

Book reviews

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Migration and Mental Health. Edited by D. Bhugra and S. Gupta. (Pp. 350; \$95; ISBN 9780521190770 cloth.) Cambridge University Press: New York. 2011.

There are over 200 million international migrants, people who live in a country other than the one in which they were born, in the world today, the vast majority moving from middle- and low-income countries to high-income countries in North America, Europe and Oceania. Intra-national migrants, people who move large distances within the country in which they were born, may be an even larger population, with massive rural to urban migration continuing in many countries and a recent memory in most others. The chapters of this edited volume attempt a comprehensive overview of the many implications of these massive movements of people for population mental health and mental health treatment.

The volume contains 26 chapters, divided into five major sections covering the epidemiology of migration and mental health, consequences of migration, challenges that migrations pose to mental healthcare systems, needs of special populations and several country-level case studies. The authors are with few exceptions non-researchers and the chapters are for the most part selective literature reviews that explicate concepts and highlight themes of interest. Although the content is not unavailable elsewhere, the book fills a niche by bringing together discussion of a broad range of topics of interest to practitioners and policy makers who work with migrant populations into a single volume.

The epidemiology chapters go into considerable depth in describing mental health concerns corresponding to the several stages of migration, from pre-migration experiences, the experience of transit, and experiences in the receiving country both in the short and long term. The papers take a broad view of migration, including epidemiological patterns that extend across generations of descendants of migrants born in the receiving countries. The careful delineation of the distinct factors affecting migrant populations at each stage of the migration process is a strength of the collection. The papers also take a broad view of mental health, with some chapters focusing on psychosis, others on common mental disorders and others on distress.

The sections that are most likely to be useful to students are those that cover consequences of migration within the receiving countries and the challenges of taking care of socially disadvantaged culturally 'other' populations. These chapters open doors into the lives of migrants and ethnic minority patients that may otherwise remain shut to clinicians. They provide introductions to a variety of social and health science frameworks for thinking about the distinctive conditions of migrants and ethnic minorities that may affect mental health, including acculturation theory, collective trauma, social stress, and idioms of distress. In addition chapters devoted to circumstances of migrant elderly, child, female and lesbian, gay, bisexual, and transgender (LGBT) populations highlight issues that are likely to be overlooked. There are separate chapters devoted to inter-cultural communication, ethno-psychopharmacology, and culturally sensitive mental health services.

The book has some shortcomings. There is a great deal of repetition of some topics across the chapters, with no cross-referencing. For instance, the literature on migration and psychosis in Europe is reviewed multiple times with no attempt to synthesize the varying accounts or even bring them into contrast. At the same time the large literature on migration and mental health in the USA is hardly mentioned despite the long history of research on this topic in the USA and the large expansion of this work over the past decade with the fielding of large epidemiological surveys focused on immigrants and ethnic minorities.

Readers and instructors interested in a broad introduction to issues concerning mental healthcare for migrant and ethnic minority populations will find this a useful volume.

JOSHUA BRESLAU, Ph.D., Sc.D.
(Email: jabreslau@ucdavis.edu)

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The Brain and Behavior: An Introduction to Behavioral Neuroanatomy, 3rd edn. By D. L. Clark, N. N. Boutros and F. Mendez. (Pp. 241; £40.00; ISBN 978-0-521-14229-8.) Cambridge University Press: Cambridge, 2010.

This book arrived on my desk at a time when I wondered about the existence of a good summary text

delineating brain anatomy accurately and clearly and then discussing associated functions in a concise and consistent manner. I believe that those familiar with the field will admit that this is a highly complex area and I must confess that after reading the book I felt that one needs to look no further for such a purpose.

The book's approach is anatomy- rather than function-led but behavioural considerations are embedded on this structure. As a textbook, it may appear relatively short even as a summary of its subject matter (241 pages). It is, however, remarkably comprehensive spanning across 14 chapters. Upon opening it, the reader should not expect to see colourful diagrams or text boxes focusing on various discussion points. Instead, the book's clear format – stripped from any form of flourish – and its simplified presentation is ideal for facilitating understanding of key points and aiding navigation throughout the text. The reader is likely to find this approach very convenient for locating those sections of immediate interest and extracting important information.

The text begins with a brief overview of terminology and central nervous system (CNS) structure followed by a histological/neurochemical primer. These are succeeded by chapters on the four lobes, the basal ganglia, diencephalon, brainstem, limbic system and interhemispheric connections. The focus on each anatomical division appears to reflect its complexity and often the volume it takes up within current behavioural neuroscience research. For instance, there are three chapters on the limbic system – a complex and heavily studied area, while the occipital and parietal lobes are discussed within one, medium-length chapter. Each chapter generally begins with an introduction which is simultaneously a summary of the anatomical and operational features of the CNS divisions under scrutiny. Significant focus has been placed on anatomical networks and cross-chapter references are also provided where necessary. With consistent use of various terms and clear explanations, this book manages to clarify the language of neuroscience rather than complicate matters further. In addition, the

reader will encounter various real-life clinical vignettes throughout the text which describe changes in function following some form of brain injury. All these characteristics add to the user-friendliness of the book and are instrumental in enabling comprehension.

There is an additional content feature which is, however, of more limited use: at the end of most chapters there is a section on how anatomical areas discussed previously relate to various psychiatric conditions (e.g. schizophrenia). Although this is informative to some extent, the same disorder is often discussed within different chapters which can prove somewhat confusing; however, use of the subject index should help circumvent this.

The field of CNS anatomy and function is becoming increasingly complex as new research findings arise and terminology remains inconsistent. This book presents a valuable contribution in the direction of greater clarity and consistency. Future editions may benefit from some additional features such as summaries at the end of each chapter with a 'take home' message and even a simple table where anatomical areas/networks are mapped against neuropsychological and behavioural functions they are involved in.

For this introductory textbook, the reader would not need to possess much prior knowledge in the field. In fact, exactly because of its clarity and succinctness it presents an excellent starting point altogether. For the same reasons, it will also function as a useful quick reference and indicate paths of further reading for pursuing a deeper understanding in aspects of CNS anatomy and functionality. The third edition is up to date with current research and each chapter contains extensive reference lists. All these reasons are likely to make it essential reading for trainees but the book may also appeal to several groups of professionals (academic or clinical) including neuropsychologists, clinical psychologists, neuropsychiatrists, neurologists and neuroscientists, especially early in their career.

MICHAEL BALIOUSIS
(Email: mcxmb4@nottingham.ac.uk)