

GABBARD

精神障碍治疗学

Gabbard's Treatments of
Psychiatric Disorders

第 4 版

主 编 Glen O. Gabbard, M.D.

主 译 赵靖平

副主译 王立伟 郝 伟

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敬告:本书的译者及出版者已尽力使书中出现的药物剂量和治疗方法准确,并符合本书出版时国内普遍接受的标准。但随着医学的发展,药物的使用方法应随时作相应的改变。建议读者在使用本书涉及的药物时,认真研读药物使用说明书,尤其对于新药或不常用药更应如此。出版者拒绝绝对因参照本书任何内容而直接或间接导致的事故与损失负责。

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主译的话

人民卫生出版社国际出版中心为了引进并翻译国外著名的精神医学参考书，在参加2008年美国精神病学年会期间，经美国精神病学学会的极力推荐，买下了《Gabbard 精神障碍治疗学》第4版的版权并委托我组织国内专家翻译。经过全体翻译人员近2年的努力，终于使这本巨著的中译本与读者见面了。

这是一部精神障碍治疗学的大型参考书，特点是“全面、权威、循证、进展”。该书系统地介绍了DSM-IV-TR分类中全部精神障碍的所有主要治疗方法，由160多名在精神医学各个领域的知名专家撰写，回顾了大量的循证资料，总结了精神科临床的现代治疗进展。介绍的治疗方法包括药物治疗、心理治疗和其他治疗方法。因为主编是著名的精神病学家和精神分析治疗专家，所以对每一精神障碍都有详尽地心理治疗介绍。这本书在美国精神病学界的评价极高，是拥有读者最多的精神障碍治疗学参考书。关于对此书的评价，我引用了几位美国精神病学家的评语。

Robert Freedman 教授（美国精神病学杂志主编）：从初学精神疾病的学生到寻求解决疑难患者的经验丰富的精神科医师，都能够从这本书的知识中受益无穷。

Herbert Pardes 教授（纽约哥伦比亚/康奈尔大学精神病学教授，纽约 Presbyterian 医院院长）：整本书的特点是所有章节都由众多杰出的精神医学专家执笔，该书无论是对精神医学领域的专家，还是对正在寻求最新可靠治疗方法的临床医师，以及对希望进一步了解精神疾病治疗及其相关证据的病人和家属都是很有价值的。对关心精神障碍治疗的人来说，这是一本具有权威性和用途广泛的书籍。

Judith H. Gold 教授（美国精神科医师学院和加拿大精神病学学会前任主席）：这本书是精神障碍治疗学方面最好、

最全、最新的系统性评述。每个主题的循证医学评述都由公认的专家执笔，也融合了作者本人的临床经验和临床建议。因此，这本书非常值得推荐作为临床医师、学员和学生的国际继续医学教育教材。

Glen O. Gabbard 教授（美国休斯敦贝勒医学院贝勒精神科临床中心主任，精神病学和精神分析治疗教授，本书主编）：通过对该书前三版内容的精神科临床实践，《Gabbard 精神障碍治疗学》已经充分修改为在可接受的篇幅内反映了专业的现代临床特点。160多位精神病学家在此新版中分享了来自第一手经验的艺术性描述，囊括了所有精神科特定障碍有关的主要治疗方法，除了较好的治疗方法之外还涵盖了其他所有的主要治疗方法。每一章节基于疾病为核心的治疗方法都完全进行了更新，也便于单章出版。通过严谨综述增加了读者最需要的治疗信息，该书沿用DSM-IV-TR分类涵盖了从认知障碍、精神病性障碍、心境障碍到进食障碍、睡眠障碍、冲动控制障碍等所有精神障碍。该新版本的特点是增加了痴呆，物质滥用障碍的部分内容，精神分裂症的最新研究进展和对人格障碍的最新认识。该书对临床实践者是一个基本的试金石，对精神卫生专业的学生是一本优秀的参考书和非常有用的临床工具书。

本书的翻译人员都是国内著名精神卫生机构的中青年学者，他们付出了大量的辛勤劳动，我要对所有为本书中文版的出版作出贡献的人员致以诚挚的感谢。

限于翻译人员的水平，书中难免存在错谬，请同行专家和广大读者不吝赐教。

赵靖平

主编的话

《精神障碍治疗学》第4版问世距最初编写本书的构想已过去了四分之一世纪。Daniel X. Freedman 医学博士在其担任美国精神病学学会 (American Psychiatric Association, APA) 主席期间, 于1982年指定成立了《精神障碍治疗学》工作组, 其任务是编写一部较为全面的精神障碍最佳治疗方法目前观点的论著。工作组将主要精神障碍的治疗专家们分为数个小组, 参阅尽可能多的治疗学文献, 同时向组外顾问广泛征求意见以达成共识。

在经过了广泛的文献综述之后, 第1版《精神障碍治疗学》作为APA工作组的报告于1989年出版, 这部论著共有四册, 其涉及领域相当广泛, 很快就成为了美国精神科治疗学的首席参考书。继 Karasu 医学博士之后, 我应邀成为了《精神障碍治疗学》第2版的主编。我们将卷数缩减了一半, 于1995年和2001年分别出版了第2版和第3版, 均为两册。为了进一步精简, 我们要求编写内容仅限于治疗领域, 读者可以通过阅读其他教科书以了解诊断问题。

在第4版的编写过程中, 我与美国精神病学出版社的主编 Robert E. Hales 医学博士、编辑部主任 John McDuffie 广泛交流了意见。为了提高该书实用性, 我们作出了一个重要的决定, 将第4版缩减为一册, 删掉了治疗概论的有关章节, 使得读者可以直接看到各种精神障碍的针对性治疗。

在精神障碍治疗领域的知识迅速增长的情况下, 对《精神障碍治疗学》一书作进一步精简就需要熟练的编辑和广博的知识以决定哪些内容可以删减。为此我召集了一批优秀的章节负责作者, 他们都是各个精神障碍研究领域内的著名专家, 包括: Elizabeth B. Weller 医学博士和 John F. McDermott Jr. 医学博士负责编写婴幼儿期、儿童期及少年期精神障碍, Stuart C. Yudofsky 医学博士和 Robert E. Hales 医学博士负责编写谵妄、痴呆、遗忘障碍及其他认知障碍, Herbert D. Kleber 博士和 Marc Galanter 医学博士负责编写物质相关障碍, Richard L. Munich 医学博士和 Carol A. Tamminga 医学博士负责编写精神分裂症和其他精神病性障碍, A. John Rush 医学博士负责编写心境障碍, Franklin R. Schneier 医学博士、Lisa A. Mellman 医学博士和 David Spiegel 医学博士负责焦虑障碍、分离性障碍和适应障碍, Katharine A. Phillips 医学博士负责编写躯体形式障碍及做作性障碍, Stephen B. Levine 医学博士和 R. Taylor Segraves 医学博士负责编写性及性身份障碍, Allan S. Kaplan 医学博士和 Katherine A. Halmi 医学博士负责编写进食障碍, John G. Gunderson 医学博士负责编写人格障碍。由于睡眠障碍和冲动控制障碍章节内容很少, 就

没有指定章节负责作者。

我们与各章节负责作者们一起竭力整合读者最需要的治疗信息而尽量不删减基本信息, 这本书仍能为临床医生提供其所需要了解的精神科治疗艺术。我们再次允许“读者友好”的编辑风格, 有的部分每一主要治疗方式各占一节, 而有的部分是按照疾病来组织章节。

在编写过程中, 作者们不断更新自2001年第3版出版以来的参考资料直至本书付诸出版, 这就尽可能使本书的内容是最新的观点。我们要求作者们删掉那些不再需要的旧信息以减少篇幅, 还对每个章节进行了严格的字数限制。我们继续保持重点来源于对各种主要精神障碍随机对照试验的循证治疗的传统。同时, 我们也清楚对照试验的数据并不总是普遍适用于临床自然背景, 我们鼓励作者在某个领域的试验研究太少时可以从非对照研究中总结数据和列举临床经验。我们认识到医生的临床判断总是被运用于制定对患病个体的最终治疗决策。

我们编写的这本治疗纲要并不代表美国精神病学学会或其他团体关于精神障碍治疗方法选择的正式观点, 它仅是专家意见和临床经验的汇编, 可以帮助临床医生制定合理的个体化治疗方案。由于精神障碍的共病现象较为普遍, 本书中的治疗信息可以被灵活运用于那些共病患者。

就在本书付印前, 传来了我们的一名作者——Wayne Fenton 医学博士去世的噩耗。Wayne Fenton 医学博士是一位敬业的研究者和医生, 他为人们更好地了解精神分裂症作出了重要的贡献。我们都很怀念他, 也很荣幸本书收录了其最后作品之一。

最后, 我要对整个工作组致以诚挚的感激, 章节负责作者们进行了大量的工作, 按照编写提纲付出了辛勤努力。Tina Coltri-Marshall 的协调工作做得很好, 在进度落后的时候及时通知各位章节作者; Robert Hales 和 John McDuffie 同时担当着顾问和支持系统的工作; Diane Trees-Clay 是一位很能干的助手, 协助我完成了这项艰巨的任务。我还要向美国精神病学出版社的编辑团队表示感谢: Rebecca Richters 和 Greg Kuny 负责编辑和出版工作, Jennifer Molnar 负责封面和版面设计, Judy Castagna 负责印刷事务。他们的工作很出色, 很荣幸能与他们一起共事。

Glen O. Gabbard, M. D.
(寻广磊 译, 赵靖平 校)

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