*. Both were landmark publications in tracing the evolution of influential media representations of psychiatric illness in the USA and UK respectively. We continue to battle the same stereotypes but Morris illustrates several victories where media makers have retreated to regroup. It is contemporary in the objects of its gaze, if not in outlook, and should be recommended reading for students and trainees who may need assistance in seeing the wood from the trees.

Quite rightly, he includes a chapter on literature – from trend-setting classics to the *Harry Potter* phenomenon. The breadth of UK television and internet examples

cited is impressive, not least for how each medium could be used to promulgate positive mental health narratives. He deals with media depictions and reporting of suicide in a sensitive and practical way. Another positive strategy is the book's presumption of a proactive readership: 'how to complain' instructions appear throughout. As someone who has taught this subject, he has assembled a solid core of references. I found the opening chapters hard work: lots of arrows with a sprinkling of gestalt theory do not set up the rest of the book. There is only passing reference to advertising and the book would gain from more discussion of commercial imperatives, or why media outlets stigmatise in a particular way. As with the opening sections, the film chapter would benefit from less theory and more examples to engage the reader in the substance of Morris's arguments. Radio gets only one mention a pity given its resurgence with internet access and podcasting, and its relative accessibility to people wanting to restore balanced mental health coverage in asymmetrical warfare.

If you are a mental health professional or service user, and interested in studying and/or changing media representation of mental health problems, there is a definite need for a resource to set out the challenges. This isn't it, but Morris makes a brave sortie to gain an excellent vantage point from which you may plan your campaign.

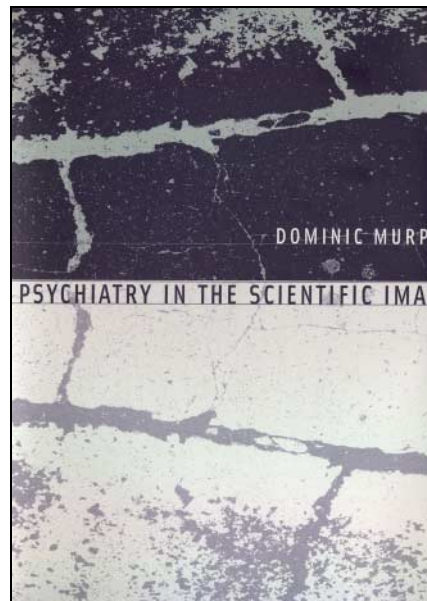
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Psychiatry in the Scientific Image

By Dominic Murphy. MIT Press. 2006. 400pp. £22.95 (hb). ISBN 9780262134552

In the dialectical problem of whether the disorders of the mind are basically biological or social, we are always being swayed one way or the other. You can tell which way a book with the title *Psychiatry in the Scientific Image* is going to jump. Its positioning is complex, however.

According to the author this book is deeply reactionary, a qualified defence of the medical model which shows psychiatry as a branch of medicine dedicated to uncovering the neurological basis of disease entities. This has intuitive appeal, given that we



are animals with a biology including a brain that is the foundation of mental life. Also according to the author, the book is the first on psychiatry from within analytical philosophy of science. The result, therefore, is a deeply reactionary book at the cutting edge of philosophy of science. This is a finely balanced and subtle position that is not easy to summarise. For example, the deep conservatism has the brain as fundamental to psychology and psychiatry, and yet, recent philosophy of science envisages many levels of causal explanation, among which it is difficult to say which is fundamental. Tension is relieved here – the medical model vindicated – with the thought that psychological abnormalities can be traced to specific causal factors that are realised in brain tissue. The brain is fundamental in the sense that it realises everything. (A social science analogue is to have itself as fundamental in the sense that everything – including biomedical science – is a social practice.) This view of the brain as fundamental belongs with an up-to-date suitably broad understanding of neuroscience: that it draws on the cognitive and social sciences as well as molecular biology.

The book tackles three sets of questions about mental disorder: concept; explanation; and classification. It is weakest on the first topic, apparently taking for granted the fact of mental disorder, while cursorily dismissing social science critiques of the medical model. This untroubled view belongs generally with the avowedly 'realist' approach of the book, which wants to get on with tracking facts and causes, not worrying

about concepts and construct validity. The book is strongest on multi-level causes and the lack of viability of reductionism, although there is also some tension here. Discussion of classification in the last part of the book rehearses the aspiration that nosology should track causal histories of conditions, not operationalised, observational criteria. However, the problem of reconciling controversial and shifting complex, multi-level, causal models of psychiatric conditions with a simple and relatively stable classificatory system for clinical and research purposes is, in this reviewer's opinion, neither sufficiently recognised in the book nor resolved.

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Theory of Addiction

By Robert West. Blackwell. 2006. 224pp. £24.99 (pb). ISBN 1405113596

An internet search for 'motivation' produces thousands of hits. Clearly we are fascinated by what makes us tick, but despite the wealth of research there is no consensus. Robert West's *Theory of Addiction* is a bold attempt to unify our understanding of human behaviour and its pathological refraction that is addiction. As a Professor of Health Psychology, and prolific contributor to the literature on addictive behaviour, West is arguably the man for the job.

