

## Book Reviews

Michael H. Ebert, M.D., Editor

### **Affect Regulation and the Development of Psychopathology**

by Susan J. Bradley, M.D. The Guilford Press, New York, N.Y., 2000, 342 pages, \$40.00.

This book elaborates a model of affect dysregulation as the core factor in the development of psychopathology. The author begins the book with definitions of the key terms that she uses in the book, including *affects*, *emotional feelings*, and *arousal*. Next, she describes research that by examining risk factors, points to the importance of a general arousal factor for the development of psychopathology. She then discusses various "brain factors," including anatomical structures and neurochemical pathways, and "mind factors," i.e., internal psychological structures that are involved in the regulation of affect. She concludes the book with illustrations of how the model that she proposes can be used to explain various psychiatric disorders.

*Affect Regulation and the Development of Psychopathology* is a thorough review of issues related to affect regulation and its development. In particular, the author has examined constitutional and genetic factors (including temperament), the role of the caregiving environment with an extensive discussion on attachment theory and research, and the role of dysfunctional parenting. She also extensively reviews the impact of stress, trauma, and abuse and their relationship to later adult psychopathology. In her chapter on coping, she discusses the role of a number of factors, including peer relations, which might either mitigate or increase the development of problems in affect regulation. The author also presents the neurobiology of affect regulation in a way that would be useful for those of us less familiar with the recent work in this area. In the third section of the book, she discusses internalizing disorders, externalizing disorders, and psychotic disorders. The chapter on therapeutic considerations is useful, and the author offers some specific suggestions for approaching therapeutic issues with patients. Finally, she proceeds to discuss future directions for this work.

This reviewer found the 3 chapters on the clinical syndromes less convincing than the earlier sections of the book, but the author clearly "sticks to her guns" in an attempt to justify problems in affect regulation as core deficits in the psychiatric disorders that she describes and then attempts to link each of these disorders with genetic and constitutional factors, psychosocial factors, animal studies, and other possible explanations.

In the final chapter, the author discusses future research directions, and she states, "I have argued that those individuals who are stressed-reactive—whether this arises from a genetic liability, from exposure to prenatal or perinatal circumstances that increase stress reactivity, or from sensitization by environmental stressors—possess a vulnerability that, in interaction with adverse developmental experience, creates difficulties with affect regulation" (p. 267). She continues to state that she has had to engage in a certain amount of speculation based on her clinical experience, but she did not find studies that contra-

dicted her argument. She appropriately notes, however, that the absence of disproof does not prove the argument. One of the things that I found most compelling was her conclusion in which she states, "I began writing this treatise with a desire to make psychopathology more understandable. I end it now with the hope that these ideas may lead to more humane treatment of patients" (p. 269).

As noted above, regardless of whether the reader becomes totally convinced in the author's attempt to distill most psychopathology as problems with affect regulation, this book serves as an excellent review of much of the relevant developmental, neurobiological, and neuroanatomical research. One of the strengths of this book is that it reminds us of the importance of affects and emotional feelings in psychiatric patients and the role of affects in the development of psychopathology. At a time when there may be an almost exclusive focus on psychopharmacology and a lack of attention to patients' emotional states, this book provides us with a good reminder as to why a true "biopsychosocial" understanding of our patients is important. For the general psychiatrist and for those who may not have recently reviewed the importance of developmental factors and the extensive child development research that contributes to affect regulation, this book will be an excellent resource. My biggest disappointment was that, although there are implications for understanding psychiatric disorders in children, the author was true to her subtitle, "The Development of Psychopathology," rather than focusing more specifically on the field of developmental psychopathology.

**Robert J. Harmon, M.D.**

University of Colorado School of Medicine  
Denver, Colorado

### **Gender and Its Effects on Psychopathology**

edited by Ellen Frank, Ph.D. American Psychiatric Press, Washington, D.C., 2000, 315 pages, \$49.50.

Ellen Frank has assembled an excellent group of experts in gender issues and psychopathology to review research of gender differences from etiologies to treatments.

It is organized into 4 sections, each with several chapters. Section 1 is concerned with etiologic mechanisms. The important topic of the hormonal basis of mood disorders is discussed in one chapter, another chapter examines gender and the self from a psychological perspective, and a third examines whether there are gender-specific causes for antisocial and borderline personality disorders. The second section deals with mood and anxiety disorders and includes chapters on epidemiologic findings in major depression, depression in adolescent females, gender differences in treatment response, anxiety in major depression, and gender differences in anxiety disorders. Section 3

discusses schizophrenia. One chapter provides an overview of gender in schizophrenia, and another chapter pertains to gender differences in first-episode schizophrenia. Section 4, entitled "Substance Abuse and Dependence," presents one chapter on epidemiology, a second on gender effects in gene-environment interactions, and the last chapter on gender differences in the effects of opiates and cocaine.

Section 1 provides only a brief sketch of what we know and do not know about the effect of estrogen on psychopathology. Although there is some literature on what is known about progesterone and mood disorders, this topic is not discussed. There are interesting discussions of the increase of rapid-cycling affective illness and seasonal affective disorder in women. In addition, brief discussions of postpartum depression and premenstrual depressions are presented. The most intriguing chapter in this first section examines the question of whether there are gender-specific etiologies for antisocial personality disorder and borderline personality disorder. At this time, several potential risk factors in which males and females differ have been identified. For the most part, however, the studies in this area are flawed, and causal pathways have not been longitudinally studied.

Section 2, on mood and anxiety disorders, succinctly presents relevant epidemiology showing a gender difference in the onset risk of major depression in women that begins in adolescence and persists through middle age. This area is understudied. It is extremely difficult to show interrelationships between hormones, genes, socialization experiences, and gender-role-related experiences that create risk for depression. The most challenging chapter in this section deals with the question of why rates of depression rise rapidly for girls 10 to 15 years old. The roles of ovarian steroids, genetic transmission, psychosocial experience, and age-specific issues in puberty are examined. In addition, the potential roles of oxytocin and vasopressin are discussed. For example, oxytocin, which is linked to affiliative behavior, undergoes a 5-fold increase during puberty. Any dysregulation of the oxytocin or vasopressin systems may prevent attachment to either offspring or partner in females. Dysregulation of the vasopressin system in males can have the same effect. A clear discussion links the disruption of affiliative bonds and the onset of depression with good support from epidemiologic studies. What is important about this chapter is the careful and concise examination of hormonal changes and psychosocial experiences, both of which are necessary to explain female adolescent major depression. In the chapter on treatment response, an excellent case is made for differential response by gender to a number of treatments. Although the gender differences in antidepressant response are small, they are often clinically significant. Women respond better to interpersonal psychotherapy whereas men may do well with both cognitive and interpersonal therapy. Selective serotonin reuptake inhibitors and monoamine oxidase inhibitors are particularly effective for younger women. Men and postmenopausal women appear to be equally responsive to antidepressants. Women may respond more to electroconvulsive therapy. The value of estrogen replacement therapies in treating postmenopausal depression is carefully discussed, as is the effect of estrogen in up-regulating serotonin receptors.

In the schizophrenia section, an important chapter discusses gender differences in first-episode schizophrenia. A set of largely American and German studies is minutely dissected, including a discussion of the later onset of the illness in females. It is suggested that estrogen delays the onset of schizophrenia in women, depending upon the degree of genetic risk. Interestingly, it was found that some traditional opinions in this area are myths, including the higher lifetime risk, more chronic type of onset, and negative symptoms in men contrasting with acute onset and more positive symptoms in women.

The section on substance abuse has several useful chapters that point out different gender effects in opiate and cocaine abuse. Some fascinating research in this area emphasizes the interactive effects of family environment with genetic risk for substance abuse.

This book is not comprehensive, but the discussions it presents are lucid. Bipolar disorder, other than rapid-cycling disorder, is not dealt with nor are impulse-control disorders or alcoholism. A longer section on the postpartum mood disorders and premenstrual dysphoria might have been presented. In these areas, there is minimal discussion of biological treatments. In schizophrenia, there was not enough discussion of the more favorable antipsychotic treatment response in females. For substance abuse, the epidemiology presentation includes only marijuana. There could have been more emphasis on preventive psychiatry throughout the book.

These are minor criticisms. A major strength of the book is its timeliness in a field demanding more serious investigation. The syndromes are clearly presented from an integrated biopsychosocial perspective. This volume is a good starting place for psychiatrists and neuroscientists interested in current research in gender issues.

**Arthur M. Freeman, M.D.**

Louisiana State University Health Sciences Center  
Shreveport, Louisiana

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### **The Fragile Alliance: An Orientation to Psychotherapy of the Adolescent, 5th ed.**

by John E. Meeks, M.D., and William Bernet, M.D.  
Krieger Publishing Company, Malabar, Fla., 2001,  
500 pages, \$53.00 (cloth), \$45.00 (paper).

I have had a lifelong passion for reading books—at first fiction, then biographies, and later, professional works. It was a difficult but necessary task to discard books when I moved the 1000 miles from medical school to the city where I did residency training, and that purging of books continued every time I changed offices. I would review each title and often the table of contents before deciding if the book should accompany me to a new location. I acquired the first edition (1971) of *The Fragile Alliance* during my child psychiatry fellowship, and that volume traveled with me to at least 7 offices until I had the opportunity to review the latest edition. Why did I forge such an alliance with this book? Its central premise withstood the test of time: a therapeutic alliance with a patient, particularly adolescents, is the foundation of all psychotherapeutic work.

The contemporary edition continues to follow the original outline. Part 1 focuses on adolescent development, diagnostic evaluation, the therapeutic alliance, and issues specific to ongoing psychotherapy. While individual psychotherapy is emphasized, group, family, and parent work are each the subject of a chapter. Specific diagnoses and special technical considerations are covered in Part 2, reminding the reader just how fragile and even tenuous psychotherapy of the adolescent can be. No topic is ignored. School, suicidality, delinquency, sexuality, victimization, the aftermath of parental divorce, psychosis, chemical dependency, and medical/neurologic issues receive separate attention. In the intervening 30 years, Dr. Meeks has appropriately de-emphasized the inpatient treatment setting, adapted to the ever-changing DSM terminology, and added in 1990 Dr. Bernet as his capable coauthor.

This edition has moved into the 21st century with a format that is highly readable. Boxed information and italicized lists

highlight key concepts, and advocacy references for parents, an annotated bibliography, and useful Web sites are provided. As a hopeless bibliophile, I particularly appreciated a listing of noteworthy authors who have written on adolescence.

Rich clinical material in the form of vignettes continues to amply illustrate the psychodynamic framework of this book. The authors reinforce that a healthy working alliance must be predicated on a knowledge base of adolescent development, coupled with acknowledgment of the attendant realities of undertaking treatment of adolescents. Ambivalence, separation-individuation, and both conscious and unconscious motivations cannot be ignored. Therapists of adolescents must be active, flexible, willing to assist in decision making, and at all times aware of countertransference. Readers are reminded that an adolescent does not exist in isolation; the educational setting, social milieu, and particularly an adolescent's family should be important therapeutic considerations. Perhaps most germane to contemporary treatment is the challenge for clinicians to be creative: family meetings, group therapy, psychotropic medication, and even meditation are appropriate accompaniments to individual therapy.

The "new" *Fragile Alliance* in my present office is written with a clarity of prose and purpose. Future editions should expand upon evidence-based treatments, particularly cognitive-behavioral therapy, and the increasing use of manualized individual and group treatment. Despite an entire generation having passed since its first publication, *The Fragile Alliance* has stayed its course through the storms of adolescence and reminds us, "For therapists navigating these rough seas, the beacon is the therapeutic relationship with the adolescent" (p. 455). This volume is a voyage worth taking, as well as keeping into the next generation.

**Beth Ann Brooks, M.D.**  
Wayne State University  
Detroit, Michigan

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### **Nicotine in Psychiatry: Psychopathology and Emerging Therapeutics**

*edited by Melissa Piasecki, M.D., and Paul A. Newhouse, M.D.*  
*American Psychiatric Press Clinical Practice Series. American Psychiatric Press, Inc., Washington, D.C., 2000, 279 pages, \$40.00.*

Smoking and its deleterious health effects have long been known to the medical community and the general public. Despite knowledge of smoking's ill effects, "... the most important and the most preventable disorder in medicine is neglected" (p. xv). Nicotine dependence is one of the least diagnosed and least reimbursed disorders in medicine. Given these challenges described in the foreword to *Nicotine in Psychiatry*, the editors have contributed to a text that addresses these and other issues head on with a comprehensive review of nicotine that ranges from the molecular aspects of nicotine acetylcholine receptors to nicotine's involvement in behavioral disorders and its potential therapeutic applications.

The book is divided into 2 main sections. Section 1 is titled "Background" and begins in chapter 1 with a description of the differences between muscarinic and nicotinic acetylcholine receptors, the latter being associated with gated ion channels existing both at the periphery as well as in the central nervous system. The author of this chapter, Stephen P. Asneric, Ph.D., informs the reader of the complex and multiple roles that nicotine receptors appear to play (e.g., potential roles in forms of

myasthenia gravis, epilepsy, and schizophrenia) and mentions potential treatment opportunities at these receptor sites. Chapter 2 surveys the pharmacology of nicotine. Chronic nicotine use is unusual in that it causes an upregulation of nicotine receptors, the opposite of what one would anticipate with most receptor systems. Activation of nicotine receptors can lead to a variety of different actions that include the release of neurotransmitters (i.e., acetylcholine, norepinephrine, dopamine) and hormones (i.e., growth hormone and ACTH). Also described are the differences in gender noted with pharmacokinetic and pharmacodynamic issues. The second half of section 1 focuses on issues promoting nicotine use. Chapter 3 describes how the behavioral environment can influence the effects of smoking. Nicotine appears to produce stimulation when smokers are in a fatigued state, but then paradoxically induces relaxation when they are anxious, thereby reinforcing smokers' nicotine consumption. Chapter 4 looks at the role of nicotine as a substance that can produce drug dependence.

Section 2 entails a more clinically focused review of nicotine. The interesting co-occurrence of smoking with schizophrenia and depression is examined. Additional topics that should be of great interest to the clinician are the interface of smoking with movement disorders, Alzheimer's disease, and attention-deficit/hyperactivity disorder. The potential role of nicotinic receptors in future treatment is suggested. The chapters on nicotine replacement therapies and behavioral treatment are excellent and are especially recommended. The use of nicotine gum, patch, nasal spray, and inhaler are discussed in terms of their benefits and shortcomings. For completeness, bupropion is also discussed. The chapter on behavioral treatment contains many useful suggestions and nicely incorporates the role of nicotine replacement in the discussion of treatment.

I highly recommend this book for the busy clinician. In brief fashion, it explores a wide range of issues in the field of smoking and nicotine. It also offers encouragement as well as practical advice for the treatment of this much ignored but important medical condition.

**David D. Weinstein, M.D.**  
Vanderbilt University School of Medicine  
Nashville, Tennessee

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### **Psychiatric Management in Neurological Disease, 1st ed.**

*edited by Edward C. Lauterbach, M.D. American Psychiatric Press, Washington, D.C., 2000, 346 pages, \$39.00.*

In addition to contributing 5 of the 10 chapters in this outstanding volume himself, Edward Lauterbach has successfully recruited additional remarkably talented contributors for *Psychiatric Management in Neurological Disease*. Noting that previous books regarding psychiatry, Alzheimer's disease, and epilepsy exist, Lauterbach contributes a "concise work addressing the clinical psychiatric management of other neurological disorders" (p. xiii). In this endeavor, he and his contributors are quite successful.

Eight chapters are devoted to specific disorders such as Parkinson's disease and multiple sclerosis, and 2 chapters to elements related to the psychiatric management of all such neuropsychiatric disorders. These 2 comprehensive chapters address psychiatric management principles and family management issues. The specific disorders addressed in the remaining chapters include Parkinson's disease, Huntington's disease, Wilson's disease, Fahr's syndrome, dystonia, stroke, multiple sclerosis, and acquired immunodeficiency syndrome (AIDS).

The first chapter contributed by Lauterbach regarding psychiatric management principles is notable for its general applicability to a variety of neuropsychiatric syndromes, an excellent but brief review of neuronal circuitry disrupted by these disorders, and clinical signs and symptoms helpful in identifying these disorders. General nonpharmacologic and pharmacologic interventions are then presented. The chapter that concludes the text elaborates on nonpharmacologic family management interventions of use in neuropsychiatric disorders.

The second chapter, authored by Levy and Cummings, is extremely informative as to the nature of the psychiatric problems occurring in Parkinson's disease and comprehensive in addressing the treatment of the psychiatric manifestations of Parkinson's disease. Management of apathy, anxiety disorders, sexual problems, and psychosis is addressed.

In chapter 3, Ranen thoroughly discusses the pathology, genetics, and clinical manifestations of psychiatric disorders in Huntington's disease. Ranen then concisely presents treatment of disease progression in Huntington's, as well as associated irritability, apathy, psychosis, and mood disorders.

In 3 extremely informative chapters, Lauterbach addresses movement disorders associated with the basal ganglia, namely Wilson's disease, Fahr's syndrome, and dystonia. The discussion of each disorder begins with a thorough understanding of epidemiology, neuroimaging, and laboratory investigations. Psychiatric illnesses associated with these disorders are then described and treatment recommendations are then elucidated. I was particularly impressed by the amount of detailed information Lauterbach presents regarding dystonia.

Robinson contributes a clear and concise summary of what is known regarding the neuropsychiatric manifestations of

stroke. He discusses pathologic emotions (pseudobulbar affect), psychosis, and mood disorders. He notes the rarity of "secondary mania," often involving right hemisphere lesions, but the common occurrence of depression, occurring in 20% to 50% experiencing an acute stroke. Robinson describes what is currently known regarding lesion location and development of depression, including his original work to elucidate the relationship between stroke and lesions affecting the left frontal pole. Treatments of neuropsychiatric disorders resulting from stroke are presented in detail.

Schwind et al. and Maldonado et al. describe neuropsychiatric symptoms resulting from multiple sclerosis and AIDS, respectively, in addition to clinical features, pathophysiology, genetics, and psychiatric complications. Treatment approaches are discussed for both disorders. Maldonado et al. make quite useful recommendations for managing the agitation that often complicates the treatment of the AIDS dementia/delirium patient.

In summary, this book is a valuable contribution to the management of cognitive, emotional, and behavioral problems associated with neurological disorders. The editor intentionally avoided discussing the neuropsychiatric management of Alzheimer's disease and epilepsy due to existing books on these disorders. I would suggest adding these topics to the next edition to complement the excellent content. Practitioners and students will benefit greatly from this concise but comprehensive review, particularly the pragmatic treatment recommendations presented herein.

**James R. Slaughter, M.D.**

University of Missouri Medical School  
Columbia, Missouri