

around the globe are calling for more integrated thinking in approaches to improve health and tackle illness.

*The Cambridge Handbook of Psychology, Health and Medicine* promises to help bridge this divide. This third edition considers the role of psychological processes in health and medicine. Less of a handbook and more of an encyclopaedia, this weighty tome provides a comprehensive overview of the topic. It is conveniently and logically divided into two parts, the first focusing on the psychology of health and illness, and the second on particular medical topics.


Numerous updates since the previous edition include welcome additional chapters on assisted reproductive technology, e-health interventions, patient-reported outcome measures and the effects of war and conflict. This ensures that the book covers many relevant contemporary issues that readers may encounter in their modern practice.

The earlier chapters provide a useful overview of the underlying processes informing our understanding of illness development. These range widely over diverse areas, such as the relationship of environment, occupation, immigration, gender, sexual orientation and socioeconomic status with health. The focus moves on to consider how the psychological aspects of disease can be assessed and what psychological interventions are available.

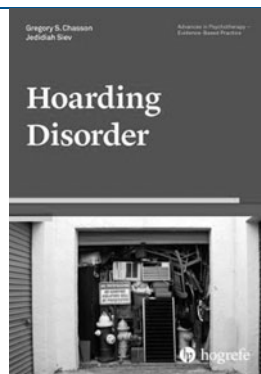
An interesting section for any frontline healthcare professional considers healthcare practice, reflecting on the impact of our often-challenging working environments on practitioner behaviour. Hot topics such as burnout, information quality and communicating risk are covered in dedicated, informative chapters.

The bulk of the second part deals with particular medical conditions and symptoms. This offers an invaluable reference point for any psychiatrist working with patients with the corresponding problem. As well as providing a ready primer on the condition of interest, it also helps to signpost what a psychiatrist could add to the holistic care of such patients.

This book has a very broad scope, which would make it appealing to a variety of audiences. The sections devoted to psychological processes are of interest to candidates preparing for the MRCPsych examinations, while the medical topics chapters would support anyone training to become a liaison psychiatrist. Moreover, the book in its entirety would provide a useful compendium for any student or practitioner of healthcare, regardless of their particular professional background.

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### Hoarding Disorder

By Gregory S. Chasson and Jedidiah Siev  
Hogrefe Publishing. 2018.  
\$29.80 (pb). 76 pp.  
ISBN 9780889374072

This is a compact, comprehensive book that has been eloquently written by experts in the field. The book is split into four chapters to help the reader navigate the topic of hoarding disorder. The

first chapter looks at the description of the disorder and uncovers the root of the term hoarding, which comes from the Old English word *hord*, meaning ‘treasure, valuable stone or store’ (p. 1). The final section of this chapter, ‘Diagnostic procedures and documentation’, perhaps would have been better placed in chapter 3, which covers diagnosis. The authors acknowledge that there is no universal core battery of instruments to diagnose hoarding disorder and therefore clinicians can be flexible in choosing these. This section is therefore quite useful as a summary of all the various diagnostic interviews and measuring scales that can be used to aid diagnosis as part of a multimethod assessment.

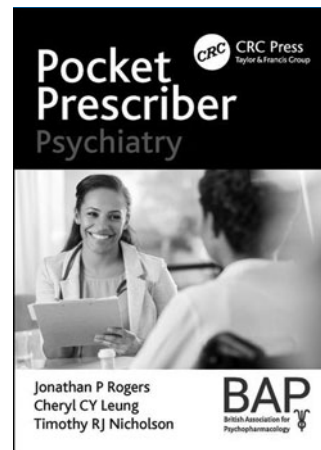
Chapter 2 looks at the theories and models of the disorder, namely cognitive-behavioural and biological models. Chapter 3 takes the reader through the diagnostic assessment and treatment indications. Finally, chapter 4 looks at treatment for people with hoarding disorder. This chapter contains case vignettes to highlight examples in which clinicians could explore issues and problem solve with patients, as well as depicting ways of information giving.

The book is laid out in an easy to read, clear and practical format which lends itself well to being used by clinicians in their clinical practice. A strength of this book is the bold marginal notes that appear throughout and help to make key points stand out on the page. Furthermore, there are boxed clinical ‘pearls’ with useful bite-size chunks of information that can be applied in clinical practice.

Overall this was an interesting book. In view of the fact that hoarding disorder is a new disorder in both DSM-5 and ICD-11, I think that this book is a good guide to aid clinicians in their understanding of the disorder.

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### Pocket Prescriber Psychiatry

By Jonathan Rogers, Cheryl C.Y. Leung and Timothy R.J. Nicholson  
First Edition. CRC Press. 2019.  
£18.99 (pb). 448 pp.  
ISBN 9781444176667

In late 2019, the General Medical Council’s ‘*The Workforce Report*’ reinforced that the number of psychiatrists in the UK remains low and that more non-UK medical graduates are gaining a licence to practice. One outcome is that more non-psychiatrists and non-UK medical graduates are treating people struggling with mental health problems. Better textbooks are always required, and concise versions that can cater to a wide audience are increasingly in demand. Problematically, many existing texts have grown to become reference works at the cost of easy accessibility and portability.

In our opinion, ‘*The Pocket Prescriber (Psychiatry)*’ is one of those few tools from which practising psychiatrists and trainees – both UK and international medical graduates – as well as non-mental health specialists will equally benefit. It includes an impressive amount of