

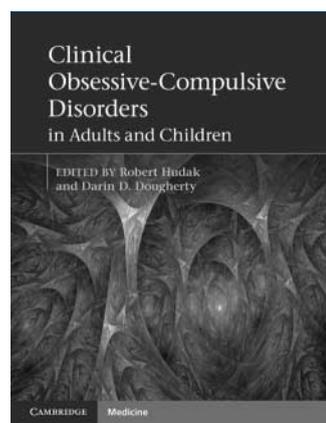
This book focuses primarily on people with severe intellectual disabilities, although the broad principles outlined are applicable to individuals with all degrees of intellectual disability. The first section aims to improve the reader's understanding of challenging behaviours. In the opening chapter, Emerson and Einfeld emphasise the importance of the social context in defining challenging behaviour. Then, the prevalence and risk factors associated with challenging behaviour are described. Chapter 4 summarises various behavioural phenotypes in specific genetic disorders, such as fragile X syndrome, psychiatric disorders and general health conditions associated with challenging behaviour. The behavioural models used for analyses of challenging behaviour are described in detail.

In the second section of the book, Emerson and Einfeld examine the design and implementation of interventions and support for people with intellectual disability and challenging behaviour. In the absence of a robust literature on the use of psychotropic medication for challenging behaviour, the authors provide a comprehensive account of behavioural interventions, which will be very useful for psychologists, psychiatrists and other professionals involved in the care of people with intellectual disabilities. Towards the end, the situational management of challenging behaviour is explored. The authors propose a range of specific strategies, from active listening and use of restraints to the use of psychotropic medication.

I feel that the authors could have explored the psychodynamic approach in the assessment and management of challenging behaviour. Similarly, their comments on the use of complementary and alternative therapies in people with intellectual disabilities and challenging behaviour would have been interesting to examine further. However, the book provides a good mix of theoretical knowledge and clinical examples. It contains up-to-date information on this important topic, relevant not only to psychiatrists, but also to other professionals working with people who have intellectual disabilities.

Yogesh Thakker ST5 in psychiatry of learning disability, Central and North West London NHS Foundation Trust, London, UK. Email: yogesh.thakker@nhs.net

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**Clinical
Obsessive-Compulsive
Disorders in Adults
and Children**

Edited by Robert Hudak
& Darin Dougherty.
Cambridge University Press. 2011.
£55.00 (hb). 230pp.
ISBN: 9780521515696

Type the words 'obsessive-compulsive disorder' into the search tab of your favourite online bookstore and you will be greeted by a plethora of books detailing personal accounts of the illness and varying aspects of cognitive-behavioural therapy for the disorder. However, this is a book with a difference: it aims to be a textbook, stating it is a complete, comprehensive overview of obsessive-compulsive disorder (OCD), covering its underlying causes, manifestations and treatment.

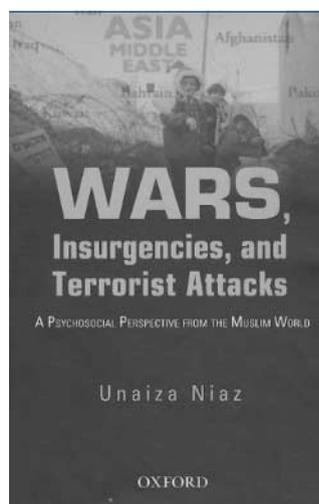
The introduction acknowledges OCD's 'chameleon like' presentation and gives useful case examples, helping to demystify common issues that may contribute to misdiagnosis. The first chapter, however, propels the reader into a comprehensive account of psychosurgery for the disorder. Even with an initial account of the neurobiology and neurocircuitry, this comes as a bit of a shock and sets the scene for the book to be more biological than psychological in its overview of the condition.

Subsequent chapters are less controversial and are clinically relevant. They vary in the nature of their content, from straightforward reviews of the relevant evidence to more discursive accounts, and cover a wide range of topic areas, including pharmacological treatment, exposure and response prevention and common comorbid conditions. The book deals with more social topics, including community supports and implications for the family in treatment, before reviewing related disorders, body dysmorphic disorder and trichotillomania. There are separate chapters on pharmacological and psychological treatment of children with OCD. Personally, the chapter on compulsive hoarding was particularly clinically relevant and interesting. It acknowledges that, despite not being a diagnosis in itself, compulsive hoarding is highly associated with various axis I and axis II disorders, and the authors describe the maladaptive cognitive and behavioural patterns that appear to be common in this syndrome across disorders.

In conclusion, this comprehensive and informative book is a welcome addition to the psychiatrist's bookshelf. My only criticism is that it is disproportionately light on the psychological formulation and treatment of OCD. On the other hand, given the number of readily available publications on cognitive-behavioural therapy, this book could easily be supplemented with another guide relevant to the reader's needs.

Katherine Morton Specialist Registrar in Adult Psychiatry, Cheam Resource Centre, 669-671 London Road, North Cheam, Sutton SM3 9DL, UK. Email: kmorton@doctors.org.uk

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**Wars, Insurgencies,
and Terrorist Attacks:
A Psycho-Social
Perspective from
the Muslim World**

By Unaiza Niaz.
Oxford University Press Pakistan.
2010.
£15.99 (hb). 350pp.
ISBN: 9780199060139

The terrorist attack on the World Trade Center on 11 September 2001 changed the lives of many people throughout the world and resulted in further destruction and trauma. Apart from leading to wars and violence in Iraq, Afghanistan and Pakistan, it also possibly led to the recent wave of public awakening and a drive towards democracy in the Middle East. The cycle of violence and hatred does not seem to stop, however, and religion is being used once again. Thousands have lost their lives. Millions have