



## Obsessive-Compulsive Disorder: Theory, Research, and Treatment

Edited by R.P. Swinson, M.M. Antony, S. Rachman, M.A. Richter. 478 pp. Illust. Guilford Press. 1998. US\$50. ISBN 1-57230-335-2

**Overall rating:** Excellent  
**Strengths:** Comprehensive, up-to-date coverage of learning theory and biological issues  
**Weaknesses:** Whole area of psychoanalytical contribution is excluded; no mention of emotional aspects  
**Audience:** Therapists, researchers, clients with some background in learning theory and neurophysiology

Since behaviour therapy techniques such as systematic desensitization<sup>1</sup> and, particularly, exposure and response prevention demonstrated powerful therapeutic effects on obsessive-compulsive disorder (OCD), the interest in this previously refractory psychiatric condition has exponentially increased. So did the publications. *Obsessive-Compulsive Disorder: Theory, Research, and Treatments* is a collection of papers by 41 authorities. It is based on recent contributions of learning theories, and biological and neurophysiological advances in the understanding and treatment of OCD. It is organized into 4 parts: Psychopathology and Theoretical Perspectives, Assessment and Treatment, Obsessive Compulsive Spectrum Disorders and an appendix.

There is a logical and smooth transition throughout, with very little repetition. References and resources are abundant. What is missing is some contribution of psychodynamic schools, which have produced the best descriptions of OCD. In addition, the person with OCD who is able to function emotionally is almost totally bypassed, but this is true for most literature on OCD.

The book is the best suited for mental health therapists and re-

searchers and might be of some use to clients with a knowledge in learning theories, biology and neurophysiology.

### Hifzija H. Bajramovic, MD

Director  
 Outpatient Psychiatry Department  
 Ottawa Hospital – General Campus  
 Ottawa, Ont.

#### Reference

1. Cooper JE, Gelder MG, Marks IM. Results of behaviour therapy in 77 psychiatric patients. *BMJ* 1965;1:1222-5.

## Childhood Abuse and Chronic Pain: A Curious Relationship?

Ranjan Roy. 160 pp. U of Toronto Pr. 1998. \$16.95. ISBN 0-8020-7790-0

**Overall rating:** Fair  
**Strengths:** Identifies possible cause of chronic pain  
**Weaknesses:** Approach far too narrow  
**Audience:** Analytically oriented psychotherapists

*Childhood Abuse and Chronic Pain: A Curious Relationship?* reflects more Professor Roy's interest in childhood abuse than his understanding of chronic pain.

I believe it is still too soon to be publishing anecdotal accounts of treatment in this area. This is my main criticism of the book. Because of this limitation it will not be of great help to those treating chronic pain.

Why, in the title, Roy calls the relationship between childhood abuse and chronic pain a "curious relationship" is difficult to understand when one realizes how complex the aetiology of chronic pain can be, and how diversely damaging a history of childhood abuse is.

Pain is a perception. Perception is influenced by the subject's level of

arousal and attention, personality type (extroversion v. introversion), as well as past experience and learned behaviour, including cultural factors. This incomplete list nevertheless suffices to suggest a possible explanation for Roy's observations regarding childhood abuse as a possible aetiology when examining chronic psychosocial pain patients; and one has to agree with his observation that both the quality and quantity of published research on these issues falls short.

Roy's experience would make an interesting lecture, but hardly justifies a book.

### Keith I. Pearce, MD, MB, BS

Professor Emeritus of Psychiatry  
 Faculty of Medicine  
 University of Calgary  
 Calgary, Alta.

## Ask the Doctor: Depression

Vincent Friedewald. 114 pp. Illust. Andrews McMeel Publishing, Kansas City. 1998. \$12.50. ISBN 0-8362-2711-5

**Overall rating:** Very good  
**Strengths:** Complete, well written, organized, comfortable style  
**Weaknesses:** Requires high school education level to read  
**Audience:** Patients and families

This book was written to provide just enough information about the common and important condition of depression to a sophisticated lay audience. It achieves that goal in a comfortable, readable format at reasonable cost.

The information provided is much more complete and helpful than any brochures I've seen. Its style is friendly and logical and should encourage healthy behaviour in patients who would benefit from more information than most physicians have time to provide.