majority of contributors are from countries in the former
British Empire.

REFERENCE

1. Howard R, Rabins PV, Seeman MV, Jeste DV, and the Late-Onset
Schizophrenia Group: Late-Onset Schizophrenia and Very-Late-
Onset Schizophrenia-Like Psychosis: An International Consensus

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The Frith Prescribing Guidelines for Adults with Learning
Disability. Edited by Sabyasachi Bhauimik and David
Branford; Taylor & Francis Group, London and New York;

One thing that must be said at the outset for this review to be
meaningful is that “learning disability” in the context of this book
does not mean “learning disorder” as defined in DSM-IV-TR. It
means what we in the U.S. would think of as “mental retarda-
tion.” Given that, this book is a series of algorithms for the treat-
ment of psychiatric co-morbid conditions in those who have
mental retardation. It is called the “Frith guidelines” because the
principle editor is Consultant Psychiatrist and Lead Clinician on
the Learning Disability Service at Leicester Frith Hospital in
Derby, England. Dr. Branford, the co-editor, is Chief Pharmacist
at nearby Kingsway Hospital. The book also lists an assistant edi-
tor and seven additional authors.

The book is divided into thirteen chapters, the first being a
discussion of what “learning disability” encompasses. The
other chapters cover various diseases and problems in care of
those with mental retardation, such as epilepsy, self-injurious
behavior, aggression, and schizophrenia. The final chapter is a
brief discussion of ethnic differences that are important in
treatment, such as variability of levels of Cytochrome P-450
enzyme activity in common racial heritages. There is also a list
of additional reading, and a subject index.

The chapters are constructed in more or less outline format,
with multiple tables, key references, and of course the aforemen-
tioned algorithms. The book is very pragmatic, and discusses the
most common difficulties encountered in psychiatric co-morbid-
ity treatment of those with mental retardation. The writing style
is somewhat spare, as would be expected for a book of this type. I
did not find any inaccurate statements in the book, but there is a
liability disclaimer at the end of the first chapter. My only real
criticism is that the authors give very little information on most
issues, other than the algorithms themselves. I also believe that
treatment within this area of practice still has a number of contro-
versies, and this book tends to list answers that may seem more
certain than they are, given the algorithm format. It must be kept
in mind that this is a book from Great Britain, and U.S. practices
are not always identical to those from across “the pond.”

This book would be most helpful to those practicing in
group homes and institutions for the mentally retarded. Given
the division of the chapters into disorders and symptoms, it is a
relatively simple task to look up whatever problem or behavior
is most troublesome for a given patient. Residents who rotate
through such facilities would, I’m sure, find the book quite
valuable as well. It is not as complete as a book like Pharma-
cotherapy and Mental Retardation (1) or Mental Retardation:
Developing Pharmacotherapies (2) but is a good deal more up
to date and far easier to leaf through for a quick suggestion on
management.

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