

Jill Denoma, and Thomas Joiner, discusses first the DSM classification of eating disorders, then classification of eating disorders using personality types, and finally classification of eating disorders using taxometrics. According to the literature, three personality types have consistently emerged among patients with eating disorders: a high-functioning group with high levels of conformity and need for control; a socially avoidant and anxious, self-doubting group; and an impulsive group with poor coping strategies and a poor prognosis (p. 22).

Chapter 3, "Conducting the diagnostic interview," by Carol Peterson, discusses specific strategies for conducting a diagnostic interview with patients with eating disorders. It provides some tips on establishing rapport; assessing eating disorder symptoms including compensatory behaviors, associated symptoms, preoccupations, rituals, checking, and avoidance behaviors; and assessing comorbid psychopathology. The chapter includes examples of interviews with patients. Chapter 4, "A standardized database," by James Mitchell, presents an example of a standardized database system, Eating Disorders Questionnaire, which could be filled out by the patients prior to their first visit to obtain additional information. Chapter 5, "Structured instruments," by Carlos Grilo, reviews various structured interviews, such as The Clinical Eating Disorder Rating Instrument (CEDRI), the Eating Disorder Examination (EDE), the Interview for Diagnosis of Eating Disorders (IDED), and the Structured Interview for Anorexic and Bulimic Disorders (SIAB-EX), and also briefly discusses Structured Clinical Interview for DSM-IV Axis I Disorders and for Personality Disorders. Chapter 6, "Self-reported measures," by Carol Peterson and James Mitchell, in a similar fashion goes over self-reported measures, such as the Eating Disorder Inventory (EDI), Eating Disorder Examination-Questionnaire (EDE-Q), Multiaxial Assessment of Eating Disorder Symptoms (MAEDS), Stirling Eating Disorder Scales (SEDS), and Eating Disorder Questionnaire (EDQ), and screening measures, such as the Binge Eating Scale (BES), Three-Factor Eating Questionnaire (TFEQ), measures to assess eating disorder cognitions, and dietary restraints, and Impact of Weight on Quality of Life questionnaire (IWQOL). In addition, this chapter includes discussion of assessment of associated features, comorbidity and personality. Chapter 7, "Medical assessment," by Scott Crow and Susan Swigart, describes a standard medical assessment of low-weight patients, patients with binge eating and purging behaviors, obese patients with binge eating, and recovered patients.

Chapter 8, "Nutritional assessment," by Cheryl Rock, presents a very useful summary of nutritional assessment of patients with anorexia, bulimia, and with binge eating disorder. Quite helpful is a table of objects useful for estimating portions in dietary assessment (e.g., cooked rice, 1 cup = tennis ball; slice of bread, one = CD case), and the suggestion that one has to be very exact in assessing the amount of food eaten ("How much of the bagel did you eat?" instead of being satisfied with the statement that the patient had a bagel for breakfast). Chapter 9, "Family assessment," by Daniel le Grange, presents a

description of anorexia nervosa families, assessment methods of families (self-report measures, observational methods), the family interview and the adolescent patient, and the family of the adult patient. The author emphasizes that the first priority as in any other treatment is to establish rapport with the family.

Chapter 10, "Assessment of body image disturbance," by Kevin Thompson, Megan Roehrig, Guy Cafri, and Leslie Heinberg, presents theoretical explanations of body image and reviews the assessments of body image disturbances (8-page table listing the most widely used measures for the assessment of body image disturbance—one can just wonder why there are so many and whether they are all validated and reliable). Chapter 11, "Ecological momentary assessment," by Scott Engel, Stephen Wonderlich, and Ross Crosby, reviews a relatively new and innovative means of collecting data called ecological momentary assessment—which is basically a daily diary research or experience sampling, allowing for the assessment of behavior and psychological states in the natural environment. Finally, in chapter 12, "Treatment planning," James Mitchell focuses on treatment planning for anorexia nervosa, bulimia nervosa, and binge eating disorder, also using useful figures of treatment elements for each disorder.

This book's cover states that this volume is concise, comprehensive, timely, evidence-based, and designed for optimal utility in day-to-day clinical practice. I beg to differ with some of these points. I believe that the book could be useful for only a very narrow audience of people seriously interested in eating disorders, and possibly involved in research in this area. I am not sure whether this book would be useful in day-to-day clinical practice. Some of the material presented is very simple, almost on the undergraduate level, and other material, for instance the numerous questionnaires, would probably not be used by a busy clinician. That brings up another weakness of this volume—a lack of critical summary and recommendations. What should one specifically do, how should the entire assessment proceed? The book is also repetitive at times. The most useful for psychiatrists not very familiar with eating disorders will be the chapter on nutritional assessment. I believe that a good review article on this topic published in a widely read clinical journal would do a better service to the field. Thus, in spite the authors' solid efforts to put together a useful volume, save your money.

Richard Balon, MD
Wayne State University
Detroit, Michigan

Psychobiology of Personality. Second Edition. Revised and Updated. By Marvin Zuckerman; Cambridge University Press, New York, New York; 2005; ISBN: 0-521-01632-0; \$50 (paperback, hardcover \$100); 322 pp.

Personality and temperament have a wide impact on what we do and how we do it and on the expression of psychopathology.

Yet we know surprisingly little about it, cannot even agree on the classification of personality and temperament, and have a hard time distinguishing between personality and temperament at times. Thus, any volume on personality, temperament, their differences, classification, and underlying psychobiology would be a welcome help in our quest to understand better what personality and temperament are, what the differences between them are, how and by what they are determined. Marvin Zuckerman, a well-known expert in the area of personality revised and updated his previous volume on psychobiology of personality to summarize the most current knowledge of psychobiology of personality.

His book consists of a Preface and seven chapters. The preface briefly reviews the approaches to the research of personality (the “top-down” approach used in this book and the “bottom-up” approach used by some scientists) and summarizes the subsequent chapters. The book is “organized around the basic four factors that are found in most systems of adult personality with a chapter devoted to each” (p. 38).

Chapter 1, “Temperament and personality: trait structure and persistence,” starts with the definition of system traits and with the discussion of the distinction between temperament and personality. (I am not sure whether the reader will really figure out the difference after reading this chapter.) The chapter then reviews the major trait systems (e.g., works by Thomas and Chess, Rothbart and Derryberry, Buss and Plomin, Strelau, Kagan, and others), two- or three-dimensional systems (e.g., work by Eysenck, Gray, Tellegen, Cloninger), and five dimensional systems (The Big-Five); and the research comparing them. This chapter also describes the systems of temperament developed in children and the possible connection between these and adult personality traits.

Chapter 2, “Psychobiological methods,” describes the methodologies and concepts in the psychobiological areas of the book (as they are used for review and discussion in each of the following chapters): genetics, psychophysiology, psychopharmacology (monoamines, amino acids, peptides), neuropsychology, imaging, peripheral measures of autonomous nervous system activity (electrodermal activity, cardiovascular activity), their possibilities and limitations. The author emphasizes that “Personality is the stepchild of psychiatry when it comes to psychobiology” (p. 85).

Chapter 3, “Extraversion/sociability,” reviews the first of the discussed basic dimensions of personality, following the same structure/template used in each of the four chapters on the basic dimensions—discussions of definition, genetics, psychophysiology, psychopharmacology, and neuropsychology. The role of dopamine and dopaminergic systems in extraversion is suggested. Chapter 4, “Neuroticism,” focuses on the only basic personality factor directly linked with clinical disorders, anxiety and depression—neuroticism. The role of serotonin, norepinephrine, and serotonergic systems involvement is suggested. Chapter 5, “Psychoticism (psychopathy), impulsivity, sensation, and/or novelty seeking, conscientiousness,” reviews another basic dimension of personality, socialization, conscientiousness, cautiousness, and self-control at one pole, and sensation seeking, impulsivity, and antisocial personality

at the other. The role of testosterone, low MAOI-B, and dopamine receptor genes is suggested. Chapter 6, “Aggression-hostility/agreeableness,” presents the last major dimension—aggression vs. agreeableness. The role of testosterone and low 5-HIAA (low serotonin) in the cerebrospinal fluid is discussed. The author states that “aggression is obviously linked to anger and hostility but the emotional and attitudinal components are often located in different trait factor dimensions than aggression” (p. 242). He also suggests that obstetric and birth complications causing brain damage may be one source of early appearing and persistent aggression (p. 244). Two factors from the so called Big-Five approach—“Openness to experience” and alternative to this from Alternative-Five ‘Activity’—are not discussed in this volume.

The last chapter, “Consilience,” attempts to summarize and explain the previous text more (Consilience is defined as that quality of science that combines knowledge across disciplines, to create a common background of explanation, p. 245). In discussing genetics, the author for instance states that “Genes and environment interact throughout development and although environment cannot change genes it can affect their expression through releaser genes. Genes do not make personality traits or behavioral traits, they simply make proteins that in turn make neurons, biochemicals, and these affect physiology and ultimately behavior” (p. 247). This chapter also touches on other topics, such as evolution and personality, behavior genetics, psychophysiology, psychopharmacology, and neuropsychology with an attempt to summarize them into a coherent picture. The final part briefly focuses on “the way ahead.” The author states that, “most of the basic personality traits are closely associated with emotions, sociability and sensation seeking with positive affects, neuroticism with fear and depression, and aggression with anger” (p. 274).

The book also includes an extensive list of references (655 according to the author), 55% of which were published since the first edition of this book (from 1991 till 2004).

This volume is an up-to-date review of the recent findings in the area of psychobiology of personality. It also reviews some methodological and conceptual issues inherent to this area. The book is not easy to read and, as a reflection of the field and our state of knowledge, does not provide any simple answers. I am not sure whether the book really provides an integrative picture beyond an exhaustive review of the topic. It also lacks, as one would expect and as the author also admits, any connection or relation to the clinical issues involving personality and/or temperament. This is probably a great introduction to the field of psychobiology of personality for undergraduate (and possibly graduate) psychology students. It could be a bedtime reading for the personality theories enthusiasts. However, it seems to be a waste of time and money for clinicians unless they are looking for harmless sleep induction.

Richard Balon, MD
Wayne State University
Detroit, Michigan