

**Kaplan and Sadock's Synopsis of Psychiatry:  
Behavioral Sciences/Clinical Psychiatry, 10th ed.**

by Benjamin J. Sadock, M.D., and Virginia A. Sadock, M.D.  
Lippincott Williams and Wilkins, Philadelphia, Pa., 2007,  
1472 pages, \$99.00 (paper, with Internet access included).

This well-known synopsis of *Kaplan and Sadock's Comprehensive Textbook of Psychiatry* is now in its 10th edition since its first publication in 1972. The authors have condensed and updated this definitive 4000-page text into an abridged version designed to serve the day-to-day needs of practicing psychiatrists, residents, medical students, nonpsychiatric physicians, psychologists, social workers, nurses, and other mental health professionals.

Similar to previous editions, *Kaplan and Sadock's Synopsis of Psychiatry* is organized, but not explicitly so, into 4 general sections. The first contains chapters on the historical background and the practical and theoretical principles that underlay current psychiatric practice. Chapters on human development, brain and behavior, and psychosocial sciences alternate with more practical chapters such as those on the patient-doctor relationship, clinical examination of the patient, psychiatric signs and symptoms, neuropsychological testing, and psychiatric rating scales.

A group of chapters that deal with psychopathology follows the first section. These chapters keep to the general order of DSM-IV-TR and outline the epidemiology, etiology, clinical features, pathology, differential diagnosis, course, and current treatment of most disorders. Tables in each chapter repeat the diagnostic criteria from both DSM-IV-TR and ICD-10. Text boxes containing case histories derived from DSM-IV-TR and ICD-10 casebooks, from contributors to the comprehensive textbook, and from the authors' own clinical experiences enliven and illustrate the text. These case histories are printed with a blue background to help the reader distinguish them from the general text.

The third section details the treatments currently employed in psychiatric and behavioral health practice. The psychotherapies chapter contains new sections on dialectical behavior therapy, genetic counseling, interpersonal therapy, psychiatric rehabilitation, and combined psychotherapy and pharmacology. The chapter on biologic therapies continues the principle, begun in the 6th edition, of classifying drugs used to treat mental disorders according to their pharmacologic activity and mechanism of action.

The final section contains miscellaneous subjects of importance not previously discussed. There are chapters on child psychiatry, geriatric psychiatry, legal issues, and ethics. There is also an updated chapter on end-of-life care and palliative medicine.

In addition to the printed book, purchasers of the 10th edition also gain access to an online searchable version of the text that also provides access to all of the book's images and tables in an "Image Bank" and to a "Question Bank," which should prove useful to those studying for board or recertification examinations. The "Question Bank" also provides an enjoyable and informative way to test one's general knowledge of psychiatry, and it can be set so that the rationale for the correct answer appears in a window immediately after the question is answered. The search engine is a bit cumbersome; it lists all the references in text for the search term and then forces the user to select a "Full Text" box to open a readable section of the text. The Web site is also accessible at very slow speed using a handheld device.

It is hard to be critical of such a venerable standard text as *Kaplan and Sadock's Synopsis of Psychiatry*; however, I did find several issues that are possible opportunities for improvement. As the synopsis is a condensed version of a larger textbook, it is not a short, highly readable selective text designed to meet the needs of medical students—like the old Noyes and Kolb,<sup>1</sup> nor does it contain the clearly authored, well-referenced, in-depth sections of the text from which it derives. The synopsis attempts to be both comprehensive and brief, and it occasionally suffers from that compromise.

In comparison to the 7th edition (the last edition that I own), the 10th edition has grown in size, weight (now 6 lb), and length but not necessarily in depth of content. The length and weight could be improved by removing a number of photographs in poor taste and of little necessity—such as a photograph of adolescents drinking beer and smoking marijuana, a photograph of the World Trade Center, a photograph of a husband holding a pistol aimed at his wife, and a 1927 photograph of a blindfolded man with "KK" brands on his chest and forehead. There is also questionable need for the portrait gallery contained in the chapter on schools of thought derived from psychoanalysis and psychology. These photos suggest the possibility that the schools so cursorily described were, at least to some degree, cults of personality.

Despite its flaws, *Kaplan and Sadock's Synopsis of Psychiatry* is an encyclopedic text that at least touches on most areas of contemporary psychiatry. It contains much useful information, frequently well-summarized in numerous tables. For the medical student or resident, its sections on the doctor-patient relationship, clinical examination of the psychiatric patient, and signs and symptoms in psychiatry provide useful guidance on how to begin a mental health practice. The synopsis provides an excellent way of reviewing the many subjects covered in board-type examinations. For the experienced mental health practitioner, it provides an easy-to-use desk reference with an online search engine that provides at least some up-to-date information on questions that frequently arise in day-to-day practice.

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#### **Mental Health and Violent Youth: A Developmental/Lifecourse Perspective**

by Denise Paquette Boots, Ph.D. In book series: *Criminal Justice: Recent Scholarship*. McShane M, Williams FP III, eds. LFB Scholarly Publishing, New York, N.Y., 2008, 260 pages, \$70.

In her book *Mental Health and Violent Youth*, Denise Paquette Boots, Ph.D., an Assistant Professor of Criminology at the University of Texas at Dallas, examines the relationship between youth mental illness and future violent crime. In this work, the author addresses the national economic, medical, social, and psychological costs of violence and discusses current

trends in American violent criminal behaviors as they pertain to youth mental illness.

The author conveys a developmental perspective of violent crime and provides an overview of published longitudinal studies on the correlation between youth mental health and future violence. In particular, the author describes published correlations between oppositional defiant, attention-deficit/hyperactivity, anxiety, and affective disorders and future violent crime. In addition, the author provides an encompassing overview of the findings of the Pittsburgh Youth Study, a national longitudinal study of youth mental illness and future criminal behaviors in grade-school and adolescent boys.

*Mental Health and Violent Youth* gives a useful summary of the *Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition (DSM-IV) diagnostic screening criteria for youth mental illness. Moreover, the author provides a critical review of this classification system's shortcomings in defining youth mental illness.

Although this work requires the reader to have a basic fund of knowledge in psychological research models and statistics, it is an informative work that addresses the controversial issue of the correlation between youth mental illness and future violent crime. *Mental Health and Violent Youth* is a valuable resource for criminologists, sociologists, and mental health providers who desire to understand the relationship between youth mental illness and future violent criminal behaviors.

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### **Clinical Handbook of Psychiatry and the Law, 4th ed.**

by Paul S. Appelbaum, M.D., and Thomas G. Gutheil, M.D.  
Lippincott Williams & Wilkins, Philadelphia, Pa., 2007, 336 pages, \$99.

The *Clinical Handbook of Psychiatry and the Law* has become a popular textbook and reference book for psychiatry residents, forensic psychiatry fellows, and psychiatrists in clinical practice. The authors have published 4 editions over 25 years, which reflects the rather rapid growth of the importance of and interest in this topic. Both Dr. Appelbaum and Dr. Gutheil are prolific writers, and this book collects their experience and wisdom into a handy volume that is densely packed with useful information.

The first edition of the *Clinical Handbook of Psychiatry and the Law* (1982) won the Manfred S. Guttmacher Award of the American Psychiatric Association and the American Academy of Psychiatry and the Law. The second (1991) and third (2000) editions addressed new developments in this field. The current, fourth edition (2007) tackles the psychiatric implications of the Health Insurance Portability and Accountability Act (HIPAA) and includes new information regarding violence risk assessment, seclusion and restraint, and risk management aspects of forensic psychiatric practice. The references have been updated. In overview, the *Handbook* addresses both the legal aspects of clinical practice (for example, confidentiality, involuntary commitment, and assessment of dangerousness to others) and topics specific to forensic psychiatry (for example, competence to stand trial and criminal responsibility). There are only 8 chapters, but each is lengthy and detailed: "Confidentiality and

Privilege," "Legal Issues in Emergency Psychiatry," "Legal Issues in Inpatient Psychiatry," "Malpractice and Other Forms of Liability," "Competence and Substitute Decision-Making," "Forensic Evaluations," "Clinicians and Lawyers," and "The Clinician in Court."

The *Clinical Handbook of Psychiatry and the Law* is highly organized, with each chapter having the following components: case examples, legal issues, clinical issues, pitfalls, action guide (basically, a summary of the chapter's contents), and suggested readings. Outlines, lists, and cross-references abound. The case examples are pithy and folksy, but also scholarly and challenging. In discussing a topic, the authors have a good approach in separating the *legal issues* from the *clinical issues*. Also, in each chapter, the section on legal issues typically summarizes the history of the topic, important precedential cases, and pertinent legislation. Each section on clinical issues weaves the legal topics with familiar constructs, for example, boundary violations, therapeutic alliance, transference, and countertransference. The suggested readings are helpfully organized by topic, not simply alphabetically.

Perhaps most important, the *Handbook* provides eminently practical advice for practitioners who deal with patients, families, and lawyers. The discussion of HIPAA, for instance, points out that these federal regulations are more permissive than most clinicians believe. Another example of the book's practicality is the discussion of the assessment of dangerousness to others, which includes a succinct summary of "Research-Based Variables That Elevate Violence Risk" as well as "Clinical Wisdom Concerning Dangerousness to Others." Also, the chapter "The Clinician in Court" is excellent preparation for any psychiatry trainee or practitioner who is about to testify for the first (or tenth) time.

Although the title of this book refers to psychiatry and the law, it is not relevant only to psychiatrists. The *Clinical Handbook of Psychiatry and the Law* will also be useful for psychologists, social workers, nurse practitioners, and the administrators of mental health facilities and programs.

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### **The Guidebook of Sexual Medicine**

written and edited by Waguih William IsHak, M.D. A & W Publishing Group, Beverly Hills, Calif., 2008, 240 pages, \$29.95 (paperback).

The *Guidebook of Sexual Medicine* is an excellent addition to the literature on sexual medicine.

Three major advantages of this text are that (1) it was written by a psychiatrist and clearly written for psychiatrists, (2) it has a remarkably consistent style of presentation across chapters, and (3) most, but not all, chapters are arranged to correspond with diagnostic categories in DSM-IV. The consistency of the text may relate to the fact that the editor was either an author or co-author of 7 of the 10 chapters.

The text is academically sound, concise, and up to date. As such, it offers an excellent guide for the psychiatric resident or clinician who wants a quick introduction to the field of sexual medicine. The information in each of the chapters is accurate and clearly reflective of current thought regarding each of the areas discussed.

There are several curious aspects to this text. Appendix 2 is titled "Screening Tests for Sexual Disorders" and contains 2 series of questions proposed by the author. It is strange that validated questionnaires such as the International Index of Erectile Function by Rosen and colleagues<sup>1</sup> or the Changes in Sexual Functioning Questionnaire by Clayton and colleagues<sup>2</sup> were not mentioned. Appendix 3 is titled "DSM-IV in a Nutshell." There is really no reason to indicate why this appendix was included in this text as it does not discuss the sexual disorder diagnoses. Another curious feature of this text is that most but not all of the chapters follow from DSM-IV. For example, male erectile disorder and female arousal disorder are discussed in a chapter on arousal disorders although these 2 disorders are clearly separated in DSM-IV. Similarly, orgasmic disorders and premature ejaculation are grouped together in 1 chapter, whereas they are separated in DSM-IV.

Psychiatry as a field has shown diminished interest in the field of sexual medicine. This is unfortunate because psychiatry with its biopsychosocial model is the ideal discipline to comprehend the complex and interacting forces involved in sexual interactions. Hopefully, this well-written introductory text will help entice more psychiatrists into this area of study and clinical practice. This guidebook should be required reading by general psychiatry residents.

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#### **Antipsychotics and Mood Stabilizers: Stahl's Essential Psychopharmacology, 3rd ed.**

by Stephen M. Stahl, M.D., Ph.D. In book series: *Essential Psychopharmacology*. Cambridge University Press, New York, N.Y., 2008, 232 pages, \$125.00; \$50.00 (paper).

Stephen Stahl is one of the most recognizable names in psychopharmacology. He is an inspiring teacher who has a knack for synthesizing complex scientific information for students, residents, psychiatrists, and nonmedical mental health practitioners. Over the past few years, he has started publishing psychopharmacology books that are not only very readable and up-to-date, but are in my opinion the most creatively illustrated texts of psychopharmacology. My trainees rave about his books and quote them often.

This 232-page volume comprises 2 chapters from his 1100-page best selling textbook *Stahl's Essential Psychopharmacology: Neuroscientific Basis and Practical Applications*, 3rd Ed.<sup>1</sup> It is updated with twice the number of figures and reflects, in the author's words, "a transformation in the field" ranging from neurotransmitters and receptors to brain circuits, neuroimaging, genetics, and signal transduction cascades. Those advances are presented in a simplified and pragmatic format and are intended for all except the highly sophisticated psychopharmacologist. For specific psychotropic prescribing information, the author refers readers to a companion text: *Essential Psychopharmacology: The Prescriber's Guide: Antipsychotics and Mood Stabilizers*.<sup>2</sup> Interestingly, the author recommends that the novice reader go over only the graphics from the beginning to the end, then read the entire text, and finally do both together.

In addition to strongly recommending this volume for students, trainees, and new practitioners, I would like to add that the book contains quite a bit of nosology and disease-state material about schizophrenia, not just its psychopharmacology. There is a very useful section on glutamate pathways, which is the likeliest future target of antipsychotic drug development.

The book also has a very good section on the partial dopamine agonist class of antipsychotic agents. There are many practical suggestions for optimizing therapeutic outcomes by customizing pharmacologic treatment, including the use of appropriate polypharmacy.

My few critical comments include the following: the volume title can be misleading because the book is about schizophrenia and antipsychotics and has nothing about mood stabilizers. Also, schizophrenia is described as a "neurodegenerative" disorder in reference to the progressive tissue loss accompanying psychotic episodes. The histopathology of schizophrenia does not fulfill the criteria for neurodegeneration (e.g., the presence of fibrillary gliosis) but appears to be more of a progressive neuropil shrinkage with reduction in gray matter volume and impaired white matter integrity.

In summary, this volume is highly recommended for health professionals interested in the phenomenology, neurochemistry, and pharmacotherapy of schizophrenia and related psychotic disorders.

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