

Ridley's biography of Francis Crick is a fairly small and readable volume. It gets across the substance of Crick's discoveries and the main points of his career without getting into minute details. It is succinct and well written. It portrays an important period of scientific discoveries, with Crick's life providing the framework for this portrait. It skillfully illustrates one of the greatest scientific minds and how it possibly worked.

Last but not least, it beats many other good bedtime readings.

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***HIV and Psychiatry. A Training and Resource Manual. Second Edition.*** Edited by Kenneth Citron, Marie-Josée Brouillette, and Alexandra Beckett; Cambridge University Press, New York, New York; 2005; ISBN 0-521-00918-9; \$65 (paperback); 346 pp.

Since the first reports of acquired immunodeficiency syndrome (AIDS) and identification of human immunodeficiency virus (HIV) over two decades ago, the care of HIV or AIDS patients has become a fairly complex affair, and psychiatry has played a major role in it. Numerous issues, such as depression, cognitive decline, stress, adherence to a complex and frequently inconvenient treatment regimen, and uncertain prognosis need to be addressed all the time. Psychopharmacology of HIV related mental disorders became complicated by the fact that several medications used in HIV care have the potential of significant interaction with various psychotropic medications (xiii). With the rapid progress in this field, a well-organized, easy-to-survey, and practical volume is practically a necessity. Such a volume, *HIV and Psychiatry. A Training and Resource Manual*, was published for the first time almost a decade ago. With all the developments, it seems that a second, updated edition was sorely needed.

The editors of this volume, Drs. Citron, Brouillette, and Beckett, put together an international team of experts (mostly from the United States). The book consists of a Preface, nineteen chapters, and an Appendix. The chapters cover a wide array of issues, such as general principles of pharmacotherapy; general principles of psychotherapy; HIV and substance use disorders; cognitive disorders in people living with HIV; mood disorders; psychosis; anxiety disorders; suicidal behavior and HIV infection; psychiatric issues in pediatric HIV/AIDS; women and HIV; uninfected children of parents with HIV; psychological issues faced by gay men; couples; HIV and cultural diversity (African Americans, Latinos, and Native Americans and HIV); HIV in prison populations; legal and ethical issues; and many others. The chapters are well organized, well written in an easy to understand style, and consistent across the entire volume (partially due to the help of a professional writer). Whenever appropriate, chapters include interesting case studies. The text is well referenced and chapters are frequently accompanied by suggested reading and even website addresses.

After an introduction to the topic, the text of the chapters is usually arranged to answer numerous questions related to the

topic the chapter covers. For instance, the chapter on pharmacotherapy answers, among others, questions such as: How are anti-retrovirals metabolized and how can they influence the bioavailability of psychotropic medication? What medications used in HIV care (other than antiretrovirals) can have an impact on the metabolism of psychotropic medications? How does one choose a psychopharmacological agent for a patient with HIV infection? The chapter on depression and HIV emphasizes the complexity of elucidating the cause of depression in HIV treated patients, as depression could be associated with various medications used in the treatment of this disease, and could also be mimicked by numerous opportunistic infections. Some other interesting topics covered in the question/answer fashion include issues such as: What can psychiatrists do when asked to assist with suicide? What types of psychotherapy are useful in the treatment of people with HIV? What are some of the expected countertransference issues that might emerge in a dynamic therapy? (Answer: Homophobia, existential concerns, rescue fantasies, and others). What concerns arise for the psychiatrist in the face of impending death? The book is clearly quite comprehensive in its coverage of usual and unusual issues.

I found some of the chapters reviewing issues not covered in standard texts very useful, such as the discussion of uninfected children of parents with HIV ("Children whose parents have HIV must cope, often in silence, with emotional, economic, social, and physical sequelae of this disease. These children lose their parents, their communities, and other important sources of support. ... In most parts of the world, the societal infrastructure for dealing with HIV is compromised and overwhelmed" p. 196), discussion of couples (What impact can HIV infection have on sexuality in a couple? What impact does caregiving have on the couple?), or discussion of HIV in Latinos and in the people of the First nations, the Native Americans. A lot of the information in this book is staggering, e.g., that there are more than 2.7 million children under the age of 15 afflicted with HIV; or that the AIDS case rate in prisons is more than five times the rate in the general population in the United States and that HIV prevalence among prisoners ranges from 3% based on a cross-sectional seroprevalence study in Senegal to 47% among a subpopulation of injecting drug-using prisoners in Spain (p. 283).

The last chapter discusses important issues facing the psychiatrist as a caregiver, providing some advice on how to take care of oneself as a stressed-out caregiver. The brief Appendix provides "HIV guidelines for physicians."

This is clearly a very useful book that would be highly appreciated by all psychiatrists specialized in the care of HIV patients, but also by all consultation-liaison and hospital psychiatrists. In addition, residents and psychosomatic medicine fellows should also find this book useful, and it could be easily used as a teaching text in didactics and seminars on psychiatric aspects of HIV and AIDS.

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