

Book Review

Mood and anxiety disorders in women

DAVID J. CASTLE, JAYASHRI KULKARNI, KATHRYN M. ABEL. 275 pp. **Price:** USD 50 **Publisher:** Cambridge University Press. **Date of Publication:** 2006. **Place of Publication:** United Kingdom. **ISBN:** 0-521-54753-9.

This book discusses the important topic of mood and anxiety disorders in women, which are common in the field of Psychiatry. Mood disorders are more common among women, and vary from those in men. This is mainly due to the physiological changes in women, which occur every month, in addition to social and psychological factors.

The book consists of 275 pages, divided into 12 chapters. The authors initially introduce the topic of pubertal development and the emergence of the gender gap to mood disorders. It further expands discussion to the development and evolutionary synthesis in girls, contrasting with that of boys, and details how these changes affect mood disorders. At this age, mood disorders increase more rapidly in

girls than boys, and the book discusses the borderline disorder and the 6 differences between the genders, namely substance use and abuse in women, anxiety disorders in women, post traumatic stress disorder in women, and domestic violence and its impact on mood disorders.

The book progresses to outline the implications for mental health and the postpartum period, pharmacological treatment of anxiety and depression in pregnancy, and lactation and Bipolar Affective Disorder. Special issues for women such as mood and menopause, anxiety and depression in elderly women are also detailed.

Overall, this book covers a wide spectrum of topics relevant to the psychiatrist, psychologist, social worker, and mental health nurse in a straight forward manner, making it a good read for the general practitioner.

This book is a good buy for anyone interested in mental health, in particular those interested in the field of mental health disorders among women.

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Errata

In manuscript "Fever of unknown origin. *Experience of a large tertiary care hospital in Saudi Arabia*" Saudi Med J 2005; Vol. 26 (2): 352-354, the author's name should have appeared as follows: Ziad A. Memish

In manuscript "Treatment of alopecia areata by topical diclofenac sodium gel in comparison to benzoyl peroxide gel. *A novel single blind therapeutic clinical trial*" Saudi Med J 2006; Vol. 27 (7): 1079-1081, the affiliation section should have appeared as follows:

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