

chapter the thorny issues of definition, nature, aetiology, and prognosis. The remaining 11 chapters consist mainly of a presentation of available instruments for assessment and management of ADHD. This presentation is fair and unbiased. It is a menu rather than an evaluative selection, where the practitioner-customer is allowed to make his or her own choice on the basis of numerous brief descriptions and samples (actually marked as such) of questionnaires, interviewing schedules, training programmes and even software.

Much of what is on offer, particularly in the area of management, is not necessarily strictly for the benefit of the ADHD child. There are many general child training tools, aimed at enhancing self-control, parenting, concentration, scholastic and social skills. Faithful to its purpose, the book concludes with two appendices giving the addresses of stockists, manufacturers and distributors of such instruments and programmes.

On this evidence the book could well be subtitled: "Market responses to a fashionable diagnosis".

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**Working with Sex Offenders.** By MICHAEL O'CONNELL, CRAIG R. DONALDSON and ERIC LEBERG. London: Sage Publications. 1990. 131 pp. £12.50.

This paperback deals with aspects of sexual abuse and offending which are often neglected in bigger treatise on this subject: guidelines for therapist selection. Donaldson is the Director of the Snohomish County Pre-Prosecution Diversion Programme which has served as a model for similar programmes in the United States and Europe; O'Connell specialises in evaluation and treatment of sexual deviancy; and Leberg is a Community Corrections Officer for the Washington State Department of Corrections.

Salter, in her foreword, gives a succinct summary of various aspects of sexual abuse. She draws attention to research findings that the prevalence of child sexual abuse of females is 28%–30% of the population. She also draws attention to recent statistics that the average female-orientated paedophile has had 20 victims and the average male-orientated paedophile 150. In the cited study by Abel *et al*, 557 offenders admitted to over 291 000 deviant acts with a total of over 195 000 victims.

Salter feels that with the lessening of community denial and a beginning recognition of the compulsiveness of sexual aggression, a new interest in treating sex offenders has come; the question is raised, what kind of treatment by practitioners with what types of credentials is needed.

The authors address the crucial issue of standards in six chapters concentrating on aspects of victimology, gathering information about therapists, therapists'

qualifications, a sex offender evaluation report, treatment issues, methods and measure of effectiveness, as well as reuniting incest offenders with their families. An appendix contains outlines of four of the chapters, and is indexed to the text for use as a quick reference guide. This is a novel and excellent idea which will help the reader in a rush. Unfortunately, however, the book does not contain an index.

This handbook impresses by its concise and comprehensive covering of a difficult issue. It is sufficiently important to be included in any library that deals with sexual offending and with medical/legal issues in the wider sense. Certainly a paperback the professional working in this field should be familiar with.

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**Handbook of Anxiety, Vol 1: Biological, Clinical and Cultural Perspectives.** Edited by SIR MARTIN ROTH, R. NOYES JR and GRAHAM D. BURROWS. Amsterdam: Elsevier. 1988. 435 pp. £75.00.

This handsome volume is but the overview of four subsequent texts that deal with the aetiology, classification and treatment of clinical anxiety disorders. The somewhat monumental nature of this project reflects an upsurge of research interest in anxiety disorders, together with the recognition of their frequency in community studies of psychiatric illness. Another major stimulus to studies in this area has been the advent of the DSM-III diagnostic criteria in which neurosis as a diagnostic category has been abandoned and the syndrome of panic disorder (and agoraphobia) separated from generalised anxiety disorder.

The latter theme is taken up by many of the authors and evidence from family and biological studies (well reviewed by Crowe, Levin & Liebowitz) appears to favour the DSM-III distinction. Another controversial issue, much addressed, is the proposition, built into DSM-III, that agoraphobia is a secondary development of panic disorder. While family studies offer some support for this view, clinical investigations (Perugi *et al*) suggest that many cases cannot be explained by this straightforward mechanism. Both this question and the important issue of the relation of childhood separation anxiety to adult panic disorder, are likely to be resolved only by prospective studies.

Another question of great interest is the frequent coexistence of anxiety and depression and how far, particularly in primary care settings, the two syndromes can be distinguished. In a lucid chapter, Klerman demonstrates the difficulties involved in resolving this issue but suggests that progress will be made as a result of the increasing recognition of the clinical heterogeneity of anxiety and depressive disorders. The importance of the distinction between anxiety and depression is stressed by

Roth who, in a magisterial overview, links historical developments with current major research themes.

All the chapters in the book are of a uniformly high standard and act as excellent summaries and reference sources. The book was published in 1988 but with few exceptions the chapters remain up to date. A more recent review of biological treatments would probably reduce the almost exclusive emphasis on benzodiazepines in favour of tricyclic antidepressants, and drugs acting on serotonin pathways. Equally, there have been interesting developments in the study of basic benzodiazepine mechanisms including, for example, the identification of an 'endogenous' benzodiazepine in both human brain and, in a dramatic synthesis of biological and dynamic approaches, the milk of nursing mothers.

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**Handbook of Anxiety, Vol 2: Classification, Etiological Factors and Associated Disturbances.** Edited by R. NOYES JR, SIR MARTIN ROTH and GRAHAM D. BURROWS. Amsterdam: Elsevier. 1988. 560 pp. £115.00.

This is the second volume in the series referred to in Dr Cowen's review. Its title indicates that it covers a broad and rather diverse subject matter – classification, aetiology, and associated disturbances. The actual content is even broader than this, with chapters on the measurement of anxiety, specific clinical syndromes, and on special features of anxiety in adolescence and old age. It is a diverse collection of topics but the editors have succeeded in drawing them together so that the book does have a reasonable unity of purpose.

That the editors have assembled a strong team, can be seen from the following (incomplete) list of authors and subjects: Roth, Noyes, and Marks each writing on an aspect of classification; Cloninger on theories of emotion, Parker on developmental factors in aetiology and Andrews on life events; Kellner on anxiety and bodily complaints, Creed on anxiety in general medical patients, and Coryell on the mortality of anxiety disorders; Beumont on anxiety and eating disorders, Liebowitz & Gorman on social phobia, and Burrows & Judd on simple phobia.

These authors and the others have produced comprehensive reviews of the published work on their subjects so that the book is a valuable source of reference up to the year of publication (which was 1988 although it has only now reached this reviewer). Some of these reviews are particularly useful in drawing together papers scattered in journals that are not seen regularly by readers whose prime interests are in anxiety; for example, the chapter on anxiety and disordered sleep by Vela-Bueno

*et al.* Little has been left out although it would have been useful to include a chapter on anxiety in children to supplement that on anxiety in adolescents.

Although these comprehensive reviews seem to be directed mainly to research workers, many are concerned with problems of everyday clinical practice: the relationship between anxiety and depressive disorders; anxiety disorders with mainly physical symptoms; the aetiological role of recent life events and of previous experience; and the association between anxiety and alcohol abuse. Readers will not find direct advice about clinical practice – that is not the purpose of the book – but they will understand more clearly what is known and what still needs to be discovered about these everyday important problems.

In common with other handbooks from this publisher, the present volume is lavishly produced with a handsome binding and high quality paper. Presumably this accounts for the extremely high price which is likely to restrict the book to the libraries of the larger academic centres. This is a pity because, as noted above, there is much here to interest clinicians as well as research workers.

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**Coping with Crisis.** By GLENYS PARRY. London: BPS Books/Routledge. 1990. 119 pp. £5.99.

At one time or another whatever caring profession we belong to we have to deal with other people's crises and indeed our own. In this book Parry shares with us the wealth of her many years experience working in the field of stressful life-events and as a psychotherapist. She explains what constitutes a crisis, how people respond and how to understand a complex crisis. She then goes on to look at how people cope with crisis, helping and being helped and crisis management, and the final chapter examines life after a crisis.

The book is clearly written and presented, and each section is illustrated through case material and numerous exercises are provided. So why should anyone read this book? Well, whatever our level of training and experience, when it comes to the crunch – particularly in relation to major disasters – we are not as prepared as we like to think we are. This book can equally be read by our clients as it avoids jargon and gives a basic understanding of crisis and enables them to relate this to their own experience. It is very unusual to be given a book for review about which you can say "everyone should read this".

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