

diagnosis and comorbidity (including a chapter on presentations of OCD with schizophrenia). The extensive discussion of clinical management may focus too much for some readers on pharmacological treatments, with an exhaustive list of as yet unproven augmentation strategies for use with serotonin reuptake inhibitors (SRIs). Candidates discussed include buspirone, clonazepam, lithium, L-tryptophan and parenteral clomipramine. Comprehensive and very welcome advice on managing side-effects of SRIs, including their use in pregnancy, is presented in a separate chapter with relevance beyond OCD. Psychotherapeutic interventions are summarised well, although not dealt with in sufficient depth to guide a clinician inexperienced in these techniques – the book's only major weakness.

The chapters on related disorders, some of which have yet to be incorporated into standard classification (e.g. skin picking and compulsive buying), are invaluable summaries of up-to-date research and current best practice. The phenomenology of each is clearly discussed. For example, in primary kleptomania the distinction is made between the impulsive, unplanned aspects of stealing and its emotional/behavioural function, which is often compulsive, i.e. resisted with increasing anxiety, seen as irrational and wrong by the individual (ego-dystonic) and carried out to relieve tension rather than to obtain pleasure.

Although written from an American perspective this book is aimed at a global readership, with helpful appendices detailing important contacts in countries throughout the world, from support groups and sources of educational material (including websites) to neurosurgical centres. Some widely used rating scales are also included.

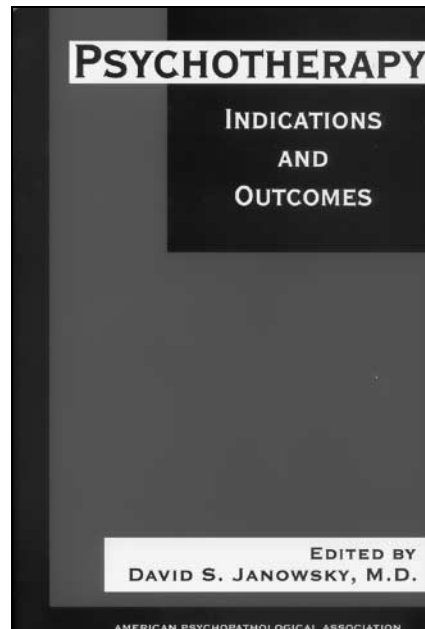
I found myself returning again and again to this text for guidance on a range of clinical issues and rarely found it lacking. It is an essential and not excessively priced addition to the personal library of any clinician with special interest in this area and should be made available to all those working in general psychiatric settings.

Hollander, E. (ed.) (1993) *Obsessive-Compulsive Related Disorders*. Washington, DC: American Psychiatric Press.

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Psychotherapy: Indications and Outcomes

Edited by David S. Janowsky. Washington, DC:
American Psychiatric Press, 1999. 414 pp.
£49.95 (hb). ISBN 0-88048-761-5



This edited collection of conference papers covers a wide range of topics within the domains of psychotherapy process, outcome and process-outcome research. It contains 17 chapters in eight sections devoted to: individual and interpersonal determinants of psychotherapeutic effects (four papers first authored by Luborsky, Blatt, Janovsky and Shea); dialectical-behaviour therapy (Linehan); cognitive-behavioural therapy (Biggs, Shaw and Agras); interpersonal therapy: mechanisms and efficacy (Weissman, Markowitz and Spanier); psychotherapy with the medically ill (Spiegel); family therapies (Glick and Goldstein); methodological considerations in psychotherapy research (Hollon and Goldstein); and psychotherapy in the era of managed care (Sharfstein).

The broad coverage of a wealth of important research fields and the impeccable pedigree of the authorship must establish this as a potentially important source text for psychotherapy researchers. Whether it will be of more general value to clinicians who want to be updated on developments in a rapidly moving research field is less clear. The papers presented in this volume were all first given at a conference of the American Psychopathological Association in early 1996. Although

the authors have clearly been given the opportunity to update their contributions, the extent to which they have done so is variable. While some (e.g. Linehan) have included reference to more recent published material, others appear to have left their papers largely untouched, with the result that their interest will rapidly become historical.

Despite this, there are several interesting and useful contributions. One such example is Luborsky *et al's* paper. This establishes the applicability of the Alice in Wonderland dodo's verdict ("All have won and all shall have prizes") to comparative outcome research on the psychodynamic therapies, and examining the range of possible explanations for the equivalence paradox (i.e. that widely differing therapies often appear to yield similar results). Another is the detailed check-list offered by Donald Klein for developing and evaluating treatment in psychotherapy and pharmacotherapy. Where high-quality comparative outcome research is concerned, however, there is not much in this book that was not already available in Roth *et al's* *What Works for Whom?* (1996). Moreover, much has happened in this field since, as a cursory inspection of the relevant 1998 Special Section of the *Journal of Consulting and Clinical Psychology* will reveal.

In summary, had this book appeared in early 1997 it would have made an outstanding and original contribution to the research literature available at that time, offering a synthesis of key contemporary developments. Its value today is less, but still substantial. It has been estimated that clinicians wishing to adopt an evidence-based approach to their clinical practice would need to read an average of 19 papers a day, 365 days a year to keep up with the published literature in any major speciality. The enormity of this task underlines the key importance of reviews and syntheses of relevant research. This edited collection is one such; perhaps not the first I would head for if I could have only one, but still a candidate for a place on my bookshelf.

Roth, A., Fonagy, P., Kazdin, A. E., et al (1996) *What Works for Whom?* New York: Guilford.

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