

Part Two contains interesting insights into the judicial system at work. Harding deals explicitly with the view, implicit throughout the book, that sometimes prisons produce far more violence in offenders by the end of their sentences than at the start. Harding also explores the schemes that produce a different kind of experience and a different kind of effect on the offenders. Currently, the Department of Health cites the Henderson Hospital and Grendon Prison as suitable places for the treatment of severe personality disorders, even though the number of these places is still a long way from ideal.

Palmer writes interestingly on how the presence or absence of remorse could work as a mitigating factor in verdicts and sentencing. On the one hand, an apparent lack of remorse can be an aggravating factor in the minds of a jury. On the other, even if the offender expresses remorse, the judge has then to decide whether or not it is genuine.

Part Three shows conclusively that if forensic psychotherapy is to tackle its task effectively, it will need the help of other disciplines, not necessarily within the medical model.

Remorse and Reparation is very much the expression of Murray Cox's particular, and unique, talent. He would have been proud of this, his last book, even though he did not live long enough to supervise its publication. Murray has brought together authors from different disciplines to convey a myriad of views. Although occasionally contradictory, the impacts of original insights presented from several different perspectives can be stunning. This book will be a valuable addition to the literature of any forensic institution.

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A Guide to the Extrapyramidal Side-Effects of Antipsychotic Drugs

By D.G. Cunningham Owens. 1999.
Cambridge: Cambridge University Press.
351 pp. £29.95. ISBN 0-521-63353-2

This is a book written by a man with a mission: to improve clinicians' awareness of

extrapyramidal side-effects and their relevance in routine clinical practice, and encourage systematic classification and descriptive terminology. He may also be hoping to disabuse anyone holding the distorted notion that while tardive dyskinesia is a malignant complication of antipsychotic drugs, the acute extrapyramidal side-effects (Parkinsonism, acute dystonia and acute akathisia) tend to be transient and relatively benign. This is a worthy mission, as acute extrapyramidal symptoms are commonly unrecognised or misdiagnosed in routine clinical practice, to the detriment of patient care. A recurring theme is the relative neglect of the subjective aspects of drug-related movement disorders and their adverse clinical consequences. Despite the increasing use of atypical antipsychotic drugs with a lower liability for motor disturbance, the author argues convincingly that such problems should remain a core concern of psychiatrists.

Each of the extrapyramidal side-effects (the acute problems as well as tardive dyskinesia and tardive dystonia) is covered in detail, with sections on epidemiology, risk factors, course, pathophysiology and treatment. The clinical features of the conditions are considered in detail, and illustrated with case vignettes. In these sections particularly, the author's thoughtful approach and clinical knowledge in this area are most apparent. Perhaps most fascinating are the scholarly, historical accounts, which include early descriptions of the conditions. These allow the author the opportunity to try and rectify common misconceptions about these disorders, and point out how some descriptive terms have been misused. Overall, the chapters on acute and tardive dystonia and Parkinsonism are probably the most authoritative, whereas the akathisia chapter, particularly the comments on pseudoakathisia, are less so. One disappointment is that there is not more in the book about the relationships between the extrapyramidal side-effects.

One of the author's key aims is to promote the careful assessment of extrapyramidal side-effects. To this end he provides an invaluable, step-by-step description of a systematic, clinical examination, doubtless honed by his own clinical experience. Further, he usefully reviews the principles relevant to the evaluation of the extrapyramidal side-effects, and addresses the limitations and advantages of some of the standardised rating scales available.

This book is resolutely clinical in focus, for example, spending more time on treatment approaches than pathophysiological theories. It is written in an informal, readable style, although some might find the liberal use of exclamation marks and quotation marks (to denote some ironic connotation, slang word or inappropriate use of a term by another author) a little tiresome. Nevertheless, it is an essential volume for anyone considering research in the area of extrapyramidal side-effects. It is also to be recommended to anyone involved in the care of people receiving antipsychotic medication. If the author fails in his mission it will not be because of the excellent book he has written but rather because not enough psychiatrists and other mental health professionals have read it.

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Ethnicity: An Agenda for Mental Health

Edited by D. Bhugra and V. Bahl. 1999. London:
Gaskell. 262 pp. £25.00 (pb).
ISBN 1-901242-15-3

This book is a useful addition to the limited modern literature on the health of ethnic minorities. It has 24 short, well-written, easy-to-read chapters. Most are reviews of selections of current UK literature and some are research reports. The authors are modest in their reviews, acknowledging gaps in knowledge and the limitations of previous research methodologies. Appropriate emphasis is given to the use of research approaches valid to the cultures under study. The chapter by Marcus Richards and Melanie Abas on 'Cross-cultural approaches to dementia and depression in older adults' is particularly good in this respect. It reports ongoing work in the development of a screening tool for depression in older adults.

A broad range of subjects is covered. Most of the material is not new. However, some of the chapters, for example that on pathways into care by Dinesh Bhugra, Rachael Lippett and Eleanor Cole, offer a broad and interesting perspective that is missing from current literature on

pathways. The chapter by Sangeeta Patel on the 'Role of general practitioners in the management of mental illness in ethnic minorities' is also interesting and good in understanding current problems in primary care. A number of chapters reiterate current good practice in service planning and provision, information which can be found in publications from mental health charities and recent Department of Health guidelines, particularly the importance of listening and involving users and ethnic minority communities in the planning and running of services. Given the ambitious sounding title of the book, case reviews of what works and what does not work would have had more impact. A particularly interesting chapter, however, on the way forward in making services more appropriate to ethnic minorities, was that of S. P. Sashidharan on a non-institutionally-based service in an inner-city multi-racial and multi-cultural area of Birmingham. This describes the background and process in developing a new service which draws interesting parallels with similar developments in Italy. While home treatment services are not new, setting them up with a view to addressing the concerns of ethnic minorities in an urban area is new. One hopes that such schemes will be successful in the short and long term.

Some of the review chapters, particularly that by Kwame McKenzie and Robin Murray, are well argued, but one is left wishing that there was more on environmental risk factors – perhaps the authors should consider racism as an environmental stressor and explore it in some depth. Given the potential significance of the findings of the Fourth National Survey of Ethnic Minorities there should have been an opportunity for a broader and more critical review in the chapter by Sunjai Gupta.

I feel this is a good introduction for those who are unfamiliar with the subject. Trainees and practising psychiatrists should make a point of reading it as one frequently gets the impression that their knowledge of

the subject is over-influenced by the more hysterical UK literature, particularly that suggesting an epidemic of schizophrenia in people of African descent.

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Psychiatric Morbidity Among Prisoners in England and Wales

By N. Singleton, H. Meltzer & R. Gatward.
London: Office for National Statistics.
372 pp. £45.00 (pb).
ISBN 0-116210-45-1

My favourite scene in the film *Wayne's World* has the aspiring rock stars brought face to face with the real thing, in the shape of Alice Cooper, clad in leather and mascara. Overawed, their wits desert them and they can only babble: "We're not worthy, we're not worthy, we're not worthy!", as they prostrate themselves at his feet. I had to be restrained from a similar action at my first meeting with the Office for National Statistics (ONS) team, after reading their *magnum opus*. I had co-authored previous national studies of sentenced and remanded prisoners, but these were amateur efforts, a forensic psychiatrist playing at surveys. Here is the real thing – nearly 400 pages of epidemiology as it should be done.

The authors came fresh from large-scale studies of mental disorders in private households, in institutions catering for people with mental health problems and among the homeless. This book describes the extension of similar methods to the prison population, to complete the picture of psychiatric morbidity throughout England and Wales. Taken together, these projects rival the Epidemiologic Catchment Area surveys in the USA. Indeed, they surpass the American work by including prisoners, and both the authors

and the Department of Health deserve praise for recognising that prisoners are part of our population (anyone who doubts this claim should bear in mind that most of the subjects of this research would have been released before the book was published).

The book is based on over 3000 interviews, and its comprehensive nature means that it will become an essential reference for anyone interested in prisons or the epidemiology of mental disorders. The diagnoses covered include psychosis, neurosis, substance misuse, intellectual functioning and personality disorder. Extensive analyses link each of these with socio-demographic variables, offending and service use.

The style is matter of fact, with the emphasis on clear presentation of a wealth of data. I would have liked to see more comment and analysis – at some points, any comment at all would have been welcome. For example, it is revealed that 21% of female remand prisoners have a probable psychotic disorder. This is a stunning figure, as it is four times the rate found in a previous English survey, and considerably higher than American figures. If correct, it would mean that we lead the world in imprisoning female psychiatric patients. Yet, this bombshell is delivered in the downbeat manner characteristic of ONS reports, with no more fanfare than would accompany the figures for how many citizens have access to a colour television or indoor plumbing.

This is a minor criticism of an excellent work. The authors can claim to have done exactly what they set out to do, and to have done it well. They have created a reference that will be indispensable to those working in this area, and it is reasonable to leave most of the discussion and argument to others.

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