

for training in geriatric topics. Finally, a sample of the MOCA (Montreal Cognitive Assessment) and a nice outline of the geriatric forensic interview conclude the book.

I believe this guide will be most useful to the early career forensic practitioner or general psychiatrist inexperienced in forensic work. Being well outlined, it will also serve as a quick reference to areas in which a forensic psychiatrist may be out of practice. Sections on report writing and testifying are useful in and of themselves, not just in geriatric work. The author reinforces important concepts throughout the text, similar to the way the Pimsleur® learning system reinforces language.

There is one significant drawback to this book. My first edition contains numerous typographical errors. Most are minor and do not distract from the concepts being taught. A few, however, are significant and distracting. A few print editing mistakes also distract to a degree. Absent this drawback, I would give this book my unqualified endorsement. I encourage the author to explore a re-edited version to be published online or as an updated print edition.

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Professionalism and Ethics: Q&A Self-Study Guide for Mental Health Professionals (2nd ed.)

By Laura Weiss Roberts and Gabriel Termuehlen.
Washington, DC: American Psychiatric Association
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Reviewed by Britta K. Ostermeyer, MD, MBA

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Professionalism and ethics have always remained important core components of medical practice for all health professionals, though they have evolved over time. Indeed, psychiatric professionalism and ethics have evolved considerably, and this second edition of *Professionalism and Ethics: Q&A Self-Study Guide for Mental Health Professionals* presents an interactive and comprehensive guide for all types of clinicians and learners ranging from experienced psychiatrists to different learners in mental health disciplines. This book, available as a paperback and as an e-book from

American Psychiatric Association Publishing, aims to prepare mental health professionals for the increasing ethics challenges of an ever more complex clinical world.

The senior author is Laura Weiss Roberts, MD, MA, who is Professor and Chair in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine. She is a nationally and internationally recognized scholar in bioethics, psychiatry, medicine, and medical education. The second author is Gabriel Termuehlen, BA, who is an Editor in the Department of Psychiatry and Behavioral Sciences at Stanford University School of Medicine.

Following a preface and four different thoughtful introductory comments by very reputable psychiatrists, this book is structured into three major parts with a total of seven chapters. Part 1 comprises two chapters that take readers through a thorough review of most, if not all, areas of ethics and professionalism, in particular focusing on those pertaining to mental health. Part 2 contains four chapters that provide readers with a total of 171 multiple choice questions on professionalism and ethics with detailed annotated answers. Finally, Part 3 is a single chapter with an additional 76 self-assessment multiple choice questions. The multiple choice questions in this section draw from content contained elsewhere in the book and, along with answers to the questions, provide readers with additional references where they can read more about the background substantiating the correct answer.

By starting out with a basic introduction to medical ethics and professionalism, this book teaches and discusses old as well as new and very timely ethics topics. Examples of such topics include assisted suicide and euthanasia, social media and digital information technology, clinician's googling their patients, professional well-being and burn-out, reporting and addressing impaired colleagues, responding to LGBTQ+ concerns, and neuroethics. The book contains discussions of additional topics that may be of particular interest to forensic psychiatrists, including torture and interrogations, female genital mutilation, and human trafficking. Ethics and professional concerns in the midst of different cultural backgrounds are covered as well. The authors are also cognizant of perhaps one of today's greatest mental health pressures for clinicians and their teams, which is to be constantly "asked to do

more with less” (i.e., concerns regarding staffing, resources, and time management).

By utilizing text as well as a plethora of tables and illustrative diagrams, this second edition teaches its readers hands-on skills in a very organized and pragmatic style. The text reviews several core concepts in its topical domains, ranging from foundations of clinical and research ethics, practical ethics problem solving, codes of conduct, and ethics concerns in professional training. In addition, this book also addresses several common professional and ethics questions that arise in mental health settings that are familiar to forensic psychiatrists, such as evaluating medical decision-making capacity and involuntary commitment and treatment.

Reflective of real-life complex clinical practice challenges, this book teaches medical ethics utilizing illustrative case vignettes that not only engage readers but also build their comprehension and reasoning. Finally, well-structured questions test readers knowledge and challenge their ability to engage in ethics reasoning.

With its many different interactive and knowledge applied components, this book undoubtedly offers an exceptional opportunity to prepare readers to master professional and ethics processes in mental health. I highly recommend this second edition of *Professionalism and Ethics* for novices as well as experienced clinicians who must navigate successfully today’s many challenging complexities in the field of mental health. In addition, this book can serve as an excellent teaching tool in a medical ethics course.

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Katy Perry’s “Last Friday Night (T.G.I.F.)” (2011), Forensic Psychiatry and the Law

Released in 2011 by Capitol Records. Produced by Dr. Luke and Max Martin. Co-written by Dr. Luke, Max Martin, Bonnie McKee, and Katy Perry.

Reviewed by Alexander Smith, MA, Anish Dube, MD, and Michael Liebrez, PD

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The pertinence of American singer Katy Perry’s lyrics to forensic psychiatry may not seem obvious. A so-

called “Queen of Pop,” Perry is one of the most commercially successful artists in history, with 143 million record sales; she has amassed the highest follower count of any female singer on Twitter (at the time of writing) and launched multiple business ventures.¹

Her 2011 single “Last Friday Night (T.G.I.F.)” (hereafter “Last Friday Night”), details the aftermath of a hazy night out.² It also reveals a number of themes relevant to forensic psychiatry. These include the consequences of disinhibition and periods of intoxication, episodes of memory disturbance, and consequent implications for criminal culpability across diverse legal settings. Therefore, it could be beneficial as a teaching tool in educational settings.³

Alcohol Use and Risk Factors

In the lyrics, the song’s protagonist attempts to recall the preceding night’s events. Underlining the adverse effects of substance use (“we took too many shots”), we learn of alcohol-induced headaches (“There’s a pounding in my head”), memory disturbances (“Think we kissed but I forgot”), and episodes of anterograde amnesia (“It’s a blacked out blur”).² The phrase “blacked out blur” is noteworthy given studies that show individuals develop their own terminology for such events.⁴ As a result of intoxication, the protagonist engaged in antisocial and potentially aggressive behavior (“we went streaking in the park” and “[we] got kicked out the bar”), which gradually developed into criminal and civil offenses (e.g., “Think the city towed my car” and “I think we broke the law”), necessitating law enforcement’s involvement (“Warrant’s out for my arrest”).²

Albeit euphemistically framed (“I’m pretty sure it ruled”),² “Last Friday Night” demonstrates how alcohol and psychotropic substance use are prevalent risk factors for disinhibition and reduced impulse control, which can result in a higher probability of violent and nonviolent offending.⁵ The World Health Organization deems alcohol-related crime a major social problem⁶ and psychotropic substances can cause significant physical, social, and psychological harms.⁷ Accordingly, Perry’s work continues a long tradition of popular music referencing psychiatric and medical themes for mainstream, nonspecialist audiences.⁸

Jurisprudence and Culpability

For the authors, the lyrics evoke questions of applicable law and forensic assessments of culpability related to intoxication. Although one can assume that the events occurred in the United States, the geographic setting is