

# Contemporary Psychology

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mental Images and Their Transformations by Roger N. Shepard and Lynn A. Cooper, *review by Michael Kubovy*  
Borderline and Other Self Disorders: A Developmental  
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Part II focuses on the application of network analysis to the study and promulgation of social support. The three chapters help the reader grasp the basic concepts of network analysis but do not communicate clearly exactly how it is done. One aspect of this section is disquieting: The proponents of network analysis appear to discredit the other approaches to research on social support systems—the subject of Part I of the book. This kind of substantive inconsistency is the major flaw of the book. For example, compare the following two quotes:

During the past decade, support system researchers successfully demonstrated that health is related, as well, to the availability of supportive ties: e.g., the number of ties in a social network, the frequency of contact with network members, and the differential presence of kin or friends in these networks. They have shown that such ties provide individuals with significant emotional aid, information, and material resources. Successful support systems seem to foster good health directly, encourage health-related behaviors, provide useful resources in stressful situations, and give participants helpful feedback for maintaining sound behavioral practices. (Wellman, p. 172)

Social network analysis thus represents the most complex of three avenues investigators have explored in their search to identify the social conditions associated with healthy human functioning. The other two approaches eschew detailed analysis of the social ecology in which the individual is embedded, preferring instead to mark social support in terms of simple measures of social integration or in terms of indexes of access to intimate, confiding relationships. . . . I will also argue that both of these approaches yield little useful information about social support; at most, they have generated hypotheses that can best be examined through the use of network analysis. (Gottlieb, p. 204)

Part III, "Blending Lay and Professional Resources: Prospects for the Provision of Human Services," stands far afield from the rest of the book. The three chapters in the section are disquisitions (a term Gottlieb favors) that adequately cover mutual aid versus professional help-giving, formal and informal support systems, and lessons learned from the paraprofessional movement. These are community mental health topics, and they have to do with support systems. But they offer nothing new, and they are not sufficiently connected conceptually with the major content of the book for them to be included here.

Another criticism of the book is that the reviews and discussions of the literature are redundant, with more than one chapter frequently covering much of the same ground. At the same time, references to general systems theory, family systems thinking, and other relevant areas are notably absent. The book does make a contribution, however, by presenting an introduction to social support that is, aside from being confusing, also thought provoking. ■

## Nonverbal Behavior: Prescriptions for Research

Klaus R. Scherer and Paul Ekman (Eds.)  
**Handbook of Methods in Nonverbal Behavior Research**  
Cambridge, England: Cambridge University Press, 1982. 606 pp.  
\$49.50 cloth; \$19.95 paper

Review by  
Vladimir J. Konečni

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The editors concisely specify the purpose of this handbook by suggesting that it should be of interest to "anyone concerned with measuring what a person does in addition to and/or while speaking" (p. xi). This is a fair summary of what one finds in the volume—a review of the research methods and paradigms concerned with the variety of ways—in addition to language—in which humans express and convey meaning.

The volume is a welcome and successful undertaking from several points of view. There is a strong interdisciplin-

ary emphasis, which is appropriate given that the origins of the interest in nonverbal behavior can be traced to the study of the expression and communication of emotion—a concept that is at the intersection of biology, sociology, psychiatry, and anthropology, as well as several psychological subdisciplines. The focus is on methodology and on research and measurement techniques; at this point in the development of the science of nonverbal behavior, such a focus is more useful and justifiable than a more theoretical orientation would have been.

At the same time, the editors' choice of topics thoughtfully maps the domain of the discipline from substantive as well as methodological viewpoints. The chapters by the participants at a 1979 NATO symposium in England are mostly of high quality—detailed and technical, but with useful didactic elements. Many contributors report new data and discuss new approaches or provide unique syntheses of research efforts in an aspect of nonverbal behavior. Most provide a review of recurring themes and theoretical ideas, in addition to dealing with research techniques, measurement, and issues such as sampling, reliability, and validity. Finally, most of the contributors went along with the editors' exhortation to undertake critical and evenhanded reviews evaluating the various available methodological alternatives. As a result, the cookbook flavor is in balance with the thoughtful and frank examination that has been applied by the majority of the contributors to their areas of expertise.

In their informative introductory chapter, editors Scherer and Ekman present a cogent analysis of the complex relations among philosophical traditions, disciplinary boundaries, research problems, and methodology. They focus in particular on the constraints imposed on the choice of method by the nature of the phenomenon under investigation and the researchers' theoretical preferences.

The introductory chapter is followed by Paul Ekman's excellent review of different techniques for measuring facial action. The techniques, which span a period of 55 years, are classified with regard to origin or rationale (e.g., linguistic, ethological, and anatomical), comprehensiveness, the way in which facial-action "units" have been depicted, the populations to which the technique has been applied, reliability, and various types of validity. The intent of the chapter is not to teach a novice researcher how to mea-

sure a facial action but to provide guidance about the criteria to take into account in technique selection.

Exline and Fehr's chapter on the assessment of gaze and mutual gaze, which follows, opens with a thorough discussion of definitional issues and a schematic representation of the various measurement decisions a researcher faces in visual-interaction research. The rest of the chapter is organized around these decision steps (e.g., choice of the context of measurement, one- vs. two-way visual interaction, the choice of recorded vs. live interaction, and the choice of data-recording equipment). There is also a useful review of the reliability and validity of gaze-related measures obtained from human observers.

In Chapter 4, Scherer successfully organizes his review of paradigms and parameters in vocal communication research around Brunswik's "lens" processing model, especially as it can be applied to the attribution of personality characteristics on the basis of vocal parameters. There is a detailed description of methods for the objective measurement of vocal parameters and a review of the interesting recent attempts by the Giessen group to study the observer's inference of "behavioral styles" from multichannel nonverbal information.

In the following chapter, Rosenfeld outlines a complex model for the measurement of communicative aspects of body movements and configurations. An important link is made with anatomic and sports kinesiology and with rehabilitative medicine. There is a thorough review of the various systems of measurement—the biomechanical, Labanotation, biosocial (including ethological and Hall's proxemics), social-structural (including Birdwhistell's kinesics), psychosocial, and so on.

The next two chapters move away from specific features of nonverbal behavior to broader but related questions. In his excellent article, Rosenthal outlines a general model of judgment studies in nonverbal behavior research and discusses in considerable detail the substantive experimental-design-related and statistical issues involved in the sampling of judges and encoders, the selection and presentation of stimuli, and the type of responses required from judges. Even experienced researchers can profit from this chapter, in part because so many of the methodological suggestions are experimentally substantiated.

In contrast, van Hooff's chapter—a general overview of statistical methods used to describe and analyze the categories and sequences of behavior—though very competently written, does not succeed as well in complementing the earlier chapters. Given the overall purpose and contents of the volume, too much space is devoted to elementary descriptions of multidimensional scaling, cluster analysis, Markov chains, and time-lag methods (as these have been applied in animal behavior research), and too little to human ethology and the unique problems involved in categorizing and analyzing the stream of human nonverbal behavior.

The last two chapters, respectively by Kendon, on the organization of behavior in face-to-face interactions, and by West and Zimmerman, on conversational analysis, do not serve this handbook well. Unlike other chapters, they do not offer balanced presentations and instead uncritically extol the virtues of their respective approaches to the study of human social behavior—the structuralist/interactionist approach in Kendon's case, ethnomethodology in the West-Zimmerman chapter. Kendon devotes the first 40 percent of his chapter to an elementary review of the work of Simmel, G. Mead, Sullivan, and others, whereas West and Zimmerman devote only the last seven pages of their 30-page chapter to the relation of conversations and nonverbal behavior. Both chapters, especially the latter, are dotted with sophistries at the theoretical level, and when research is discussed (on greetings, in Kendon's case), the authors' elaborate efforts nevertheless fail to convert the banal into the profound.

The volume concludes with a detailed and very useful technical appendix by Wallbott on the procedures, equipment, and troubleshooting in audiovisual recording.

Overall, this is an ambitious and highly commendable handbook. With the notable exceptions of the recent human ethology and personal-space literature, there are remarkably few omissions. The rough edges that I have pointed out are not nearly as rough as could have been expected in a volume of this scope. The editors and the contributors are to be congratulated on producing an impressive book. ■

## Confounding Variables in Psychiatric Treatment Planning

Jerry M. Lewis and Gene Usdin (Eds.)  
**Treatment Planning in Psychiatry**  
Washington, DC: American Psychiatric Association, 1982. 452 pp. \$27.50

Review by  
Larry E. Beutler

*Jerry M. Lewis is psychiatrist-in-chief at the Timberlawn Psychiatric Hospital and director of research and training at the Timberlawn Psychiatric Research Foundation, both in Dallas, Texas. He is author of To Be A Therapist: The Teaching and Learning. ■ Gene Usdin is clinical professor of psychiatry in the School of Medicine at Louisiana State University in New Orleans. He is coeditor of Psychiatry in General Medical Practice with Lewis. ■ Larry E. Beutler is professor of psychiatry and psychology, chief psychologist, and director of clinical research in the Department of Psychiatry at the Arizona Health Sciences Center (Tucson). He is author of Eclectic Psychotherapy: A Systematic Approach.*

The editors of *Treatment Planning in Psychiatry* maintain that psychiatrists are to be distinguished from other professionals because of their ability to offer patients a variety of treatments. The psychiatric evaluation is seen as central to the provision of any effective treatment. Accordingly, they review five "treatment modalities": (a) psychodynamic (i.e., psychoanalytic) psychotherapy, (b) group psychotherapy, (c) biological therapy, (d) behavior therapy, and (e) family therapy. They have attempted to organize the presentations by providing a vignette of a depressed middle-aged man in response to which each of five chapters proposes assessment methods and treatment preferences.

At some point in the planning of this book it was decided to add chapters on special subpopulations—children, adolescents, and the elderly. Each chapter addresses the evaluation and treatment of the specific population in question by reflecting, in turn, on the five "treatment modalities" outlined in the first section of the book.