

## Book reviews

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### *Clinical manual of electroconvulsive therapy.*

By Mehul V. Mankad, John L. Beyer, Richard D. Weiner, Andrew D. Krystal. Published by American Psychiatric Publishing, Inc., Washington, DC, USA, 2010 225 pp., Paperback, £43.00 (US\$65.00). ISBN 9781585622696

Despite indisputable efficacy and safety, electroconvulsive therapy (ECT) is probably the most controversial treatment in the entire field of medicine. Therefore, good clinical practice in the administration of ECT is crucial. In the *Clinical Manual of Electroconvulsive Therapy*, the authors provide a comprehensive and very well written introduction to the use of ECT in clinical practice.

The book is divided into four parts: 'Background', 'Electrical stimulus and procedure', 'Seizure monitoring' and 'Treatment course'. These parts cover virtually all the essential aspects of clinical ECT, including indications for use, safety issues, ethics, anaesthesia, practical administration, interpretation of electroencephalography, assessment of adverse effects, evaluation of response, use of maintenance ECT and finally, a very useful 'step-by-step' outline of ECT administration. The appendix contains a patient information sheet regarding the treatment, a form for written consent and contact information on institutions who offer workshops, seminars and practical training courses in clinical ECT. The entire book is kept in a sound and plain medical language for the benefit of the international readership.

The *Clinical Manual of Electroconvulsive Therapy* is written by experts within the field and is a very relevant contribution to the literature on the topic. The book is highly recommended reading for the clinician or researcher who seeks further knowledge on ECT. Furthermore, the book is enriched with an extensive and up-to-date list of references for more detailed reading.

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### *Body dysmorphic disorder. A treatment manual*

By David Veale, Fugen Neziroglu. Published by Wiley Publishing, Chichester, UK, 2010 488 pp., Paperback £39.99. ISBN: 9780470851210

Body dysmorphic disorder (BDD) is a relatively understudied psychopathological condition. Fortunately, in the past decade, research on aetiology, maintaining factors and treatment has flourished. This book fills a tremendous gap in the English textbook literature on BDD. It is only the second book – after Katharine Phillips' (1996) 'The broken mirror': understanding and treating BDD – and it covers virtually every aspect of the disorder. The book consists of two main parts describing consecutively 'Knowledge and theory of BDD' and 'Assessment and therapy'. The first part presents – among other things – the diagnosis, history, epidemiology, descriptive psychopathology, psychological aspects of cosmetic procedures and theoretical models. The second part is devoted to more practical aspects for clinicians. It covers issues like assessment, engagement and formulation, advice on cosmetic procedures and several chapters, in which cognitive-behavioural techniques are outlined in great detail. These are accompanied by case examples, demonstrations and many tips and tricks. Furthermore, three useful appendices are included in the book. One appendix provides some of the major diagnostic interviews and assessment scales for BDD, with instructions on how to use them. The second appendix provides us with leaflets and forms that can be used during therapy. These include a leaflet about BDD, which is written for the lay person, a cost-benefit analysis form and a skin-picking monitoring form. The last appendix is really helpful in providing resources for BDD, like further readings, and useful contacts and information. All in all, this is exactly the book that many clinicians who (want to) treat patients with this intriguing disorder were waiting for.

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