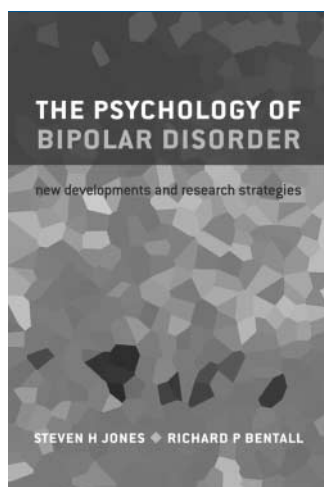


## Book reviews

Edited by Sidney Crown, Femi Oyeboode  
and Rosalind Ramsay



**The Psychology  
of Bipolar Disorder:  
New Developments  
and Research Strategies**

Edited by Steven H. Jones  
& Richard P. Bentall.  
Oxford University Press. 2006.  
256pp. US\$97.50 (pb).  
ISBN 0198530099

The broad reach of cognitive-behavioural perspectives has meant that there are now few disorders without a cognitive model, with body dysmorphic disorder and depersonalisation being among the most recently explicated. Bipolar disorder is an area which, as the editors of this book point out, had attracted little in the way of psychological attention up until ten years ago. However, studies in the past decade have provided evidence that cognition and behaviour play an important role in bipolarity alongside biological, genetic and other environmental influences. This book provides a timely summary of this research and describes current theory and treatments for this disorder.

There are ten chapters in total written by the main researchers in this field most of whom are from the UK and USA. The areas explored include the role of current and early environments, interpersonal relationships, cognitive styles (e.g. perfectionism, self-criticism, autonomy), life events, dysfunctional attitudes, interpretations of circadian mood fluctuations, coping strategies including an updated account of the manic defence hypothesis, and neuropsychological abnormalities. There is also a section on new developments in the psychological treatment of bipolar disorder. This focuses on those approaches that have a growing evidence base including some discussion of cognitive-behavioural therapy for relapse prevention (covered in the chapter on warning signs and coping by Lam & Wong), interpersonal and social rhythm therapy (IPSRT) and family-focused psychoeducation.

Progress in the psychology of bipolar disorder has been assisted by advances in the understanding of other emotional disorders. Multi-level memory theories and ruminative response styles have already had an influence here yet have only recently gained prominence in unipolar depression. Highlights within this book include Jones's chapter on the role of appraisal of circadian rhythm disturbances, the three-page review table in Lam & Wong's chapter on intervention studies and the extremely well-written chapter about IPSRT by Luty which is one of the best descriptions of this type of therapy in the bipolar literature.

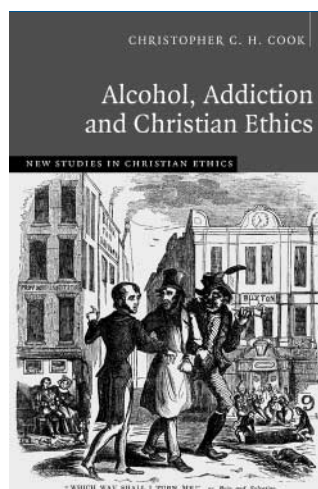
As regards Jones's chapter on appraisals, he describes how mild circadian rhythm disturbances produce dysphoria, while more prolonged disturbances produce alertness, energy and stamina. He then discusses how factors such as deficits in

executive abilities, a high need for approval and achievement, maladaptive coping strategies and internal appraisals can conspire to produce a bipolar episode. For example, if a vulnerable individual attributes their increased alertness to natural intelligence and ingenuity, they may be inclined to engage in behaviours that are designed to prolong and capitalise on these feelings such as staying up late to finish work, which in turn can contribute to their elevated state.

So who should buy this book? Well, given that seven of the ten chapters are mainly theoretical, anyone carrying out research into bipolar disorder (biological, psychological or both). In addition, because there are three mainly treatment-oriented chapters and some of the theoretical chapters end with a brief description of clinical implications, this book will be useful for clinical psychologists and cognitive therapists working in this field and for psychiatrists with an interest in the psychology of bipolarity. Overall, this book provides an extremely helpful summary of the majority of the psychological research on bipolar disorder that has been carried out in recent years. As such it is an important book about a topical subject and is to be recommended.

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**Alcohol, Addiction  
and Christian Ethics**

By Christopher C. H. Cook.  
Cambridge University Press. 2006.  
236pp. £48.00 (hb).  
ISBN 0521851823

A work on Christian ethics reviewed in this *Journal* is highly unusual, but this book is unique. Christopher Cook was previously Professor of the Psychiatry of Alcohol Misuse and is now Professorial Research Fellow in Theology at Durham University. He continues to work as consultant psychiatrist in addiction. His expertise with both theology and addiction psychiatry is reflected in this well-argued work, combining up-to-date psychiatry and public health with theology built on Biblical and patristic foundations.

Addiction is defined here as 'behaviour over which an individual has impaired control with harmful consequences'. Cook explores five past and current models of alcohol addiction: moral, disease, scientific, attributional and excessive appetite. He describes the features of the alcohol dependence syndrome, emphasising the phenomenological and subjective aspects.