

# Kaplan & Sadock's Study Guide and Self-examination Review in Psychiatry: Seventh Edition

*Editors: Sadock BJ, Sadock VA, Jones RM.  
Lippincott Williams & Wilkins, Philadelphia, 2003.  
US\$54.95; pp528; ISBN 0-7817-3359-6*

This book is designed to complement the ninth edition of Kaplan and Sadock's Synopsis of Psychiatry. There are 59 chapters covering the major topics and also more specific ones such as 'palliative medicine and end-of-life care'. In each chapter there are helpful hints listing the key terms and definitions that are consistent with both the *International Classification of Diseases*, tenth edition, and the *Diagnostic and Statistical Manual of Mental Disorders*, fourth edition, followed by a list of multiple choice questions covering the diagnosis, differential diagnosis, treatment strategies, and other important topics related to that chapter. The explanations of these questions are very informative and comprehensive.

A new section of patients' accounts has been added to this edition. Each case history includes questions and a discussion of the diagnosis, differential diagnosis, and treatment strategies. Many useful tables and figures help the reader throughout the book. For example, there are tables that list different kinds of defence mechanisms with detailed explanations.

This book could be used in conjunction with the classic textbook by the same authors or as a standalone review book. I found it very useful for preparing for the Member of the

Royal College of Psychiatry (MRCPsych) examination, especially the multiple choice questions for both part I and part II. The coverage of topics is wide enough for comprehensive revision. I suggest studying the tables thoroughly because they condense a lot of important basic knowledge into salient points. The section on psychotherapy contains a lot of basic yet important concepts, which I think are particularly useful to local trainees. I would advise readers to attempt to answer the multiple choice questions, as they give a rough idea of the kind of questions encountered in professional examinations, and then look up the replies in the corresponding answer sections. Paying particular attention to the discussion of the wrong answers is a very efficient way to do a quick revision.

To conclude, I recommend this book to medical students and junior psychiatrists who are preparing for their professional examinations.

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## Brain Injury and Mental Retardation: Psychopharmacology and Neuropsychiatry

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Lippincott Williams & Wilkins, Philadelphia, 2002.  
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This book is a good up-to-date summary on topics related to the psychopharmacological and neuropsychiatric aspects of brain injury and mental retardation. Traumatic brain injuries and developmental handicaps are 2 of the most common conditions in neuropsychiatry. However, scientific information tends to be scattered in the literature of several disciplines including psychiatry, neurology, genetics, developmental medicine, neuropsychology, behavioural psychology, and neuropharmacology.

This book has an easy-access format, describing cognitive, behavioural and emotional symptoms as well as treatment for complex brain systems. More than 3000 references are quoted. Topics include transient and delayed sequelae of brain injury, psychiatric disorders in mental retardation, neurobehavioural syndromes (e.g. frontal or temporal lobe syndromes), pathobehavioural syndromes (e.g. Rett's, Lowe's, Angelman, Cornelia de Lange, and velocardiofacial syndromes), self-injurious behaviours,

epilepsy, autism, tardive akathisia, and dyskinesia. Taxonomy of the clinical conditions based on clinical manifestations and aetiological and pathophysiological dimensions are presented.

Neuropsychiatric patients may be resistant to the usual pharmacological approaches and have a lower threshold to drug-induced neurotoxicity. There are 9 chapters devoted to various drug treatments, including vitamin therapy and 'nutraceuticals'. A chapter is devoted to neuropsychiatric evaluation, which every psychiatrist should be as familiar with as mental state examination.

The author, who is Medical Director of the North Carolina Neuropsychiatry Clinic, is an experienced psychiatrist

with more than 25 years of clinical experience. The clinic, which opened in 1977 as a research project at the University of North Carolina, has an active research programme in psychopharmacology.

To conclude, this concise book is a good choice to consider, particularly if you are not a keen reader of thick texts.

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