

of delusions, and the second relates to the appropriateness and validity of Beckian cognitive theory.

The literature on delusions and 'other abnormal beliefs' appears to have developed (Berrios, 1991) quite independently from the efforts in cognitive psychology to examine normal human thought processes, including belief formation (Schustack, 1991). Only recently have papers appeared examining cognitive processes in psychotic subjects which have respected the methodological frameworks of cognitive psychology (e.g. Huq *et al.*, 1988). Such frameworks are essential to generate testable models of psychotic thought processes which can be easily proven wrong when the model is incorrect. The underlying problem appears to be the assumption that the delusion is a core pathology and not an epiphenomenon, as advocated by Bleuler (1911). The notion that simply talking the patient out of delusions is of any benefit is seriously misguided.

Beckian cognitive therapy is a pragmatic empirical treatment which has been shown to work in depression. However, the underlying theory has been less and less able to account for a number of clinical findings, leading to a "crisis of confidence" (Teasdale, 1993). Despite this 'crisis', Beckian CBT has been applied in more and more situations (Ross, 1991).

Simply using a treatment because it works can only be defended if at the same time efforts are made to understand why it works. The theoretical model of Beckian cognitive therapy for depression needs updating and validation before being applied elsewhere.

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Obsessive-compulsive symptoms and clozapine

SIR: Eales & Layeni (*BJP*, May 1994, **164**, 687-688) present a case in which clozapine caused a significant exacerbation of obsessive-compulsive symptoms (OCS) in schizophrenia. This is not the first such case. One patient was reported by Cassady & Thaker (1992), two by Patil (1992), five by Baker *et al.* (1992), and two by Patel & Tandon (1993).

The suggestion that the increased intensity of rituals is due to the 5-HT_{2A} receptor antagonist activity of clozapine is unlikely. Antipsychotic drugs such as pimozide, haloperidol, fluphenazine, loxapine, thioridazine have some antagonist activity at the 5-HT_{2A} receptors (Roth *et al.*, 1992; Dursun & Handley, 1992) but exacerbation or induction of OCS have not been reported after these drugs. Furthermore, selective 5-HT reuptake inhibitors - fluoxetine, paroxetine, fluvoxamine and citalopram - also block the 5-HT_{2A} receptors (Johnson, 1991) but they improve OCS. However, 5-HT_{2C} receptors have been implicated in obsessive-compulsive disorder (Kennett, 1993), and clozapine has the highest affinity for 5-HT_{2C} receptors among antipsychotic drugs (Dursun & Reveley, 1993). Chronic administration of clozapine blocks the 5-HT_{2C} receptors (Kuoppamaki *et al.*, 1993), which may then lead to a state of denervation supersensitivity of these receptors. It may therefore be suggested that the hypersensitive 5-HT_{2C} receptors may contribute to the exacerbation of OCS after clozapine.

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Making the most of interpreters

SIR: The editorials on the war in the former Yugoslavia by Deahl *et al* (*BJP*, April 1994, **164**, 441–442) and O'Brien (*BJP*, April 1994, **164**, 443–447) provide timely reminders of the extent of suffering and the long-term psychological effects of war, torture and other forms of state-organised violence.

The majority of war casualties are now civilian. Increasingly, psychiatrists in the UK are being asked to assess and treat refugees, be they political or medical, with traumatic stress reactions or other psychological difficulties. The assessment of such patients is made more complicated in the bi-cultural setting, and, as Deahl *et al* point out, difficulties in communication between interpreter, client and therapist can give rise to inaccuracies in assessment and effective treatment.

Vasquez & Javier (1991) point out five common errors in communication made by the untrained interpreter: omission, addition, condensation, substitution, and role exchange. Such errors are compounded when the survivor seeks refuge in a foreign country, often without family and friends, where problems such as social and cultural isolation, financial and housing worries and concern over immigration status add to distress and vulnerability.

Rather than being a hindrance, in our experience the use of properly trained interpreters or bi-cultural workers are key components in effective assessment and therapy. Although helpful, it is not essential that they have knowledge of mental health issues, but it is essential that they have a particular knowledge of the political and cultural background from which the survivor comes. It is often ignored that the interpreter should be socially, ethnically and politically acceptable to the survivor. The interpreter should not merely act as translator, but as a cultural bridge between therapist and client (Turner, 1992). They can provide insight into the cultural significance of what is being said and into

the way in which emotions are expressed, both verbally and non-verbally. Local belief systems can be explored, and knowledge of the prevailing political and economic environment can contribute to the overall assessment. In our clinic, we encourage the interpreter to explore developing themes during the session and not to rely exclusively on the therapist to supply questions. With careful supervision and training, the interpreter becomes more skilful at probing for relevant information. We would encourage the use of trained interpreters as links between two different worlds, not merely as translators. In this way, patients' needs will be met more effectively.

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Prodromal symptoms of schizophrenia

SIR: There are two possible reasons for Malla & Norman's failure to demonstrate prodromal symptoms in the majority of their schizophrenic subjects (*BJP*, April 1994, **164**, 487–493). Firstly, their definition of a prodromal symptom is rather restrictive. While purporting to examine only 'non-psychotic' symptoms, they have omitted disturbances of action, cognition and perception which have been reported prodromally elsewhere (e.g. Gross, 1989). Although psychotic-like symptoms such as these are included among the 'basic symptoms' of schizophrenia in the German literature, Gross (1989) considers them to be non-specific, occurring also in schizoaffective psychoses, 'cyclothymic depressions', and organic brain disease. Similar phenomena have been reported as prevalent within normal populations, with follow-up showing them to predict a range of psychoses and not exclusively schizophrenia (Chapman & Chapman, 1987). Finally, basic symptoms may relate more closely to the development of particular psychotic (e.g. first-rank) symptoms (Klosterkötter, 1992), and their lack of specificity to schizophrenia does compare with that of the first-rank symptoms. Therefore, in view of their prevalence, lack of specificity to schizophrenia and non-psychotic (although psychotic-like) nature, such phenomena fulfil Malla & Norman's criteria for prodromal symptoms. It