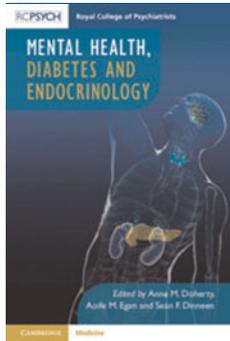


Book reviews

Edited by Allan Beveridge and Femi Oyeboode



Mental Health, Diabetes and Endocrinology

Edited by Anne M. Doherty,
Aoife M. Egan and Sean Dinneen
Cambridge University Press. 2021.
£34.99 (pb). 166 pp.
ISBN:9781911623618

The appearance of this thin paperback belies the wealth of information packed between its covers and the effort in distilling salient information gathered from around the world. There will be universal benefit for all clinicians, including psychiatrists and their teams, from the concise accounts of research on each topic, controversies, the evidence for intervention and management. Although the overview of mental disorder will be known to psychiatrists, these summaries are invaluable for secondary care clinicians and their multidisciplinary teams and primary care and community health professionals, who are likely to have the greatest contact with patients.

Importantly, the book departs from conventional endocrine topics, and addresses common challenges such as antipsychotic-induced metabolic syndrome, obesity, type 1 diabetes and eating disorders, as well as emerging topics, for example gender incongruence, and the rarer issues such as anti-androgens in forensic settings. Crucially, the role of self-management is acknowledged in a chapter devoted to this subject with an overview of the psychological models underlying behaviours detrimental to self-management, including medication compliance. This chapter should help clinicians, striving for improved control, understand better possible underlying psychodynamics in their patients, and accept that optimal management is not solely their responsibility but a partnership between patients and themselves.

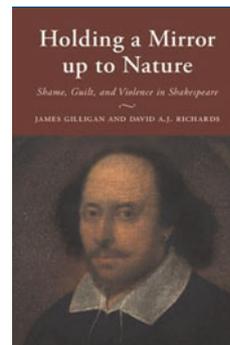
While the chapter on suicidal ideation and self-harm is important, addressing the dangerous combination of diabetes, treatment with insulin and self-harm, the section on management is brief and lacks detail. ‘Maximising supervision’ will be of little help to clinicians managing patients deemed to be at high risk who retain mental capacity. Therein, lies the limitations of this book; by trying to address such broad topics such as self-harm or cognitive impairment, it succeeds less well. The chapter on mild cognitive impairment, dementia, behaviour and psychological symptoms of dementia and mental capacity is just ten pages including a short section on endocrine conditions. That said, the importance of hypoglycaemia in diabetes, the need for less stringent blood glucose control emphasised and lack of consensus on HbA_{1c} are acknowledged.

The final chapter discusses management, largely of diabetes, in institutional settings, the detrimental effect of healthcare silos acting as barriers to seamless mental and physical care and inequity of access. Solutions are proposed, including more integration of teams and liaison endocrinologists, at least for the in-patient setting. The authors recognise that specific measures may be required to move isolated quality improvement initiatives to the

same standard of care for all. Overall, the message is clear, good communication and teamworking are key, and this book is a useful resource, both for those unfamiliar with mental health disorders and clinicians who are not endocrinologists.

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Holding a Mirror up to Nature: Shame, Guilt, and Violence in Shakespeare

By James Gilligan and David A.J. Richards
Cambridge University Press. 2021.
£22.99 (pb). 250 pp.
ISBN 9781108970396

Human violence is a worldwide problem, according to the World Health Organization, and a major cause of mortality and morbidity. There is good evidence that homicide rates vary around the world, but most perpetrators are male, and it seems that there is no country or culture in the world where men do not constitute at least 80% of violence perpetrators. Yet most men are not violent and in most countries with stable governments, violence against others remains an uncommon way to break the criminal law.

So human violence is complex, not simple, and human beings have been asking questions about it for millennia. But before data-based empirical approaches were used in the study of violence, humans used drama and poetry to try to understand human cruelty; and arguably no one did this better than Shakespeare. This is the thesis of a rich and intriguing book by Jim Gilligan and David Richards, both of whom have experience in these fields. Professor Gilligan has studied male violence in society for decades, and advised governments and presidents how to address it; Professor Richards is an expert on jurisprudence, justice and the effects of patriarchal thinking on law. Together, they bring a truly informed perspective to an analysis of motives for male violence in Shakespeare’s works.

They have a wealth of material on which to draw; not only the tragedies of *Othello*, *Macbeth*, *King Lear* and *Hamlet*, but also the history plays and the plays that deal expressly with justice, such as *Measure for Measure* and *The Merchant of Venice*. What the authors are keen to communicate is the role of patriarchy as a social system that ‘deforms’ both male and female identities. Under such a system, the only acceptable masculinity is one that is based on dominance of others and denigration of vulnerability. A man operating within this idea of masculinity will struggle with any experience that causes him to lose status, to be ‘seen’ by others as lost or vulnerable. The resulting sense of shame is so intolerable it can only be expelled from a man’s mind by a bodily action that lands the shame on another person, and is then destroyed. *Othello* is the most obvious example here, but the authors also point out that the same dynamic is present in *Macbeth* and in *The Merchant of Venice*.

The bulk of the book is given over to further examples, beautifully illustrated with textual extracts. Gilligan and Richards make a strong case for Shakespeare as the first psychologist of the

modern era as well as having a unique empathy for the human heart, and the male heart at that. If you love Shakespeare and have compassion for the problem of toxic masculinity, this is essential reading.

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