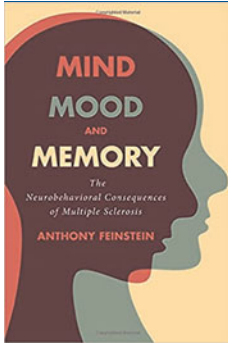


Book reviews

Edited by Allan Beveridge and Femi Oyeboade




Mind, Mood, and Memory: The Neurobehavioral Consequences of Multiple Sclerosis

By Anthony Feinstein.
John Hopkins University Press. 2022.
£22.00 (hb). 256 pp.
ISBN: 978-1421443232

Jenna has multiple sclerosis, and her life journey is one of the stories that are worth narrating. During one of her visits to her consultant's office, she paused and looked wistfully out the ground-floor office window. 'It was now late September, and on this cloudless, chilly day, the maple was in full fall foliage. "How lovely", she murmured to herself, her gaze arrested by the blaze of color. She fell silent, a shaft of late afternoon sunlight falling across her finely chiseled features, the subtle interplay of light and shadow accentuating her melancholy with Caravaggio-like effect'. Finding references to Caravaggio's style and even poetic alliterations ('full fall foliage') does not often happen within medical writings. However, this is arguably a representative sample from Anthony Feinstein's new book on the neuropsychiatry of multiple sclerosis. Feinstein is equally talented as a clinician and as a writer. As a clinical scientist, he is a world-renown neuropsychiatrist who needs no introduction. His clinical activity at the multiple sclerosis clinic spans three decades: during that time he has assessed and treated thousands of people. He has painstakingly collected their unique life stories, which share the challenge presented by living with multiple sclerosis. By his own admission, he has created the fictional people who populate his new book 'by reworking, modifying, altering, combining, trimming, expanding, and reinventing the gist of these real-life stories'.

Feinstein's eloquent case histories focus on the psychiatric disorders that often accompany the neurological manifestations of multiple sclerosis: from the peculiar affective symptoms (pseudobulbar affect) to the kaleidoscopic changes in personality and behaviour. The most commonly reported cognitive difficulties – slowed information processing speed, impaired memory, and deficits in executive function – are presented in real-life scenarios, illustrating the impact on people's everyday activities. Endorsed by the Consortium of Multiple Sclerosis Centers, this book also provides tailored recommendations for evidence-based therapeutic interventions. The comprehensive and up-to-date reference list at the end of the volume reflects its alignment with the latest science. *Mind, Mood, and Memory: The Neurobehavioral Consequences of Multiple Sclerosis* ideally complements Feinstein's previous volume, titled *The Clinical Neuropsychiatry of Multiple Sclerosis* (1999). Any health professional involved in the care of people with multiple sclerosis would benefit from reading these books, regardless of their specialty. Thanks to Feinstein's engaging and accessible style, his latest effort is equally appealing to people with multiple sclerosis and their families.

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Tornado: In the Eye of the Storm

By John Nichol. Simon & Schuster
UK. 2021. £20 (hb). 496 pp.
ISBN 978-1471180521


Tornado is an engaging book that will enlighten psychiatrists who assess and treat not only military personnel and veterans but also all victims of torture and incarceration. It illustrates the psychological impact of deployment to the first Gulf War by the Royal Air Force (RAF) in 1991, focusing on the effects of pre-combat flying-training fatalities, combat losses and the experiences of RAF prisoners of war (POWs) and their families, including spouses and uniquely, parents and children.

John Nicol served as a navigator with XV Squadron flying RAF Tornado fast jets. He was shot down and taken POW. After interrogation and torture, he was famously paraded on world TV by his Iraqi captors. Demonstrating his duress, he presented his injured face for the cameras reciting the prepared script declaring the war unjustifiable in a purposely stilted monotonous voice, so family, friends and commanders would realise his situation. In this book the psychological effects of capture, interrogation, torture, mock executions and solitary confinement are brought to life; with attendant shame, humiliation, despair, guilt, hallucinatory and dissociative experiences. Coping mechanisms are explored: mind mathematics exercises reduced hallucinations and dissociation. Focusing on positive reminiscence about loved ones promoted resilience.

John Nicol captures the joy and then terror when his prison was bombed by the Allies, resulting in his release and adjustment from prolonged solitary confinement. Experiences akin to post-traumatic growth with a sense of deep appreciation of life when the POWs were abruptly freed at the war's end are described.

Brief trauma interventions delivered by an RAF psychiatric team comprising psychoeducation and opportunities to talk and process difficult experiences were positively appreciated by the POWs. Most of the downed aircrew felt they had let everybody down when they broke and divulged information under torture.

Tornado is a first-hand account that delivers remarkable insight into the psychological effects of deployment to war and subsequent incarceration on RAF POWs and their families, and the psychological processes involved in reintegrating into the family after repatriation. It would be interesting to learn about the effects on Iraqi POWs and their families affected by this war. This would increase our understanding of the effects of the POW experience on all sides.

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