

Book Review

Impulse Control Disorders

Jon E. Grant, MD, JD, MPH, W. W. Norton and Company, 2008, 288 pages, ISBN 978-0-393-70521-8, \$26.95.

Reviewed by Lon R. Hays, MD

In his book, *Impulse Control Disorders*, Dr. Jon Grant discusses the DSM-IV Impulse Control Disorders including Pathological Gambling, Kleptomania, Intermittent Explosive Disorder, Trichotillomania, and Pyromania. He also provides discussion on other disorders that have been proposed as belonging to the same category including Compulsive Internet Use, Compulsive Sexual Behavior, Pathological Skin Picking, and Compulsive Buying. Dr. Grant provides an overview of these disorders from a clinical perspective, describing the clinical manifestations of impulse control disorders and their relationship to other psychiatric disorders including Obsessive-Compulsive Disorder and Substance Use Disorders. Risk factors for the development of impulse control disorders are discussed, including neurochemical and genetic vulnerabilities for developing these disorders. The book is well-balanced in that it also includes developmental and psychological perspectives.

One of the most helpful aspects of this text is the use of clinical vignettes to illustrate pathological gambling, kleptomania, trichotillomania, pyromania, intermittent explosive disorder, and pathological skin picking. The case studies of compulsive buying, compulsive sexual behavior, Internet addiction, and self-injurious behavior as well as binge eating disorder suggest that similar pathology may be causative in several different disorders. Dr. Grant proposes several models to help understand the impulse control disorders including the obsessive-compulsive spectrum model, the behavioral addiction model, the affective disorder model, and the attention deficit hyperactivity disorder model. A chapter detailing the relationship between impulse control disorders and drug and alcohol addiction is particularly demonstrative in showing the shared core elements of these disorders. This is complicated, however, as the rates of co-occurring substance use disorders are not uniform across all impulse control disorders. It is for this reason that 12-step programs have been used for pathological gambling, compulsive sexual behavior, kleptomania, and compulsive buying. Some medications that have shown promise in treating substance use disorders also

show promise in treating some impulse control disorders. Understanding the relationship of impulsive control disorders and substance use disorders will help with the future taxonomy of these conditions and perhaps better develop treatment and prevention strategies.

Dr. Grant provides an informative chapter on the neurobiology of impulse control disorders, including biochemical, neuroanatomy, and genetics. He suggests that there is growing evidence that particular neurochemical and neuroanatomical factors, as well as psychological and cognitive factors play crucial roles in the initiation and maintenance of these disorders.

Although impulse control disorders are very common in the general population, with up to 8.9% of the current population suffering from an impulse control disorder, there are many reasons these disorders are often not diagnosed. Shame and secrecy, patients' lack of knowledge, clinicians' lack of knowledge, and misdiagnosis often contribute to the lack of an appropriate diagnosis. The Minnesota Impulse Disorders interview is included in this text, which could prove to be a valuable tool for clinicians attempting to help patients with these disorders. References to other instruments are included in the text as well, including the Trichotillomania Diagnostic Interview, the Structured Clinical Interview for Pathological Gambling, and the Structured Interview for Kleptomania. Dr. Grant includes a detailed chapter on treatment, including a review of numerous pharmacotherapy and behavioral treatment trials. The book concludes with a chapter on legal issues accompanying this group of disorders. The case studies in this particular chapter demonstrate the significant legal problems that often ensue from the behavioral complications of impulse control disorders.

Impulse Control Disorders provides a detailed approach to the origin, symptoms, and treatment of this group of disorders. It also provides insight into closely related disorders that may some day be officially included in this group of disorders. This book would be a "must" for clinicians who treat this population and could prove to be very helpful for clinicians who frequently treat those with obsessive-compulsive disorder and substance use disorders, as there seems to be a high degree of co-morbidity.

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