

Book reviews

Concise guide to the cytochrome P450 system: drug interaction principles for medical practice.

By Kelly L. Cozza and Scott C. Armstrong (eds). American Psychiatric Publishing Inc., Washington, USA, 2001. 262 pp. £25.50. ISBN: 1-585-62000-9.

This useful pocket guide provides important information about individual factors influencing drug-metabolizing activity with the focus on cytochrome P450 mediated drug–drug interactions and pharmacogenetic factors. It is addressed to psychiatrists but could also be used by general practitioners who wish to understand, explain and prevent drug interactions.

The book is divided into three parts: the first part contains general information about the mechanisms of drug interactions, especially on metabolic variability within the cytochrome P450 system.

The second part gives a well-structured overview of pharmacogenetics, enzyme inhibition and the induction features of the six CYP enzymes mainly involved in drug metabolism. Clinical case reports, systematic tables and detailed reference lists are added for each enzyme.

In the third part, drugs with potential P450-related drug interactions are arranged in chapters concerning different speciality fields. The P450 dependent variability in drug metabolism caused either by genetic factors or by drug–drug interactions is explained very instructively and for each drug, interactions, in particular with psychiatric drugs, are discussed.

The well-presented theoretical part in addition to numerous illustrative clinical examples help the reader to understand the mechanisms of drug interactions causing therapeutic failure or adverse drug effects and thereby to improve individual drug treatment. Concise tables appended as a pullout chart can be carried around in the pocket in everyday clinical work. The detailed reference lists provide systematic access to the literature on P450-related drug interactions and cover further interests in the field. This book is a useful pocket guide for every clinician treating patients with several co-medications.

Dr Julia Kirchheiner
Institute of Clinical Pharmacology
Charité
Humboldt University of Berlin
Schumannstrasse 20-21
D-10098 Berlin
Germany

Cognitive therapy with schizophrenic patients – the evolution of a new treatment approach.

By Marco C.G. Merlo, Carlo Perris, Hans Brenner (eds). Published by Hogrefe & Huber Publishers, Göttingen, Germany, 2002, 218 pp., Hardback US\$ 46.95. ISBN

The psychotic part of schizophrenia has for many decades been viewed as the most important part of the disease – in relation to diagnostics as well as treatment. But during the last 20 years there has been an intense focus on the cognitive impairments in schizophrenia and much research indicates that the cognitive deficits has a larger influence on outcome compared to psychotic symptomatology.

This book presents clinical experience and research from different European (mostly Swiss) groups and one American group on the non-pharmacological treatment of different forms of cognitive disturbances in patients with schizophrenia. The contributions are divided into three main sections, which to a certain degree are overlapping: Theoretical background, practical applications and research results.

A large part of the chapters refers to the Integrated Psychological Therapy for Schizophrenic patients (IPT) program, which is a multimodal therapy concept for a group-format to improve cognitive and social skills in the patients and developed by one of the books editors, Hans D. Brenner and coworkers. This treatment program as well as many of the other treatment- and rehabilitation programs presented here are inspired by Cognitive-Behavioural psychotherapy and skills training, but cognitive concepts does not stand alone, Systemic and Psychodynamically forms of intervention are directly and indirectly integrated in many of the programs.

The book can be recommended because of its scope and up-to-date overview in a fast expanding area. However though many new perspectives are presented, many questions still needs to be answered: How is cognitive therapy integrated with psychopharmacological treatment? Which of the different programs works best for which group of patients (the problem of heterogeneity)? etc.

The book is mostly relevant to academic personnel working in research and treatment with schizophrenic patients, but especially to those within the fields of rehabilitation and assertive community treatment.

Dr Torben Christensen
Psychiatric Hospital in Aarhus
Skovagervej
2DK-8240 Risskov

Practical child and adolescent psychopharmacology.

By Stan Kutcher (ed.). Cambridge University Press, Cambridge, 2002. 450 pp. £44.95. ISBN 0-521-65542-0.

After three introductory chapters dealing with child and adolescent psychopharmacology at the turn of the millennium, developmental issues, and clinical aspects, the main body of the book is devoted to the various clinical entities starting with depression and ending with medical psychiatric conditions. In the majority of these chapters there is a relatively detailed description of diagnostic, clinical and further issues of the various disorders whereas psychopharmacological treatment forms only the minor part of the chapters.

All in all the book is less practical than the title intends. A stronger reliance on guidelines, tables and flowcharts including a more structural didactic approach would have contributed to a less academic and, in fact, more practical book for everyday practice of clinical child and adolescent psychiatrists.

Hans-Christoph Steinhausen
Department of Child and Adolescent Psychiatry
University of Zurich
Neumünsterallee 9
CH-8032 Zurich
Switzerland

Book reviews

Sleep disorders: diagnosis, management, and treatment. A Handbook for Clinicians.

By P. Lavie, G. Pillar and A. Malhotra (eds). Published by Martin Dunitz Ltd, London, UK, 2002
170 pp., £24.95 (paperback). ISBN 1 84184 055 6

It is a pleasure for me to be asked to review this new text of sleep disorders. Although several textbooks have been published in English previously, this is the first one, to our knowledge, that presents diagnosis, management, and treatment approaches of sleep disorders in its relatively small volume.

It is easy to read the book and review basically the subtitles as hypersomnia, sleep apnea syndrome, periodic limb movement disorder, insomnia, and parasomnias. A history of sleep medicine and systemic physiology are also given in this title. An appendix of international classification of sleep disorders is added at the end of the book. It covers basic sleep physiology, pathophysiology of sleep disorders, effective treatment modalities and long-term management of all sleep-related disturbances. Thus, it tells us various aspects of sleep medicine in a useful and systematic manner even if it basically focuses on sleepiness.

Recently, sleep disorders and sleep medicine have evolved as a different discipline and a new clinical subspecialty in the world. Researchers and clinicians from different branches including psychiatry, psychology, neurology, pulmonary medicine, urology, internal medicine, cardiology, pediatrics, otolaryngology, physiology, pharmacology, even neuroradiology, and neuropsychology have been meeting and forming new organizations regarding sleep disorders and sleep medicine. Thus, *sleep disorders* by Lavie, Pillar, and Malhotra will be of interest to all clinicians as well as sleep specialists in the world to diagnose and manage sleep disorders.

Mehmet Yücel Ağargün
Professor of Psychiatry
Yüzüncü Yıl University
School of Medicine
Department of Psychiatry
Van 65200,
Turkey

Handbook of depression.

By Ian H. Gotlib, Constance L. Hammen (eds). Published by The Guildford Press, New York, USA, 2002 613 pp., Hardback: GBP 50. ISBN 1 57230 725 0

The editors of this book have brought together a collection of professionals, predominantly psychologists it seems, to write on the myriad of aspects related to depression – both clinical and technical. The book is divided into four sections, determined by research advances in these specific areas. Each section (Descriptive Aspects of Depression; Vulnerability, Risk, and Models of Depression; Prevention and Treatment of Depression; Depression in Specific Populations) is divided into related chapters. The introduction, written by the editors, gives an excellent overview of issues within each section. The book assumes that at some level the reader has a working knowledge of the concept of depression as there is no initial definition or specifying of diagnostic criteria (according to existing classification systems such as DSM or ICD). This in no way detracts from the content which is contemporary and informative. Importantly there is a holistic feel about the range of information in that it covers the spectrum of bio-psychosocial issues related to the condition. The book closes with a chapter, written by the editors once again, within the framework of the four sections and focusing on future directions. In this regard there is acknowledgement that in spite of impressive content, this contribution is work in progress. I would certainly recommend the book to professionals working in the field of depressive disorders, as well as to libraries as a valuable source of reference material.

Christopher P. Szabo
Associate Professor
Department of Psychiatry
Faculty of Health Sciences
University of the Witwatersrand
Johannesburg
South Africa