

the continuing enigma of the small percentage of people who smoke rarely but habitually.

The various approaches to treatment are well described, as with other drug dependencies long term abstinence is achieved by only a minority, irrespective of the treatment strategy employed. Nevertheless, again in parallel with other substance misuse, intervention produces a higher rate of 'cure' than would be expected spontaneously. Why women are less successful than men in giving up the habit requires further investigation, as does the interesting paradox that extraverts who are more likely to initiate use are more likely also to stop.

The emphasis in their discussion on treatment appears to lean to the now fashionable concept of harm reduction. The final chapter, however, gives a balanced view of the problems inherent in this approach, the further experimental work on the substance and personal habit required, and not least the potentially counterproductive effect of this view on the smoker's motivation.

This book should be widely read both by professionals involved in the field and within the profession.

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**Psychiatric Interviewing. A Primer.** By **ROBERT L. LEON**. New York: Elsevier/North Holland. 1982. Pp 180. \$16.95.

This book describes a psychoanalytically based psychotherapeutic approach to the psychiatric interview. In this respect it makes a refreshing change from the more usual fact orientated approach to the topic. It begins by exploring the elements of the doctor-patient relationship, the feelings of the patient, the feelings of the doctor and the building of trust in a facilitative non-directive way. Throughout the book there are frequent verbatim accounts of specific interviews carefully selected to illustrate exactly how the interviewer may go about obtaining a history without interrogating the patient. There are chapters on how to begin and how to end the interview, a chapter on psychotherapy and a section on how to interview a family. The handling of patients with specific problems such as anxiety, hostility, over-talkativeness and tearfulness is discussed.

The literary style is American and a little wordy and is interrupted by two short chapters by different authors. However the book is easy and absorbing to read.

Despite the emphasis on psychotherapy, there is adequate coverage of the outline of the history and mental state, as well as phenomenology.

The order in which the history and mental state is

recorded is different from that of a conventional British psychiatric history and may prove a little confusing to British medical students. The book is intended to be a "How to do it book for the medical student who is starting to learn the psychiatric examination". It is much more than this however, and may be even more useful as a reminder to the more experienced psychiatrists that psychiatric interview is as important in establishing a therapeutic alliance as it is a diagnostic tool.

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**Behavioral Medicine, Clinical Applications.** By **SUSAN PINKERTON**, **HOWARD HUGHES** and **W. W. WENRICH**. Chichester: John Wiley. 1981. Pp 376. £21.50.

This book is divided into two parts. The first describes treatment intervention, and includes an excellent chapter on assessment, followed by clear accounts of operant and respondent techniques, biofeedback, relaxation and cognitive methods. The second covers direct application of these psychological treatment methods in general medicine. Many psychiatrists may well be surprised by the number of conditions usually managed by physicians in which behavioural methods may be of value. Each chapter is a balanced, comprehensive up-to-date review of research evidence. Areas covered are cardiovascular, gastrointestinal, musculoskeletal, nervous system, respiratory and skin disorders. There is also a useful chapter on the psychological management of pain. Summaries at the end of each chapter enable the reader to update in the shortest possible time, while extensive reference lists and clearly written detailed accounts make this an invaluable source book.

For anyone working in liaison psychiatry and for those interested in Psychosomatic problems, this book could become a "Bible". Even a quick thumb through, would be cautionary experience for those psychiatrists who cling to the notion that behavioural methods are only suitable for a small proportion of neurotic patients, and are best applied by members of other disciplines.

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**Behaviour in Excess: An Examination of the Volitional Disorders.** Edited by **S. JOSEPH MULE**. New York: The Free Press. 1981. Pp 396. \$25.00.

The question that the editor of this book asks in his introduction is whether a commonality of processes exists across the various forms of excessive behaviour.

The book then follows with reviews of a rather random selection of addictive, compulsive, habitual or