

## PUBLISHED VERSION

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in the distinction between 'madness' and 'badness' or some variants of it? Is there a distinction between 'health' and 'social' care? Who decides the answers to these questions? Again the authors pose the questions clearly, but offer limited help in thinking about solutions.

The issue of coercion in mental health services is dealt with superficially and does not do justice to the grounds for 'paternalistic' interventions against the wishes, but in the best interests of, the mentally-ill person. I was surprised that a stronger case was not raised against the compulsory treatment of persons because of their perceived dangerousness to others, or against the Mental Health Act as an instrument of discrimination against people with mental illness, for instance, by permitting their preventative detention. A chapter discussing 'compliance' and its conceptual inadequacies I also found disappointing, again because a coherent analysis of coercion is lacking. On the other hand, a chapter dealing with carers and their relationships with patients and professionals incisively gets to some core issues and presents refreshingly different ideas.

The final chapter asks what constitutes success in a service. What outcome variables should be chosen for research in mental health services; and who should choose them? While one might have imagined that 'scientific enquiry' was less susceptible to such battles between competing interests, of course, it is not. 'The outcomes of mental health services are of interest to a great many different parties: clinicians, managers of health services, purchasers of healthcare, politicians, families, individuals and organizations in local communities, academics and researchers, not to mention service users and service user/survivor groups'. They vary in their opinions about what the important outcomes are. While clinicians aim to ameliorate symptoms, reduce relapse rates and improve social functioning (as defined by them), patients place at least as much emphasis on assistance with housing, finance, social networks and physical health, help to come to terms with their problems, increased control and choice, employment, and meaningful relationships. The authors conclude: 'It would be very informative to examine the different interventions and treatments currently on offer in terms of their success in achieving user-defined, as well as clinician-defined, de-

sirable outcomes. Data already exist about what service users want from services; perhaps it is now time to start evaluating services in these terms'.

I am in the habit when reviewing a book of putting ticks against ideas I find illuminating, and crosses against those which disappoint. By the end, there were plenty of crosses, but still more ticks. However, the value of the book, and why I recommend it to researchers as well as clinicians, lies in the way it lays bare the conflicts in community mental health practice and makes the new rhetoric more accessible.

GEORGE SZMUKLER

*Neurobiology in the Treatment of Eating Disorders.* Edited by H. W. Hoek, J. L. Treasure and M. A. Katzman. (Pp. 529; £95.00.) John Wiley & Sons: Chichester. 1999.

This book is part of a series from Wiley on clinical and neurobiological advances in psychiatry (ed. J. A. den Boer and H. G. M. Westernberg). The aim is to incorporate recent advances in biological sciences with concepts of the aetiology and treatment of eating disorders. It is of note that the editors have diverse backgrounds with Janet Treasure, being an English psychiatrist dual-trained in Internal Medicine, Melanie Katzman, an American psychologist known for her work on feminist and cultural issues and coping strategies, and Hans Wijbrand Hoek, a Dutch psychiatrist with a background in social psychiatry and psychiatric epidemiology. The book reflects this rich diversity and expertise. It is divided into three parts, the first an introduction and review of the current status of knowledge in epidemiology and aetiology of eating disorders as well as their assessment. The second part specifically relates to neurobiology, with chapters on genetics, animal studies, stress and eating studies, neuro-imaging and psychopathology. The third addresses the treatment of eating disorders. A novel feature is the appendix comprising summary charts relating to each chapter, which for those interested in reviewing the content in more depth is a good place to start. It is also presented in such a way that it can be photocopied for patient education, although I think in this instance an explanation

by the treating doctor or therapist would be required.

The opening chapter by Gordon provides thoughtful reflections on the history and epidemiology of eating disorders. Beumont then argues for the inadequacy of the present classification system and for a different way of understanding eating disorders as a spectrum of dysfunctional eating along three related behavioural parameters: restriction, purging and over-eating. The chapter by Nathan and Allison on assessment of persons with eating disorders provides an extremely comprehensive and succinct account of all the major instruments that may be used to assess body composition, energy intake, energy expenditure, core psychopathology and co-morbid disorders. It is probably of most interest to the researcher rather than the clinician, although a few of the measures are applicable to the clinical situation, such as bone densitometry. The chapter by van Hoeken and colleagues extends the empirical study of epidemiology to include studies of pathways to care and risk factors.

In the second part, the substance of the book really develops in chapters on various aspects of specific neurobiology. It is this section that sets it apart from other general texts on eating disorders. There is an excellent chapter by Lilenfeld and Kaye elucidating the present state of knowledge in genetic and family studies, and integrating this with what is known about temperament and personality studies, pointing to some very exciting areas of future research. There is a fascinating study on models of eating disturbances and animals by Owen. This brings together much empirical evidence from animal models that is often overlooked. Connan and Treasure next postulate that the inconsistencies in reports of the HPA axis in bulimia nervosa may be not only caused by differences in nutrient intake, but in different developmental experiences by patients, for example those who have abnormalities may have experienced developmental adversity. They notably also bring together neuroendocrine data and its application to psychotherapy.

The chapter by Beumont on the neurobiology of eating behaviour and weight control summarizes present knowledge about the central and peripheral nervous systems' modulation of eat-

ing behaviour, and touches on the discovery of the *ob* gene and of the hormone leptin. Similarly, the chapter by Ellison and Foong summarizes studies in the neuroimaging of eating disorders and addresses the difficulties distinguishing between state and trait abnormalities.

Myer and colleagues present an interesting chapter on the relationship between emotional states and bulimic psychopathology and point to a different model of the understanding of binge eating. Christie and colleagues have the final chapter in this section of the book discussing neurobiological aspects of early onset eating disorders. They described a classification for children who have eating disorders, most commonly falling into the unspecified or atypical category, including syndromes such as the 'pervasive refusal syndrome'. This is a good introduction to these rather less well known syndromes seen in childhood. The chapter also summarizes neurobiological effects of starvation including neuroimaging studies, cognitive assessment and genetic studies.

The final section of the book is introduced by Katzman and aims to provide information 'you are meant to know or may not have the time or easy access to acquire'. The chapters address neurochemical markers and medical consequences of eating problems along with their clinical restoration through psychopharmacology, refeeding and therapy. This section of the book is a good summary of treatment, nutritional management, medical complications and pharmacotherapy of eating disorders, but these are mostly as well covered in other books. The chapter by Russell and Byrnes on nutritional management is, however, superb in integrating neurobiological knowledge with the practicalities of medically re-supervised refeeding programmes.

This is a useful addition to the Wiley series of clinical and neurobiological advances in psychiatry. It would be appropriate for medical school and hospital libraries to purchase the book as it contains a good deal of excellent reference material and in particular, the section on neurobiology is not, I think, as well covered in other current texts. Specialists in the area of eating disorders would also find it useful. The book fills an important niche in this area.

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