

evidence that neuroendocrine disturbances may result from reduced caloric intake not just in eating disorders, but also in normal weight subjects and sufferers from depression.

Part II highlights the metabolic and endocrine aspects of eating disorders. Schweiger *et al*, for example, demonstrate that in spite of their weight status, bulimic patients are often effectively in a state of starvation. This state of nutritional deprivation seems to be responsible for a whole host of biochemical alterations. Laessle *et al* draw attention to the fact that depression in bulimics is no more common than in many other psychiatric conditions, and that it may be secondary to low carbohydrate intake. Similar themes can be detected in Part III, which describes a variety of hunger and satiety deficits in eating disorders.

In Part IV, on the treatment of bulimia nervosa, there is evidence that a variety of interventions can produce marked improvement in bulimic and related symptoms. I was particularly interested, if not a little surprised, by Chris Fairburn's contribution. In spite of his fame in developing the cognitive-behavioural approach, he recommends caution over the 'cognitive zeitgeist' and that due attention be paid to other views and approaches to treatment.

The overall message seems to be that, while psychosocial factors may be most pronounced in explaining the origins of bulimia nervosa, biological changes play an important part in maintaining the disorder. Although this book is unlikely to satisfy the appetite of the average practitioner, it can be recommended as a useful resource for specialist researchers and clinicians.

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Annual Progress in Child Psychiatry and Child Development – 1987. Edited by STELLA CHESSE, ALEXANDER THOMAS and MARGARET HERTZIG. New York: Brunner/Mazel. 1988. 632 pp. \$54.50.

This is the 20th volume in this series, a fact which surely attests to the value of the project. Moreover, the editors are probably right in suggesting that with the proliferation of journals and the great increase in published research, the need increases each year for a distillation of the most significant publications in their field. The editors currently monitor some 100 journals, and this time they have selected 32 papers for re-publication. The task of review and selection must be an increasingly taxing one, and to assist them the two original editors have now recruited Hertzig as co-editor.

How well have they performed their challenging task? Remarkably, but perhaps not surprisingly, they have kept up the high standard of previous volumes. They have selected an interesting mixture of review articles and papers describing original research. These cover a

wide range of topics. The book drew my attention to a number of important papers I had not seen, most of them published in journals I do not regularly read. (How many of us can even scan regularly the contents of 100 journals?)

It might be asked whether we need *Annual Progress* books in this age of computers and data bases which can swiftly search the published literature on any field for us. I believe that the answer is a resounding "yes". For one thing, computerised searches do not tell you where the important advances are occurring, in fields not closely related to one's immediate clinical or research activities, this can be hard to discover. For another, they are a poor guide to quality. Thirdly, they do not provide a well-produced, carefully edited and attractive volume you can browse through whenever you have a few spare minutes. This volume also has 20-year author and subject indexes, making it a useful reference source.

These books can only complement our regular reading in the fields of special interest to each of us, but for that purpose this volume, like earlier ones, is recommended.

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Anorexia and Bulimia Nervosa: Practical Approaches.

Edited by DEREK SCOTT. London: Croom Helm. 1988. 214 pp. £25.00.

This is a collection of 16 chapters intended both to provide a concise summary of available information on anorexia and bulimia and to give practical "how to do it" advice to the whole multidisciplinary team on caring for clients with such problems. This is a worthwhile aim, but is not fully realised by Scott and his contributors.

Certainly there are good chapters, such as those on self-help, ethics, dietary factors, and the sub-groups of male and child anorexics. However, there are also significant gaps in particular chapters, a patchy coverage of the whole field, and perhaps most significantly for a practical guide book, a lack of case histories or clinical illustrations of therapy approaches.

The book has three sections, beginning with an overview. Here I found some well-written material. However, I would have liked to see the disorders put into the context of normal eating behaviour, with some mention of the important body of research on restraint and counter-regulation. The discussion of diagnosis is brief, and does not include the latest revisions to DSM-III, while the chapter on assessment looks only at questionnaires and does not address the need for broader measures of behaviour, family dynamics, etc. The second section ('Some frameworks') is uneven, with the best chapter being on family approaches. Those on psychoanalytical/feminist and cognitive/behavioural approaches seem too condensed to do justice to their

fields. The third and longest section is labelled 'Individual roles', but actually ranges wider than this. It contains some of the better chapters, but they are not comprehensive (e.g. there is no mention of the role of the psychiatrist or psychologist), and there is little attempt to apply the theoretical perspectives of earlier sections, so that one is not left with any sense of a cohesive approach to treatment.

This is a book which has useful aspects and may appeal to some, but I will personally continue to recommend *Pathology of Eating: Psychology and Treatment* (Gilbert; Routledge & Kegan Paul, 1986) to people wanting an overview of eating problems, and selective reading of *Handbook of Psychotherapy for Anorexia Nervosa and Bulimia* (Garner & Garfinkel; Guilford, 1985) for those who want a really detailed look at how to set up effective treatment programmes.

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Adult Abnormal Psychology. Edited by EDGAR MILLER and PETER J. COOPER. Edinburgh: Churchill Livingstone. 1988. 380 pp.

Abnormal psychology is the study of abnormal thought and behaviour, and provides the theoretical underpinning for the practice of clinical psychology and psychiatry. It therefore provides a bridge between academic experimental psychology and clinical practice. Traffic over this bridge tends to be in one direction only, from experimental to clinical psychology. However, some experimental psychologists are beginning to realise that study of abnormal functioning can provide vital information about how normal processes must work. This is particularly the case for studies of memory (amnesia and dementia), language (aphasia and dyslexia), and movement control (Parkinson's disease).

The somewhat awkward title of this book is not meant to imply that abnormal psychology has come of age, but indicates that the scope of this book is limited to the types of patient commonly encountered in an adult psychiatric clinic. As a consequence, some interesting problems in abnormal psychology, in particular neurological and developmental disorders, are omitted. Complete coverage of abnormal psychology would require several volumes, but the topics chosen for the present volume will, I fear, reduce its interest for readers not working in adult psychiatric clinics. This is a pity, since the chapters all provide excellent summaries of current thinking on the topics chosen.

There are two useful chapters on classification and methodology, and a fascinating account of the history of abnormal psychology. Thereafter the material is organised by diagnosis. These chapters work best when there are strong links with experimental psychology, as is the case for the chapters on schizophrenia, depression,

and anxiety in which a number of models are presented which can be tested experimentally. This approach is particularly exciting when links can be generated right through from abnormal behaviour via psychological processes to associated brain disorders. This possibility is hinted at in the chapter on psychological models of schizophrenia, and considered in some detail in the chapter on anxiety. The remaining chapters tend to be much more clinically orientated, simply because there is so little relevant experimental psychology to draw upon. In the case of hysteria, for example, it is not possible to do more than discuss whether this entity really exists and if so how to define it.

This is an excellent book for all those working in adult psychiatric clinics who wish to think about the theoretical basis for the behaviour they see and their attempts to change it.

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Treating Problem Children: Issues, Methods and Practice. By MASUD HOGHUGHI *et al.* London: Sage Publications. 1988. 302 pp. £27.50 (hb), £12.95 (pb).

Anyone who works with disturbed children is aware that there is almost always a large cohort of assorted workers involved in trying to deal with the problems presented by any given child. There is a need for communication, liaison, and co-operation between these professionals and by-workers, in order to avoid fragmentation of approach and dilution of effort. The authors of this book, who have several decades of experience between them of working with disturbed children, hold firmly to the view that "all children should be treated as children first and problem children second". To this end, their book offers a way of looking at the child as integrated and whole, rather than as a collection of problems. Recognising the great overlap and similarities in the work of the different agencies and disciplines whose focus is on children and families, the authors' aim has also been to emphasise these and suggest a common structure which these diverse practitioners could use to identify problems, define goals of intervention, and evaluate methods and techniques they could employ.

The book is presented in three parts. The first looks at issues in treatment, and discusses concepts, ethics, approaches to treatment, organisation of resources, and the practice of treatment. This important section explores the moral, social, and professional aspects of treatment, which is defined as "an active, coherent response by a person, system or organisation to another person".

Part Two provides a comprehensive guide to the varied treatment methods. The authors use their own system of classifying these, based on the particular form of intervention. There is useful discussion within each section of