

Binge No More: Your Guide to Overcoming Disordered Eating

by Joyce D. Nash, Ph.D.; Oakland, California, New Harbinger Publications, 1999, 286 pages, \$14.95 softcover

Eating Disorders: A Guide to Medical Care and Complications

edited by Philip S. Mehler, M.D., and Arnold E. Andersen, M.D.; Baltimore, Johns Hopkins University Press, 1999, 241 pages, \$38 hardcover, \$18.95 softcover

Beverly Goodman, M.D.

Binge No More is a comprehensive treatise on disordered eating. The book is divided into two parts. The first part, entitled "Information: What You Need to Know About Disordered Eating," is like a mini-textbook of the psychiatric approach to the subject. It contains good descriptions of diagnostic categories, personality disorders, and comorbid conditions as well as a delineation of the eating disorders—*anorexia nervosa*, *bulimia nervosa*, and *binge eating disorders*. The definitions of terms are clear and accurate, and the language is accessible to the layperson. Appropriate correlations and statistics are included, and succinct clinical vignettes are presented. This is a very good introductory text for students and beginning clinicians.

The second part, "Intervention: How You Can Overcome Disordered Eating," is like a self-help manual. It covers the problems of eating disorders, including the stressors and causes of binges, interventions, nutritional counseling, and how to change one's thinking and behavior, and it presents a variety of checklists. Given the complexity of eating disorders, however, this approach is rather simplistic. The information in this section might be more useful if it were given to individuals who were already in treatment, to help them assess themselves, discuss their personal situation with the therapist, and develop a more in-depth understanding of their personal psychology and the resultant eating disorder. The author alludes to therapy but does not underscore the need for a compre-

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hensive treatment program to manage the severe problems that are presented.

In general, *Binge No More* is a well-written, comprehensive, well-organized, descriptive book, with an extensive bibliography—definitely a guide to eating disorders, but the subtitle overstates the book's utility as a "guide to overcoming eating disorders."

Eating Disorders, edited by Philip S. Mehler and Arnold E. Andersen, is an excellent guide to the medical issues connected with eating disorders. The

Combining Medication and Psychosocial Treatments for Addictions: The BRENDA Approach

by Joseph R. Volpicelli, Helen M. Pettinati, A. Thomas McLellan, and Charles P. O'Brien; New York, Guilford Press, 2001, 207 pages, \$30

Lisa M. Najavits, Ph.D.

This book is related to a movement in the field of addictions treatment to offer alternatives to the 12-step Alcoholics Anonymous approach that has dominated treatment for most of the past century. Specifically, the book presents an approach for the training of professionals in a method known by the acronym BRENDA: "biopsychosocial evaluation; report to the patient on assessment; empathic understanding of the patient's situation; needs collaboratively identified by the patient and treatment provider; direct advice to the patient on how to meet those needs; and assess reaction of the patient to advice and adjust as necessary for best care."

The approach fits within the framework of motivational enhancement methods that have come into wide use as a way of engaging and retaining ad-

dition patients, who are notoriously difficult to treat. Indeed, the foreword to the book is by William R. Miller, one of the originators of such methods.

What makes this book especially helpful is that it provides a concrete system for putting motivational methods into action. The acronym itself serves as a memory aid, and three in-depth case examples offer guidance on implementing the approach through the various stages of treatment. Clinical dialogues convey the tone of interventions, and several assessment tools are provided.

A major strength of the book is the authors' attention to several innovations in the addictions field that are as

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is well written. Particularly informative is his discussion of the difficulty of conducting incidence studies and therefore the possibility of variation in disease risk among different populations. He provides an excellent review of risk factors for schizophrenia.

Lehman's chapter relating the findings of the Schizophrenia PORT study to a disease management approach is another well-done review. Fleishhacker and Hummer, from Austria, present what I found to be the most useful chapter in the volume, a discussion of pharmacotherapy of schizophrenia. These authors discuss a number of important issues: the continued uncertainty about the "atypicality" of the novel antipsychotic drugs; the unexplained discrepancy in clozapine dosing practices between the United States and Europe; and the reluctance to recommend lifetime pharmacological relapse prevention for schizophrenia, whereas no such reluctance occurs in other fields of medicine.

Fleishhacker and Hummer, citing the literature, essentially dismiss the intermittent or targeted pharmacotherapy approach for general practice. In the next chapter, Maryland researchers Buchanan and Carpenter review the same studies and give targeted treatment a more positive spin, although not a convincing one in my opinion.

Taylor, from England, addresses the switch from conventional to atypical antipsychotics. His general recommendation that conventional antipsychotics be stopped before clozapine therapy is begun seems overly cautious, especially considering the increasing use of combined treatment with conventional and novel agents, a topic not covered in this volume.

The final chapters of the book cover the effect of extrapyramidal syndromes on compliance with medication regimens, assessing quality of life for patients with schizophrenia, and pharmacoeconomics. Although the review of extrapyramidal syndromes is well done, today there is probably greater need for a review of the emerging adverse metabolic effects of the novel agents. The chapter on pharmacoeconomics suggests that the nov-

el agents—and not just clozapine—should still be reserved as second-tier agents, a position that conflicts with current consensus guidelines.

Overall, this is a worthwhile collection of papers that will be of interest

to students and clinicians who are interested in schizophrenia, particularly from a multinational perspective. But it is neither a coherent volume nor timely enough to be put on one's must-read list.

Women and Schizophrenia

edited by David J. Castle, John McGrath, and Jayashri Kulkarni; Cambridge, England, Cambridge University Press, 2000, 150 pages, \$24.95 softcover

Zerrin Emel Kayatekin, M.D.

This book is a synopsis of research on gender differences in schizophrenia. *Women and Schizophrenia* is written by an international multidisciplinary group of clinicians and mental health researchers. In reviewing the literature on gender differences in schizophrenia, the authors elaborate on the clinical, social, and research implications of these differences. They also reflect on the appropriate modifications to apply in the treatment of women with schizophrenia.

The first chapter provides an overview of the topic and the book. Chapter 2 addresses gender differences in the development, organization, and degeneration of the human brain in the presence of schizophrenia. The author examines the biopsychosocial determinants of male and female behavior in a developmental context.

The authors of the next two chapters focus on gender differences in age at onset of schizophrenia, premorbid functioning, clinical presentation, and course of illness. They emphasize the implications these factors have in the diagnosis and treatment of schizophrenia in women.

In chapter five the links between hormones, especially gonadal hormones, and psychosis are reviewed. The authors outline the association between psychosis and the phases of the menstrual cycle and the postpartum

period. They review the literature on the effects of gonadal steroids on neurotransmitters and neuroreceptors and recommend modifications in the treatment of women with schizophrenia. They discuss the adjunctive use of hormones, especially during peri- and postmenopausal periods.

The authors of chapters 6 and 7 discuss biopsychosocial issues unique to women and how these issues affect treatment planning. They underscore the specific needs of women with schizophrenia during the reproductive years, especially in family planning and in antenatal and postnatal care. After outlining the special challenges of mothers with schizophrenia, the authors note the importance of interdepartmental liaison and recommend the provision of services to the family unit.

Chapter 8 covers several clinically relevant issues in the treatment of women with schizophrenia. The authors evaluate gender differences in pharmacokinetics and in the side effects of medications. They summarize how treatment can be modified during pregnancy, the postpartum period, and menopause. The final chapter offers a summary of the current literature on gender differences in schizophrenia and their impact on the treatment of the disorder.

The book is well organized. The chapters are related to each other yet can also be read independently. Each chapter includes a good reference list. The book is clearly written and provides a comprehensive yet concise review of the subject. It is an excellent introductory text, and I recommend it to anyone who is interested in the care of women with schizophrenia.

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