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BOOK REVIEWS/COMPTEs RENDUS

Spielberger, C.D., Sarason, I.G., & Milgram, N.A. (Eds.). *Stress and Anxiety* (Vol.8). New York: Hemisphere Publishing, 1982.

Reviewed by:

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The editors of this volume have compiled an impressive literature on society's greatest source of massive anxiety – war. The particular country which has become the natural laboratory is Israel where there has been documentation of the stress of war at several levels of society. The following are but a few of the forty-seven chapter articles stimulated by the Yom Kippur War and representative of the over two hundred papers presented at the Conferences on Psychological "Stress and Adjustment in Time of War and Peace".

The introductory chapter is authored by Rollo May who considers the positive value of anxiety, especially as manageable amounts contribute to our excitement in living. May is interested in the human condition which includes the reality of conflict, and therefore the threat of war.

In a later chapter, Jessica Herkstein reports on the effects of the indecisive Yom Kippur War on technology students who are generally considered the most stable and least questioning of all students. After this destructive and very technological war, many of the students returned with shaken value systems. Those who lacked individual identity, and who saw themselves as letting down their comrades in battle were particularly disturbed. War trauma for these young men was akin to an identity crisis, suggesting that group and professional identity had been developed at the expense of individual identity. The

experience suggests that technology students, in particular, be encouraged to explore their own feelings and values in an effort to increase their self knowledge.

Benyakar, Sasberg and Plotkin describe a comparative psychotherapy study for two groups of soldiers with combat reaction. One treatment consisted of a Group Dynamic model, the other a Pharmacotherapeutic model. While the authors are representative of the two different approaches, their own bias tended towards the group dynamic model as its clients tended to take more responsibility for treatment, ascribed less authority to the therapists and were willing to explore areas of their lives other than combat. In either event, they emphasize the importance of consistency in all therapeutic methods within a given milieu.

With the public's increased awareness of the process of bereavement, Rubin's chapter on mourning is of broad topical interest. While present models focus on either a predictable process of object detachment, or a process of personality change in the bereaved, Rubin provides data on a recent-loss group, a non-recent-loss group and a no-loss group, and concludes that only a model which includes an interactional (object detachment X personality change) explanation of the grief process can account for the study's results.

Chen *et. al.* surveyed adolescents in order to determine their response to the war effort. In general, their effort matched that of the larger society and tended to maximize their effectiveness while reducing their personal anxieties.

A chapter by Chava David, describes his counselling work on a burn ward. His story

gives the reader a small feeling for the pain of the patients, those caretaking them, and relatives of the patients. The author shares his experience matter-of-factly, yet feelingly. The goals of psychotherapy, and the role of the therapist are completely subsumed in one man's experience of being human.

Robinson and Hemmendinger studied the psychosocial adjustment of concentration camp children over thirty years after their release. Their interviews demonstrate the overall successful orientation of these survivors, their strong values and ideals, and their lasting kinship, developed out of sharing and overcoming the horrors of genocide.

This book is a very worthy volume to the Stress and Anxiety series. It contains many different forms of data from anecdotal to experimental, but the articles have one element in common; they all inspire us with a regard for the value of human life, and shame us with knowledge of our greatest self-inflicted misery — war.

Krohne, H.W., & Laux, L. (Eds.). *Achievement, Stress and Anxiety*. New York: Hemisphere Publishing, 1982.

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This is a very readable and scholarly volume. The editors, Krohne and Laux, together with consulting editors, Spielberger and Sarason, have gathered together a host of international and acclaimed authors in the field of anxiety theory and research. The resulting original articles address issues which are divided into five sections, each having to do with a particular component of anxiety research. The five subject areas are: theoretical and methodological issues; strategies of coping with stress; anxiety and coping; achievement motivation and attribution theory; and special methods in anxiety research.

My approach in this review is to focus on one article from each of the five sections. In this way, I hope to wet the reader's appetite, and not sell the authors short by trying to describe too much with the too few words at my disposal.

In the first section, Joseph McGrath has written a paper entitled, *Methodological Problems in Research on Stress*. McGrath summarizes several of the propositions and models found in studies on stress. He includes a classification of stressor conditions (physical, psychological and interpersonal), and a catalog

of indexes of stress response illustrated in a very clear 4 x 4 table, i.e., system level of measure (physiological, psychological, task performance, interpersonal behavior) by operational form of measure (subjective reports, observations, trace measures, archival records). The author's examples are very concrete and leave no doubt as to how several stress data may be classified — and most importantly, the system suggests what kind of data might profitably be explored. McGrath includes an enlightening section on the consideration of four clusters of methodological problems in stress research: the settings where stress is reasonably measured; value attached to stress; the importance of time in measuring the effects of various stress situations; and measurement problems, themselves.

The author concludes with a detailed model of how stress research might be most productively pursued. McGrath's Population x Behavior x Setting matrix elucidates several testable hypotheses for a complete research strategy. This reviewer found the whole article to be most rewarding.

The second section on stress coping strategies includes an article written by Meichenbaum, Henshaw and Himel. They describe a great variety of research that focuses on problem solving as an essential ingredient in coping with stress in a variety of situations: creative problem-solving tasks; induced pain; and interpersonal stress.

Of particular interest is the description and data from their think-aloud study on creative problem-solving tasks. The interpretation of this cognitive data matches with conclusions drawn from pain and interpersonal stress research in pointing up the importance of flexible and creative strategies for the successful management of stress. The authors draw from the work of several others in concluding with several guidelines for building coping skills for a cognitive problem-solving therapy.

Houston investigates the relationship between trait anxiety and cognitive coping behavior in his contribution to the third section on anxiety and coping. The two studies reported demonstrate that reducing trait anxiety also has the effect of improving cognitive coping behaviors. In the conclusion to this treatment-oriented chapter, the author suggests that new treatments which might ideally combine anxiety reduction with cognitive coping strategies, similar to Meichenbaum *et al.* above, would be expected to be more effective in anxiety reduction. Only future research will test this prediction, but the