some of the stigma which attaches to them. Produced as part of the Royal College of Psychiatrists' anti-stigma campaign 'Changing Minds', whose Chairman is the editor, it offers useful and often moving insights into the causes, experiences and misunderstanding of, and reactions to, what lies behind generic diagnoses such as personality disorder, schizophrenia, depression, dementia, eating disorders, and alcohol and drug misuse and the stigma that stems from the labels.

The joy and the novelty of this book is that it is freely available on the internet. Its scope is almost too large for a single book, so that the ability to search for the nuggets one wants rather than to start at the beginning and read to the end, is invaluable. Perhaps more importantly, although most of the articles will attract specialists in mental illness or those with experience of it, computerisation may tempt some of those less knowledgeable, who browse the internet as a pastime, to stray into the world of mental illness without the provocation of the sensationalist press, thus opening more minds to the realities rather than the myths of mental disorder.

A brief scan of the contents list highlights the way in which the diverse mass of material has been helpfully clustered together. Each chapter has a theme which relates to all or most of the illnesses in question, underlining the commonality of stigmatising or other assumptions about all types of mental illness. The history of stigmatisation, its origins and strategies to deal with it are three examples of this grouping. Separate chapters cover the law and mental illness, creativity and mental disorder, and spirituality and mental illness. For me as a non-specialist reader, the chapter which had the most impact was Chapter 2, in which courageous individuals give mind-opening personal descriptions of what it is like to live with various mental disorders, and those who love and care for them, as well as experts, describe the effect of stigma on their everyday lives. This chapter above all brings home the title of the book: *Every Family in the Land*. Yesterday, today or tomorrow, this might be your family. This book is available without cost as an invaluable resource to which you can turn at will.

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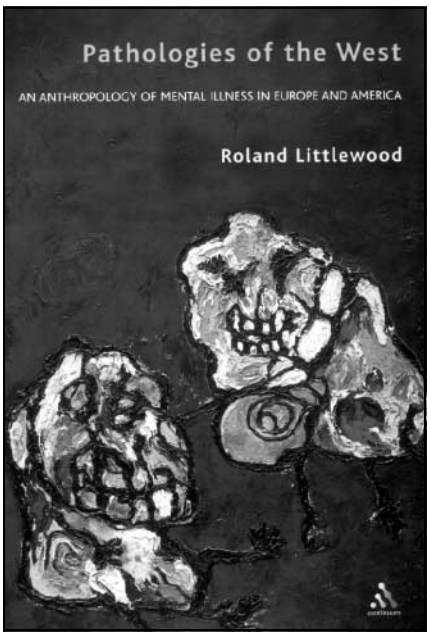
Pathologies of the West. An Anthropology of Mental Illness in Europe and America

By Roland Littlewood. London: Continuum. 2002. 286 pp. £65.00 (hb), £25 (pb). ISBN 0 8264 5815 7 (hb), 0 8264 5816 5 (pb)



Psychiatry could learn a great deal from social anthropology. Most English-speaking psychiatrists are trained and think largely in the languages of biology and pharmacology, and so do not find it easy to appreciate the complex influences of their patients' cultural backgrounds, assumptions and beliefs on the shifting ways in which they express their distress and their fears. As a result, we are often nonplussed by contemporary phenomena like myalgic encephalomyelitis and the Gulf War and total allergy syndromes. So there is plenty of scope for an anthropology text aimed at psychiatrists.

Sadly, this is not it. It is probably not written for psychiatrists, or even for doctors, and although Littlewood writes fluently it is heavy going. He writes sensibly enough about the cultural influences on the phenomena and the rising female incidence of parasuicide, agoraphobia, anorexia and obesity, but most of his comments are hardly original. Moreover, the bulk of the book is devoted to incest, military rape, domestic sieges and the links between late 19th-century French hysteria and late 20th-century American multiple personality disorder. His observations here are more interesting and, I would guess, more shrewd, but none of these phenomena is a key issue for busy National Health Service psychiatrists. If you are well-heeled and will not be put out by frequent references to instrumentality, mimesis and subdominance – and if you are familiar with symbolic inversions, transgressive arguments, reversal theory and contingent proximity – you might be fascinated to read this heavily referenced tome. But you will also be a fairly rare bird.

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Defining Psychopathology in the 21st Century. DSM–IV and Beyond

Edited by John E. Helzer & James J. Hudziak. Washington, DC: American Psychiatric Publishing. 2002. 272 pp. £49.00 (pb). ISBN 1 58562 063 7

The inspirational title of this book suggests that it was conceived in the after-glow of the millennium celebrations. Indeed, the editors have drawn on lectures given at the year 2000 American Psychopathological Association meeting of the same title. The book is dedicated to the life and work of Samuel B. Guze, who was presented with the Joseph Zubin award at the meeting: that was the last occasion on which many of his friends and colleagues saw him before his death.

One of the difficulties facing editors of conference proceedings is that they generally have less direct control over chapter topics and content than editors of other multi-author books such as textbooks. This often means that the final product resembles the 'curate's egg': it is good in parts. Fortunately, John Helzer & James Hudziak have avoided such problems and this egg is good throughout. They have produced a fine text that is both scholarly in content and exciting to read.

The contributions have been collected into four parts, the first entitled 'Definitional tensions'. A masterly opening chapter by Robert Kendell sets the current scene. This is followed by an intriguing dialogue between Professors Regier, Narrow, Wakefield & Spitzer about the methodological and definitional issues raised by large-scale epidemiological studies in the USA. The second part, 'Defining psychopathology', explores how functional imaging could be

used to define phenotypes of affective disorders. Part 3 considers how longitudinal studies can be informative, with examples drawn from studies on alcohol use and attention-deficit hyperactivity disorder. The final part, 'Exploring alternatives', brings together four authors who have interesting ideas about how genetic studies may inform the definition of phenotypes.

In 1970, Sam Guze & Eli Robins wrote a seminal and much-quoted paper on the indirect validation of phenotypes in psychiatry. They were also the first to apply an operational approach to defining psychopathology. Since then, there has been much effort but little real progress, and ideas about defining psychopathology have not really advanced. However, this book provides an optimistic view of the future. The technological advances in neuroimaging and genetics hold considerable promise for new ways of thinking about phenotypes. This publication provides a starting point for all who wish to take up the challenge of defining psychopathology in the 21st century.

Robins, E. & Guze, S. B. (1970) Establishment of diagnostic validity in psychiatric illness: its application to schizophrenia. *American Journal of Psychiatry*, **126**, 983–987.

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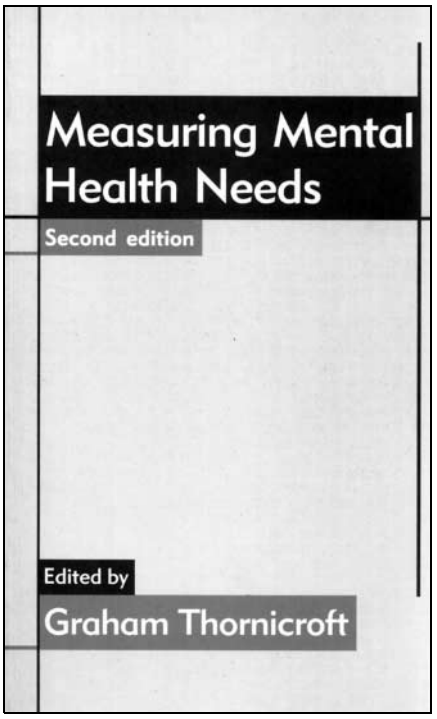
Measuring Mental Health Needs (2nd edn)

Edited by Graham Thornicroft. London: Gaskell. 2001. 524 pp. 35.00 (pb). ISBN 1 901242 60 9



The second edition of this excellent resource book is very welcome. It is now 10 years since the first edition and during that time the concept of measuring needs in mental health has become increasingly part of the planning process and research agenda. Like all edited works there is some patchiness and a degree of overlap between some of the chapters. One or two chapters seem to have been included more for completeness of the volume and their authors have given a 'needs-measurement' spin to what they normally write. This is inevitable in a volume of this scope, and overall the tone of the work is both scholarly and practical and the standard very high.

This is a reference book rather than a textbook with which to learn the business. Whatever your current preoccupation – composing a research proposal, conducting an option appraisal for a service development, commissioning services, etc. – there are chapters here relevant to your thinking. In this context, the occasional repetitiveness is a positive advantage as it helps give depth to understanding. The different perspectives in the book stimulate thinking and give a sense of dialogue rather than a dusty tome. For example, in Gregoire's chapter on needs assessments for rural mental health services you can learn as much about the complexity of defining 'rural' as about mental health needs in rural areas. Complex ethical issues are also touched on: Kuipers, for example, explores the needs of carers.

I would have liked a bit more theory, in particular the status of needs as a concept. The sheer volume of research into individual needs (paralleled by the rapidly growing, and now multilingual, Camberwell Assessment of Needs family) often obscures the fact that some of us have genuine concerns about the meaningfulness of the concept. When considering an individual patient is it really more useful to talk of needs that can or cannot be met rather than illnesses and problems that can or cannot be addressed by treatments or interventions? The daily experience of shoe-horning 'diagnosis and treatment' into the Care Programme Approach's required 'needs and interventions' gives rise to some scepticism.

This is, however, a small criticism of an excellent book. It is thorough, weighty yet accessible, and lives up to the blurb on its cover in that it 'describes clearly the different approaches that can be taken to these vital questions'. There is something for everyone here. It is well worth its second edition and well worth the price.

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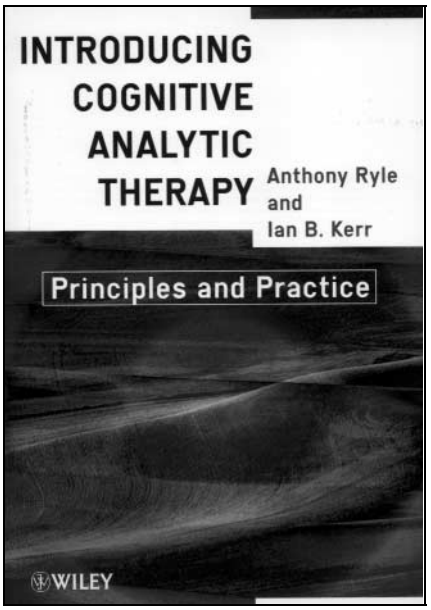
Introducing Cognitive Analytic Therapy. Principles and Practice

By Anthony Ryle & Ian B. Kerr. Chichester: John Wiley & Sons. 2002. 265 pp. £19.99 (pb). ISBN 0 471 89273 4

Reading this book brought to mind a sobering experience from my youth. In 1966, I visited a psychotherapy institute in Leningrad (now St Petersburg). Its doctors said they used 'Pavlovian' psychotherapy. How did they do this? They admitted



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