

informal and formal neighbourhood services. It combines qualitative and quantitative methodology, employs microscale social studies and multiunit aggregate analyses, and reports research on the scope and quality of practice.

Bulmer reports that Abrams admired American studies of neighbourhoods, but it is difficult to find more important work on the topic than the research reported here. This book should win an appreciative audience among readers in several social sciences, academic disciplines, and professional fields in addition to those in mental health.

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Marriage and Family Enrichment. Edited by WALLACE DENTON. New York: The Haworth Press. 1986. Pp 125. \$29.95.

Marriage and Family Enrichment has grown out of the marriage guidance movements. Beginning in Europe and the USA early in the 1960s, a number of counsellors and therapists (including David and Vera Mace in London) sought to develop methods to help couples actively attend to the untapped, underdeveloped strengths in their marital relationships. The aim was to reach people *before* severe problems arise and threaten a breakdown or motivate an approach to a doctor, social worker, or counsellor with a 'sick' marriage.

A gradual accumulation of experience in this preventative, 'well marriage' based approach to relationships has made it possible for Denton and his co-contributors to put together a practical little book. Those who are not familiar with the notion of enrichment will find the book a good introduction to the history, philosophy and practice of this group-based approach. Of particular note are the chapters which systematically explore how leaders can be trained, couples or families selected to participate in the enrichment groups, and timetables ('ground plans') made for the group meetings. The limitations to this approach are also discussed. The chapters are clearly set out, with illustrative case examples.

This book would be of direct interest to those working in community psychiatry, or where professional resources are turned toward prevention and self-help. The enrichment approach could be viewed as a contribution to the growing interest in a holistic/healing approach to couples and families.

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Clinical and Pharmacological Studies in Psychiatric Disorders. Edited by GRAHAM D. BURROWS, TREVOR R. NORMAN and LORRAINE DENNERSTEIN. London: John Libbey. 1986. Pp 394. £26.00.

This book represents selected papers from the 14th CINP Congress, held in Florence in 1984. It is divided

into eight sections, covering affective disorders (both pharmacological aspects and clinical studies); anxiety, panic disorders and stress; psycho-neuroendocrinology; schizophrenia; basic neuropharmacology; and Alzheimer's disease and psychogeriatrics. The emphasis is on new developments in biological psychiatry. There are papers on desipramine and central adrenoceptor function, circadian rhythms, biochemical correlates of L-deprenyl, antidepressants, and brain levels of thyroid-releasing hormone. There are a number of other basic neurochemical studies of central and peripheral biogenic amine receptors and theoretical discussions of classification, genetics, and diagnosis. The major emphasis, however, is on new pharmacological therapies. There are reports of new clinical trials of established medications, as well as new drugs, such as alprazolam, fluvoxamine, toloxatane, verapamil, sulpiride, and fenotatine.

Almost all the papers are concise and highly technical, reporting a large amount of data. This will appeal to those readers who want to make up their own minds about whether conclusions are warranted from the data presented. Despite their complexity, the papers are well edited and readable. Some of them have extensive introductions reviewing the background for these studies, which readers new to the field will find useful.

Overall this is a well written, well edited and well presented book covering many of the most exciting areas of biological psychiatry. At £26.00 it represents very good value.

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Medical Mimics of Psychiatric Disorders. Edited by I. EXTEIN and M. S. GOLD. Washington, DC: American Psychiatric Press. 1986. Pp 198. \$15.95.

This little book is part of a *Progress in psychiatry* series, each volume of which contains texts based on the papers of a selected American Psychiatric Association conference symposium. Its first two chapters, on "the psychiatrist as physician" and on neurological screening, promote careful physical examination supplemented by the comprehensive battery of investigations more fashionable in the US than here. Physical disorders are seen as diagnostic alternatives to psychiatric disease, and the psychosomatic dimension virtually ignored.

The section on seizure disorders, which takes up almost a third of the book, explores in detail the kindling model as an explanation for the behavioural manifestations of epilepsy and for the efficacy of ECT and anticonvulsants in affective disorder. Briefer chapters on hypothyroidism and on the HPA axis describe clearly, if unexcitingly, the abnormalities of neuroendocrine function found in depression, but with scant discussion of why these associations should occur.

Perhaps most interesting is the editors' contribution exploring the neurotransmitter receptor changes under-

lying the frequent emergence of depression following alcohol or opiate (particularly methadone) withdrawal. The final chapter, on drug-induced psychiatric disorders, is long on lists and woefully short on mechanisms, or even on critical discussion of the many individual case reports invoked.

This book does not live up to its title's considerable promise, as is perhaps inevitable in a collection of conference papers not conceived for publication as a comprehensive text. It is, however, attractively produced and well referenced, and merits a library browse, although I would not recommend it for individual purchase.

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Help Starts Here. The Maladjusted Child in the Ordinary School. By I. KOLVIN, R. F. GARSIDE, A. R. NICOL, A. MACMILLAN, F. WOLSTENHOLME and I. M. LEITCH. Andover: Associated Book Publishers. 1981. Pp 436. £9.95.

This is a recently produced soft-back version of the seminal work of the Newcastle Child Psychiatry Department on the evaluation of psychotherapy in childhood using a community-based sample. The work is already well-known to many child mental health professionals, both academic and clinicians. The advantage of this new edition is its price, which will make it available to many individuals who previously would have felt unable to purchase a single volume for themselves.

The work represents an important landmark in the evaluation of child psychotherapy. The book is well laid out and describes clearly and concisely the method and background to the project, the treatment approaches used, results, and conclusions, and includes a useful and relatively clear technical appendix.

The design of the project was sophisticated, employing multi-method screening and outcome measures and including a control group at risk for psychiatric disorder. The study compared four types of treatment (behaviour modification, nurturing a teacher-aide programme, parent counselling and teacher consultation, and group therapy) applied to children of two age groups: 7–8 and 11–12. Three aspects of the results should persuade researchers and clinicians in child mental health (and perhaps adult mental health as well) to read the book in its entirety. Firstly, treatment is clearly and significantly effective compared with no treatment. Secondly, briefer treatments had the better outcome. Thirdly, the most cost-effective (and therefore the most likely to find realistic application in general child mental health services) were the most efficient in terms of outcome.

A further intriguing issue is the suggestion that the personal qualities of the therapist need to be different in different settings, as indicated by the finding that extra-

version and assertiveness were important and had positive correlations with good outcome from treatment, whereas empathy and warmth in therapists did not. The authors infer that in the hurly-burly of school life a greater degree of assertiveness in therapists is required than in the clinic setting, where empathy and warmth may be more necessary.

It could be argued that the study does not adequately reflect the two mainstay psychological treatments that are probably most widely used in child psychiatry clinics: family therapy and individual child psychotherapy. It may thus be difficult to make direct comparisons between this study and clinic-based studies; however, the principles by which this study was carried out and the general issues it raises lay the foundations for the evaluation and design of psychotherapy studies in clinic and community settings.

The book is well laid out and provides something for all types of readership. The research worker will be able to chew over the selection of the treatments, the children, design, methods, and the outcome measures employed to evaluate the change. The clinician will be able to see how the Newcastle team successfully employed well-established psychological treatments in the community and pioneered the way for mental health professionals to work in ordinary schools. The overriding impression is the book is essential reading for child psychiatrists and their colleagues and will become a source reference book for psychotherapy research. Given the continuous vociferous debates concerning the merits of psychotherapy in adults it might be useful if they turn back the covers of this book and consider its contents!

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Anxiety Disorders of Childhood. Edited by RACHEL GITTELMAN. Chichester: John Wiley & Sons. 1986. Pp 271. £20.00.

This book, edited by an eminent American child psychiatrist with a long-standing interest in affective disorders in childhood, focuses specifically on anxiety disorders in the young. It is laid out in twelve clear chapters, two contributed by Gittelman herself; other contributors include other leaders in the speciality such as Werry, Puig-Antich, and Shaffer. All chapters are well-researched, with extensive and up-to-date bibliographies.

The first is an interesting but fairly brief look at anxiety-like disorders in young non-human primates by Stephen Suomi. Next, three chapters are given over to developmental issues, epidemiology, and diagnosis and assessment. A common, almost universal pattern of different specific fears at different ages is traced, but it is emphasised that definitional and measurement problems abound and there are some conspicuously neglected