

and, although only a slim volume, it stimulated me into thinking again about the issues involved in a demanding yet rewarding arena of practice. The authors' well ordered approach is helpful, as are the references. This book is appropriate reading for many of the professionals who work with sick children. I would particularly recommend it to medical undergraduates and believe that doctors at many different levels of post-graduate training and experience in paediatrics and psychiatry will find it useful too.

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Anxiety Disorders in Children. By RACHEL G. KLEIN and CYNTHIA G. LAST. London: Sage Publications. 1989. 140 pp. £16.75.

This is a concise book about a topic which is not often considered in its own right. Clinicians working with children are aware of how often children and their families who seek medical and psychiatric help are very anxious, but perhaps anxiety disorders *per se* are under-diagnosed.

The book starts with an excellent review of the concept of anxiety over the past century, with consideration of several viewpoints and theoretical positions. There is then a good discussion of diagnosis, especially of using DSM-III criteria to distinguish three types of anxiety disorder: separation anxiety, avoidant disorder and over-anxious disorder. This includes a detailed review of the use of standardised questionnaires for assessment. The authors reveal their recent research in this area, based on extensive clinical knowledge.

The chapter on treatment is rather brief, and concentrates on behavioural treatments, claiming that research in other (psychotherapeutic) fields is inadequate. The authors do draw on their own considerable clinical experience, yet this was the most disappointing part of the book. They briefly consider medication such as antidepressants, which they consider to be of limited usefulness in obsessive-compulsive neurosis.

A detailed review of risk factors and criticism of various studies show an aggregation of anxiety-disordered persons within biological families, without causal links being made. Stressful life events, neurological symptoms, and normal developmental fears are mentioned.

Finally, the authors consider the continuity of adult to child anxiety disorder which they consider to be of great importance in the early recognition and possible preventive treatment of these disabling conditions. They make the point that anxiety disorders in adults are very common (about 15% of population) and that they often start in childhood or adolescence.

In summary, this book provides a good review of the available literature on assessment, diagnosis and natural history of anxiety disorders in childhood. Its coverage of

treatment methods is weaker and therefore less useful from a clinical point of view. It should be read by those wishing to consider the subject in depth, or undertake research in this topic.

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Residential and Inpatient Treatment of Children and Adolescents. Edited by ROBERT D. LYMAN, STEVEN PRENTICE-DUNN and STEWART GABEL. New York: Plenum Publishing Company. 1989. 389 pp. \$50.00.

The first section of this multi-authored book deals with general issues concerning the residential treatment of disturbed children. The second reviews various therapeutic models: psychoanalytic, behavioural, 'medical', peer culture, psychoeducational and 'wilderness challenge'. Components of the 'medical' model are milieu therapy, psychotherapy, family therapy, pharmacotherapy and the remediation of language problems.

The third section starts by discussing out-patient treatment as an alternative which usually needs to be considered, and then turns to various treatment methods which may be used as part of residential programmes. These are pharmacotherapy, individual and group therapy, the involvement of parents, and educational programming. There is also a chapter on the evaluation of programmes.

The final section deals with the treatment of 'special populations' – children and adolescents who are schizophrenic, mentally retarded, conduct disordered, abused and/or neglected, and suicidal. There is also a chapter on adolescent alcohol and substance abuse. The chapter on conduct-disordered children and adolescents is unfortunately confined to a discussion of the treatment of juvenile delinquents. Not every child with a conduct disorder becomes involved with the juvenile justice system before presenting for treatment, a point of which this book fails to take note. Another problem is that there is not much on autistic children, despite the statement, in the section on pharmacotherapy, that "the number of autistic children admitted into specialised residential treatment increases as the children grow. . . ."

For the most part, this book describes practice in the United States, although there is one chapter by Canadian authors. Much of the content is, however, of wider application. On the whole, it provides a sound and up-to-date account of the practice, place and limitations of residential treatment for disturbed children. A commendable feature is its emphasis on the evaluation of programmes. This has been an area of weakness, but the authors keep us aware of this and review what is known of the efficacy of the treatment programmes.

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