

## Book Reviews

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Michael H. Ebert, M.D., Editor

### **In the Long Run . . . Longitudinal Studies of Psychopathology in Children (GAP Report No. 143)**

by *The Committee on Child Psychiatry for GAP, Washington, D.C., American Psychiatric Press, Inc., 1999, 183 pages, \$29.95 (paper).*

This book provides to the clinician and researcher a summary of the available information looking at longitudinal studies of psychopathology in children and adolescents. It is a refreshing view focusing upon the developmental issues that may affect the expression of childhood psychopathology. The work group has presented a review of longitudinal studies with a focus upon understanding the course of specific illnesses as a means of facilitating primary and secondary prevention of the illnesses.

The book is well organized with a clear progression from general issues related to behavioral concerns to more specific discussion of psychiatric illnesses in children and adolescents. The early chapters describe longitudinal studies regarding prevention in the preschool population and progress to discussion of the interplay between development, environment, and psychopathology. The effects of early disabilities interfacing with social stress are examined as they relate to later development. Included is a chapter in which the long-term effects of chronic medical illness are considered. The following chapter describes studies that explore parental psychopathology, as it relates to both heredity and environment, and its effects on the functioning of the child. A longitudinal view of childhood trauma is provided through discussion of the available long-term studies of childhood victims of trauma. The book describes studies that explore the longitudinal course of psychiatric illness in the context of both environmental and developmental stressors, followed by a discussion of the implications of the studies.

The work group then progresses to a discussion of the outcomes of specific psychiatric diagnoses. These include post-traumatic stress disorder, mood and anxiety disorders, attention-deficit/hyperactivity disorder, conduct disorders, and eating disorders. Again, these disorders are discussed from a developmental perspective.

Finally, the work group examines comorbidity in psychiatric illness in the child and adolescent population as it relates to developmental issues. There is an interesting discussion of the presence of comorbidity of illnesses in different age groups and its possible relationship to gender.

The book is well written and well organized. The authors discuss the problems inherent in longitudinal research. They describe factors to consider when reading longitudinal studies to facilitate assessment of the studies. It is exciting to read a study of childhood psychopathology that so clearly integrates developmental issues with attempts to understand illness and the

interface with the environment. The compilation of longitudinal studies raises many clinical and theoretical questions that hopefully will generate future interest in studies of the development of childhood psychopathology throughout the course of childhood and adolescence.

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### **Ethics in Psychiatric Research: A Resource Manual for Human Subjects Protection**

edited by *Harold A. Pincus, M.D.; Jeffrey A. Lieberman, M.D.; and Sandy Ferris. American Psychiatric Association, Washington, D.C., 1999, 341 pages, \$75.00.*

This long-awaited guide to current standards and procedures for conducting psychiatric research with human subjects provides a cornerstone reference for a very complex set of issues. Such a compilation triumphs in presenting a balance of concerns that allows safe and informative study of the human psyche without infringing on basic human rights and dignity.

Assisted by a glowing list of leaders in psychiatry ethics and research, the editors of this guide have wrought a concise consensus statement from a series of independently written chapters. The first chapter provides a brief yet adequate framework with specific examples of blatant historical abuses that emphasize the need for attention to psychiatric research ethics. This chapter does not explore controversial contemporary accusations of abuse in the lay press (viz. *Boston Globe*, November 15, 1998). The next chapter, on research design, briefly reviews concepts that are important in producing valid, informative data and provides a hands-on approach to apply these concepts in a safe way in research with human subjects.

I found the chapter on "Providing Quality Care in the Context of Clinical Research" to be particularly well thought-out and helpful. The dilemma of maintaining 2 apparent mistresses—the research goal and the patients' best interest—is skillfully addressed and shown to be a singular problem, that of achieving excellence in clinical care through research that improves our knowledge of the illnesses. The authors point out the critical importance of communication among researchers, primary clinicians, patients, family, and the community in order to deliver care within research. It is followed by a chapter on "Subjects' Capacity to Consent to Neurobiological Research" and several chapters that focus on specific issues when studying children and adolescents or adults with cognitive impairment or substance abuse problems. These chapters appear to complement the simultaneously published report by the National Bioethics Advisory Commission, *Research Involving Persons With Mental*

*Disorders That May Affect Decisionmaking Capacity* (addressed to President Clinton on January 8, 1999). The book chapters and commission report appear to arrive at similar balances between the need to supervise researchers and encourage research participation. I would recommend that the editors consider referencing and reviewing the commission document in any future edition of this book.

The book finishes with chapters on patient and family concerns. It then addresses concerns of the National Institutes of Health (NIH) in reviewing research proposals. The 7 appendices provide access to elementary standard documents. To my knowledge, this information is not compiled elsewhere and is a helpful resource. These appendices serve new and senior researchers alike and provide an excellent nidus for the training in bioethics, required of many NIH grant applicants.

This volume clearly sets out contemporary procedures for an ethical balance of research risks and benefits. It does not attempt to foist new standards on the research community; rather, it specifies current standard guidelines to be followed in the pursuit of ethical research. Researchers will benefit greatly from this book, and it will also be helpful to the community practitioner who has a special interest in research ethics. It should become a standard for training psychiatry researchers.

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### **New Treatments for Chemical Addictions (Review of Psychiatry Series, Vol. 17)**

*edited by Elinore F. McCance-Katz, M.D., Ph.D., and  
Thomas R. Kosten, M.D. Washington, D.C., American  
Psychiatric Press, 1998, 211 pages, \$29.50 (paper).*

*New Treatments for Chemical Addictions*, edited by Elinore F. McCance-Katz and Thomas R. Kosten, is a book that is part of a series of monographs that together constitute the 1998 annual Review of Psychiatry. As described by the editors of this series, John M. Oldham, M.D., and Michelle B. Riba, M.D., the objective of this and other monographs is "to provide useful and current clinical information linked to new research evidence." In *New Treatments for Chemical Addictions*, the editors and authors of the individual chapters have all accomplished that challenging goal.

In the forward, Drs. McCance-Katz and Kosten include an excellent overview of the chapters. In addition, they provide compelling data concerning the timeliness and relevance of the material covered.

The first chapter, "Current Issues in Nicotine Dependence and Treatment," covers epidemiology, basic pharmacology, and

issues of assessment and diagnosis. Facets of treatment involving pharmacologic and psychosocial perspectives are explored as well. An excellent section on the comorbidity of nicotine dependence and psychiatric illness provides an important bridge between those 2 clinical entities and presents recent research findings on the subject.

Chapter 2, "Alcohol Dependence: Women, Biology, and Pharmacotherapy," supplies an enlightened focus on issues surrounding women and alcohol use. Important features include physiologic differences between men and women in ethanol's influence on metabolism, susceptibility to organ system damage, and cognitive effects. Issues of psychiatric comorbidity and medication development in this area are also explored and the need for additional research on this important topic is highlighted.

"Opiate Dependence and Current Treatments" is the subject of Chapter 3. A clear and concise review of opiates and their association with dopaminergic and noradrenergic mechanisms is presented. Acute and chronic pharmacotherapy issues are addressed in addition to other clinical matters such as concurrent medical conditions (e.g., HIV and hepatitis). Potential future paths in treatment are also described.

"Substance Abuse and HIV Diseases: Entwined and Intimate Entities" is the title of Chapter 4, which features an outstanding biopsychosocial review of the interwoven features of these 2 challenging illnesses. The author reminds the reader of the importance of understanding the benefits and limits of psychiatric treatment and the necessity of participating with the patient's primary care physician and substance treatment program for improved mental health care.

In the fifth and concluding chapter, "Contemporary Issues in Dual Diagnosis," a range of issues regarding the subject of dual diagnosis patients are discussed. Among areas that are covered are an interesting exploration of the process of diagnosis in these patients and the complex topic of pharmacotherapy in this patient group. As a reviewer, I have reservations in regard to the advice given on sleep disorders in this patient population. The authors mention that "zolpidem should be used with caution in dually diagnosed patients." Given that zolpidem's action at the GABA<sub>A</sub> receptor is similar to that of the benzodiazepines, the authors' statement, even with caveat, may be considered controversial.

In summary, *New Treatments for Chemical Addictions* provides helpful and up-to-date clinical information complemented by recent research findings on the topics covered. This is a book that would be appropriate reading for medical students, residents, and psychiatrists in addition to other health care professionals who participate in the care of these patients.

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