

## Book Reviews

### SCHIZOPHRENIA

**Schizophrenia: A Multinational Study.** By World Health Organization. Geneva. Public Health Papers No. 63. 1975. Pp 150. No Index. Price S.Fr.16.-

This paperback is a short version of the WHO Offset Publication No. 2 (1974), which described the initial evaluation phase of the International Pilot Study of Schizophrenia (IPSS). There are 50 tables, and the intellectual nourishment provided by the text is highly concentrated. There is a brief summary of the present state of epidemiology and classification of schizophrenia, at any rate from the literature of the participating countries and the Swiss hosts (East Germany's Leonhard and his work are not mentioned). Aims, methods, and results are very adequately set out.

The investigation clearly presents a triumph of planning and international psychiatric cooperation. A sample of some 1,200 recently ill functional psychotics aged 15-44 was drawn from hospital intakes by academic centres in nine participating countries: China, Colombia, Czechoslovakia, Denmark, India, Nigeria, the U.K., the U.S.A., and the U.S.S.R. The members of the research teams operating at these centres were trained in the use of standardized methods of clinical examination, specifically the Present State Examination (PSE) Schedule.

In obtaining a Centre Diagnosis patients were classified according to the ISCD by the Centre's research workers on the basis of the PSE, a History Form, and any other information regarded by them as relevant. The PSE data were also put through a computer programme (CATEGO), which simulated the diagnostic process and yielded a Standard Reference Classification. Cluster analysis of the PSE data yielded a third type of classification. Among the schizophrenics there was a group which was concordant in terms of all three diagnostic classifications, and this will be compared with the other schizophrenics on the basis of a recently completed and soon to be published follow-up investigation.

For the present, the study has confirmed that schizophrenia, depressive psychosis and mania occurred at all centres, and that patients given one of these diagnoses at one centre had very similar symptom profiles to patients given the same diagnosis at all

the other eight centres. However, the sub-classification of schizophrenia tended to vary a good deal between centres. Comparing classification by centre diagnosis with computer-simulated diagnosis (reference classification), there was strong agreement between all centres except Washington and Moscow. For different and well known reasons, psychiatrists of the research teams in these two centres diagnosed schizophrenia very significantly more frequently than the computer using their PSE data. In all nine centres by far the commonest condition was paranoid schizophrenia with delusions of control, thought broadcasting, thought insertion, thought withdrawal and third person auditory hallucinations. Agreement between centre and computer diagnoses was less good in the case of other sub-groups, probably because satisfactory definitions of certain phenomena with cultural and religious connotations had not been achieved at an international level.

In a highly sophisticated fashion the Pilot Study has confirmed that schizophrenics resemble one another strongly all over the world. Provided well trained psychiatrists can be made to agree internationally on the definition and delimitation of psychopathological phenomena, the term schizophrenia will label the same sort of patients everywhere. It should also be feasible to reach consensus on different types of the disorder, including atypical borderline cases. The course pursued by schizophrenics in different cultures, in different social climates, and with different kinds of management can now be meaningfully compared.

FELIX POST

**Schizophrenia: Biological and Psychological Perspectives.** Edited by GENE USDIN. New York: Brunner/Mazel. 1975. Pp xvi+144. Price \$8.95.

To most British psychiatrists the fact that this little book is published by the American College of Psychiatrists, has an explicitly educational purpose, and comprises seven papers read at the Annual Meeting of the College in January 1975 will probably suggest a comparison with *Recent Developments in Schizophrenia*, which nearly ten years ago was the first of the Special Publications of our own College. The topics chosen then fell, perhaps predictably, within the

areas of descriptive, organic and social/epidemiological psychiatry. The book under review sets out to examine current thoughts about schizophrenia from both a biological and a psychological perspective, but throughout emphasis is on integration between these two viewpoints. Indeed, Roy Grinker ends his perceptive and personal survey of approaches to schizophrenia during the fifty years since he received his M.D. with a plea to avoid dichotomies 'Medical *vs* social models, reductionism *vs* humanism, endogenous *vs* exogenous, process *vs* reactionary.' This theme is taken up by Robert Cancro in relation to genetic considerations. Having expressed his personal preference for a polygenic model involving two to four genes with the vulnerability to schizophrenia determined by a statistically unusual pattern of the corresponding phenotypic characteristics, he considers the evidence for environmental influence and concludes that this is as critical in aetiology as the genetic component. The genetic/environmental distinction does not do justice to biological reality. This leads on to discussion of implications for prevention through genetic and/or environmental manipulation, though a warning note is sounded against the possible risks involved.

In a chapter cryptically entitled 'The Bucket, the Train and the Feedback Loop in Biochemical Psychiatry', Arnold Mandell reviews recent biochemical research not specifically related to schizophrenia. Paul Chodoff and William Carpenter discuss psychogenic theories of schizophrenia, beginning with a refreshingly critical discussion of the methodological difficulties in research, though pointing out that many of these apply equally to biologically orientated studies. They allude to the diminished interest in the psychogenic approach to schizophrenia, which they attribute to the success of genetic research and pharmacological treatment. However, a plea is made for further research and once again for greater integration with biological findings. The clinical relevance of recent research is considered by Gerald Klerman, who champions the medical model and the chronic disease approach to schizophrenia with consideration of primary, secondary and tertiary prevention. As far as rehabilitation is concerned he is extremely critical of the current position in the U.S.A. for the schizophrenic, both in hospital and in the community. Arvid Carlsson reviews the pharmacological approach. He cites evidence locating the site of action of anti-psychotic drugs in the limbic dopaminergic synapse, and suggests three mechanisms of action: 1) depletion of transmitter by blocking storage, 2) blockade of transmitter synthesis and 3) blockade of post-synaptic catecholamine receptors.

Finally, Morris Lipton pulls together the various contributions and speculates on their implication. This is a stimulating book although not comprehensive (major disciplines not covered include behavioural and cognitive psychology, psycho-physiology, neurophysiology, sociology and epidemiology). It nevertheless provides an up-to-date review of many areas of biological and psychological research in schizophrenia. What makes it particularly readable is the willingness of the authors to venture beyond their findings and to speculate on their implications. Anyone concerned with schizophrenia should find much of interest.

MICHAEL J. PRITCHARD

## NEUROLOGY

**Studies of the Hypothalamus and the Pituitary Gland.** PETER M. DANIEL and MARJORIE M. L. PRITCHARD. Oxford: The Alden Press. 1975. Pp x+216. Price £3.00.

This beautifully printed and well illustrated book was first published as Supplement 201 to *Acta Endocrinologica (Copenhagen)* and contains a great deal of data. The 'personal researches carried out over a period of nearly 25 years' were made both on experimental animals of several species and on human material, with a particular emphasis on the hypothalamo-pituitary relationship. It is impossible to summarize all the work which has been put into this compact book by the authors and their acknowledged co-workers. It covers the anatomy of the hypothalamus and of the pituitary gland, theories of hypothalamic control of pituitary secretions, and both local and remote effects of pituitary stalk section and of hypophysectomy. Two appendices give details of techniques used in these studies for the experimental aspects and histological verification.

A total of 104 figures, including some beautifully printed photographs, represent a remarkable achievement of both the technicians originally involved and the publishers. The effect of pituitary stalk section and of hypophysectomy are reported in their comparative clinical features and histological aspects in rats, goats, man, monkeys and ferrets with contrasting phenomena. The authors in the early 1960s were among the pioneers in England to recognize that some mammary tumours of hormone-dependent type regress not only after transection of the pituitary stalk (with insertion of a barrier) but even more successfully after hypophysectomy.

A selected but extensive bibliography of 9 pages, an author index and a subject index complete this excellent monograph.

G. PAMPIGLIONE