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**BOOK REVIEW**

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**“PSYCHIATRY” - A NEW TEXTBOOK BY TANJA  
FRANČIŠKOVIĆ AND ASSOCIATES**

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We are pleased to present to our readers, eagerly awaited, the newest textbook in the field of psychiatry, recently published. It provides the most modern knowledge about mental problems and how to treat that successfully. It is designated to medical students and all those who care for the mental health of the people from the surrounding.

The authors of the textbook „Psychiatry“ are professor Tanja Frančišković, professor Ljiljana Moro and associates. Though, all epidemiological predictions announce that mental health problems will increase progressively in the general morbidity, this textbook has particular meaning and it is to serve not only in the present time but in the future too. It is not an easy task to create tutorials for any subject in medicine in today's explosion of modern information technology, especially for a subject that deals with the mental health of modern humanity. Psychiatry teachers have the difficult task to prepare medical students to answer properly to all the tasks that await them in the doctor's daily practice after completing the study of medicine. Textbook as one of the key tools is not overcome even though the learning process is modernized with a series of innovations and practical changes in the approach to learning medical texts, especially as it can be used effectively in the long run at any future time. This textbook of psychiatry is very concise and clearly written so that it is usable enough for empowering physicians for practical action in the next twenty years and more. Physicians in primary health care with such a textbook will be fully prepared to meet the coming tide of epidemiological mental health problems of their patients in the first doctor-patient encounters. Publishing of textbooks, “Psychiatry” represents a significant contribution in the fight against the stigma of all that have label of mental and psychopathological as heritage from the past, in which for the science and for the medical profession, all mental and psychological issues were dimmable area. Regarding the expansion of scientific facts in the last decade, which is called the

“decade of the brain or decade of neuron“, the understanding of mental health patients is changing radically. Knowledge about mental functions and psychopathology break the fear of the unknown, because everything that is not known takes on a mystical, satanic and dangerous character.

In its current expansion, neuroscience changes concepts very quickly, so many dilemmas and dichotomies in psychiatric theoretical concepts are nullified and new interdependence becomes discovered. There is no dilemma among contemporary authors of psychiatric textbooks in the world in regard of descriptions of clinical syndromes, in introducing and citing newest neuroscientific comprehensions, nor the issue of dilemma in giving primacy to biological or psychological factors, but among them there are major conceptual differences in the orientation of the main interest of a textbook. This tutorial offers answers to conceptual questions: How to display all the width of which psychiatry deals with? How to reconcile the genetic determination on the one side with the spiritual meaning of what is occurs within a individual with a mental disorder on the other side? What to emphasize and how to overcome the professional dichotomy and to find finally out that professional dilemmas become understood?

With offered reading material, by raising level of their knowledge and understanding of mental life, the authors gave the necessary material for the construction of contemporary and perspective consciousness of students, young physicians and residents of psychiatry. This textbook gives the answer to the question that is often neglected in this region in our meeting with a mentally disturbed and suffering person, which is the context in which mental health problems originate. The authors stressed the importance of scientific approach and the fact that it is possible regardless of the exceptional width covered by psychiatry.

Choice of topics and authors is logical according to the lined concepts and selected topics were written by experts who deal with in everyday practice.

There were 36 affirmed experts who gave contribution to the whole tutorial. Readers will be faced

with texts from professors of Medical Faculty in Rijeka: Vesna Barac Latas, Alena Buretić-Tomljanović, Tanja Frančišković, Gordana Rubeša, Vera Vlahović-Palčevski, also doctors: Jasna Grković, Lea Gudelj, Mirjana Graovac, Ika Rončević-Gržeta, Klementina Ružić and Vladimir Sabljic are from Rijeka. From the Zagreb Medical Faculty the authors are professors: Dražen Begić, Vera Folnegović-Šmalc, Rudolf Gregurek and professor Dragica Kozarić-Kovačić from Health Care Polytechnic in Zagreb University. Also doctors Danilo Hodoba, Darko Marčinko, Branka Restek Petrović are from Zagreb. Doctor Dolores Britvić comes from Medical Faculty in Split, and doctor Ante Gilić from General hospital in Zadar. Amongst authors there is doctor Josip Grbac, from the Theological Seminary in Rijeka, psychologists Nataša Jokić-Begić from Philosophy Faculty in Zagreb and Mirjana Pernar from Psychology institute in Rijeka. Very meaningful contribution gave and retired profesors Ljiljana Moro and Ivan Urlič and doctor Dragan Pavelić, also retired. Paediatrician Goran Palčevski and nurse Radoslav Kosić from Rijeka, and Milka Kvakić, a social worker from Zagreb participated as the authors too.

An important feature of this textbook is that it crossed over the border states of Croatia where it had been published. The prominent Bosnia-Herzegovinian experts in mental health participated in writing of the tutorial too: professors Sinanović Osman, Alija Sutović and Izet Pajević from the Medical Faculty in Tuzla, Klarić Miro Assistant Professor of Medicine faculty in Mostar, and doctor Boris Droždek from the Netherlands. Professor Antun Došen from Universities in Netherlands and Zagreb where is engaged on the Educational Rechabilitional Faculty. Među. Among the reviewers was Assistant professor Esmina Avdibegović from the Medical Faculty in Tuzla. In this way, the textbook has confirmed the inevitability of international scientific cooperation and erase political borders. It spread awareness about securing the future transnational cooperation in the field of research and teaching generations to come of which will most benefit those who seek medical help in mental distress. Psychiatry touches on basic natural and social sciences and more comprehensive than any other medical branches. Matter in this textbook has been grouped into sections that will gradually acquaint students with all mental disorders known today, with aspiration to comprehend all teaching units provided with general standard for the medical subject Psychiatry with Medical Psychology as mandatory material for medical students during their study. The tutorial consists of eight grouped chapters, of reference list and index of terms. After an introduction followed by chapters: Etiological concepts in psychiatry, Researches in psychiatry, Conceptualization of psychiatric diagnosis, Therapeutic approaches, Clinical syndromes, Medical and social

aspects of psychiatry and Interdisciplinary aspects in psychiatry. Offered amount of data is closely associated with recommendations on the objectives and skills that students should acquire in the frame of the psychiatry course. The authors marked and allocated particularly interesting data that are necessary for the students, within the text to provide additional knowledge not to be skipped.

The fact that the textbook has been written by different authors, with their distinctive styles that differ from each other, contributes to the dynamics of text and allows students to learn more styles in the presentation of psychiatric records. Particular emphasis is placed on the "old" medical skills of taking a good and specific psychiatric history and history of the disease, on the skills of observation, and on the skills of psychotherapeutic approach to the patient and creating empathic relationships with the patients where they will feel fully respected and safe.

Textbook has been written in understandable language for students, to make them interested to learn the process of diagnosing without difficulty as well as possible, from it. Also this textbook will help students to learn proper evaluation of treatment of mentally disordered/ill patients, which is demanding process because it requires the adoption of multi-meaningful approach and broad knowledge to recognize mental disorder as early as possible in order for timely and comprehensive treatment.

Although designed for students of medical faculties for the course of Psychiatry with medical psychology, textbook "Psychiatry," in its entirety, can be used as a recordatori from students of medical high schools, neuropsychiatry residents, family medicine physicians who are faced with mental health problems of their patients in daily work, private practice doctors and all other clinicians regardless of the medical profession, too.

Doctors who are not in direct contact with the patient can find answers to some professional issues by reading this textbook. Also, the textbook can be recommended to all people who are constantly faced with human feelings and they find numerous difficulties during their work.

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