

not contain standard errors of measurement values, although it does a complete job of reporting other descriptive statistics.

The Childrens' Inventory (Form A) was standardized on over 1100 elementary and junior high school students in the Edmonton Public School System. The Adult form was standardized on 252 adults of undisclosed sample characteristics. Since the reliability and validity studies for Form AD were carried out on undergraduate students enrolled in an introductory educational psychology course, it seems a safe assumption that the standardization sample was drawn from a similar population. In any event, the manual does not contain adequate descriptions of the standardization sample, and the adult sample may not be representative of the general population. This renders the adult norms, and possibly the external validity of the scale, somewhat equivocal.

The norms are presented in a laudably complete manner; the manual contains percentile ranks and T-score equivalents of total raw scores and each subscale score on both Forms A and B, separately for elementary and junior high students. Similar norms are presented for Form AD. There are no reported norms for senior high school students and no suggestion from the author as to which of the available norms should be used. A useful aspect of the inventory is the provision of a system to classify raw scores. Raw score ranges are spread across a classification scheme with five levels ranging from very low to very high. Separate tables are presented for each of Forms A, B, and AD, for all subscales for each form, and are broken down into elementary and junior high school for Forms A and B. The manual is generally well-organized and clearly written. Most individuals would find it easy to read and to follow the directions therein. It reports most of the available research on the inventory and contains a complete array of tables in the appendices.

The reference to "Culture-Free" in the title of this inventory is inappropriate and unfounded. The manual states that the stimulus items are culture-free in that questions about their meaning may be answered without affecting their validity and reliability. However, this claim is conjectural. It would seem to be incumbent upon the author to show empirically that the stimulus items have the same connotations for individuals from different cultures; indeed that the construct itself has similar meaning. Also, the inventory was not standardized on samples representative of various cultures. The fact that it is available in French, English, and Spanish does not make it culture-free.

Before the CFSEI can fulfill its author's claim that it is a valuable clinical tool as well as a research instrument, some of its shortcomings need

redressing. Yet it is a more solidly constructed instrument than others which attempt to measure similar constructs, and it appears to measure self-esteem with reasonable efficacy. With further empirical support the CFSEI has potential to be a very useful tool in counselling and educational settings. Do not overlook this inventory when searching for self-esteem measures, as its merit will likely grow with familiarity and with further research. The inadequately substantiated use of the term "culture-free" is the most serious detractor of this inventory.

Wechsler, H. (Ed.). *Minimum drinking age laws: An evaluation*. Lexington: D.C. Heath, 1980.

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The minimum drinking age laws usually encompass three areas — to enter an establishment where the beverage alcohol is sold, to be employed in such an establishment, and of course to purchase the beverage alcohol. Alcohol is not the only aspect of adolescence controlled by age restrictions. Other areas include human sexuality, marriage, driving a motor vehicle, age of legal majority, vote, armed forces enlistment, tobacco purchase, education, and medical treatment. The restrictions concerning the purchase of alcohol are intertwined with the other areas of restriction which society places on adolescents.

As society examines change in one area, for example, the age for exercising the voting franchise, there is a ripple effect in other areas. The change in the minimum age to vote seemed to come as a result of many changes in the view of adolescence and appears to have sparked changes in the minimum age drinking laws. The early seventies led to a marked lowering of drinking ages in all Canadian provinces and in 29 American states. Since 1975, a few jurisdictions have introduced increases (Saskatchewan and Ontario and a few states). One public concern appears to be alcohol related automobile accidents among the young. As concern grows for other youth health problems related to alcohol consumption, it is expected that the minimum age drinking laws will once again be considered as a control measure.

Historically, the minimum age drinking laws spring from prohibition rather than any firm philosophical viewpoint of research concerning the intended outcome. This material gives an excellent

overview of research strategies to evaluate the impact of changes in the legal drinking age. Many studies were conducted following the lowering of age. The studies with the soundest methodologies have supported the inference that lowering the legal drinking age led to an increase in alcohol-related collisions among young drivers. However, the range of other health related difficulties have not been as amenable to study.

Initially the book states — “It is our hope that public officials, legislators, community leaders and citizens will examine this information before making changes in alcohol-control legislation” (p. 9). The book concludes — “It is our hope that as research continues to provide data on the many aspects of this complex problem, legislators and the general public will become better equipped to find reasonable solutions that meet our social needs” (p. 183). Unfortunately, the examination of the material between the quotes would not provide much direction for the general public, legislators, or community leaders. It does provide an excellent critique of the research which has been conducted and gives direction for further research into this multifaceted problem.

Unfortunately, much of the book relates to the United States more than to Canada, although in latter chapters Paul Whitehead and Reginald Smart do provide some Canadian content. In general the material has a tendency to be repetitive. I would recommend the material to those who are *specifically* interested in the legal drinking age as a control measure.

Sarason, I.G., & Spielberger, C.D. *Stress and anxiety* (Vol. 7). Washington, D.C.: Hemisphere Publishing, 1980.

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As the seventh volume in a series, this text builds upon articles and papers presented in the previous volumes. Volume 7 is a collection of articles which focus on four areas of research.

Part I deals with theoretical issues concerning stress with emphasis on identifying the relevant variables, their conceptualization, and the role of social and physiological processes in such problems as psychopathology and pain. Specifically, it includes studies concerned with cognitive events, cognitive analysis, and cognitive processes. Part I discusses when stress becomes a problem, the influence of environment, personal distributions, and social supports.

Part II deals with the assessment of anxiety and life stress, the methodology of measuring anxiety, and the impact of various stressors. It includes articles dealing with specific measurements, surveys, and studies encompassing a wide range of subjects from children and adolescents to middle-age women at the climacterum.

Part III includes four papers dealing with the nature of environmental stressors and their effects on behavior. The first paper argues that the physical characteristics of a potential stressor are generally less important determinants of whether one is stressed than the physiological properties of the overall situation. Another paper proposes that disconfirmed expectations or unattained goals lead to arousal. The other studies focus on the density crowding paradigm and bureaucratic encounters.

Part IV addresses the problem of adaptation to stress. The first paper discusses the mechanisms which form the basis for the manifestations of anxiety and coping reactions, and the second article hypothesises that certain ecological changes aggravate vulnerability of students during transition to college. The third article describes a stress management training program that provides for the acquisition and rehearsal of cognitive and relaxation coping skills. Humour as a coping skill is the topic of the last paper.

Each paper reflects different writing styles and, as a result some are more readable than others. Those papers which clearly state their aims, goals or hypotheses make for better reading. However, the prevailing message which emerges from almost all the papers is the need for further research.

The usefulness of this text to counsellors and others in the mental health profession is multifold. The papers on the whole are comprehensive and include extensive reference lists after each article. What I especially liked about this book is that all authors presented their views without downplaying the views of others. I hope this will be a prelude to future presentations and papers.