

International Handbook of Phobic and Anxiety Disorders in Children and Adolescents

Thomas H. Ollendick,

Neville J. King, & William Yule (Eds.)

New York: Plenum Press, 1994, 496 pp., \$A75 hardcover.

This book is part of Plenum's *Issues in Clinical Child Psychology* series, edited by Michael Roberts and Lizette Peterson. In the past readers would have been hard-pressed to find a single text that gives a detailed coverage of both scientific and clinical issues in the study of child anxiety disorders. This book will help to redress the situation. The editors have assembled a comprehensive textbook with contributions from some 39 international authors, organised into four sections. These deal respectively with general theoretical issues involving definition and aetiology, descriptions of specific anxiety disorders, assessment techniques and approaches to treatment. The first section opens with a thoughtful chapter by Martin Herbert which explores the methodological and conceptual difficulties involved in explaining the aetiology of abnormal anxiety in children. This is followed by a critical discussion of nosological systems and chapters dealing with the epidemiology of childhood fears. Of particular interest here is the contribution by Fonesca, Yule and Erol, who note a striking similarity between the most commonly reported fears across a number of cultures.

The breadth of the section dealing with specific disorders is impressive, covering the more commonly discussed anxiety problems such as specific phobias, separation anxiety and school refusal, as well as topics that have previously received less attention, including post-traumatic stress disorder, panic, and anxieties associated with medical settings. Each of these chapters includes a problem description, a discussion of diagnostic criteria, co-morbidity, course and prognosis, and an illustrative case example. Unfortunately, although well-written and authoritative, the chapters are organised according to DSM-III-R rather than DSM-IV criteria and include obsolete diagnostic categories such as Overanxious and Avoidant Disorders. This gives the section a somewhat "dated" appearance even though the book is less than a year old. The sections on assessment and treatment

contain much information that will be useful to both academics and practitioners. The assessment section presents a balanced appraisal of the strengths and limitations of structured interviews, self-report, behaviour checklists, direct observation, physiological and projective methods. In addition, Wendy Silverman provides an insightful discussion of some of the more challenging issues in the field, such as the importance of carrying out assessments within a broad developmental framework and the integration of parent and child assessment data.

The treatment section covers family systems, cognitive-behavioural, pharmacological and preventative strategies. Of these only the cognitive-behavioural and preventative chapters describe interventions which are tailored to specific anxiety disorders. The impression one is left with after reading this section is that treatment efficacy research in this field is still at an early stage. In the case of techniques based on family systems theory it is almost non-existent. Nevertheless, the preliminary results obtained with programs such as Phillip Kendall's integrated system of cognitive restructuring and graduated exposure for the treatment of anxious children are promising. The utility of each of the treatment chapters is also enhanced by the inclusion of detailed case examples.

Overall, this book represents one of the most comprehensive texts on child anxiety disorders yet published and is an excellent resource for educators, researchers and senior students in the fields of child psychology and psychiatry. It should also serve as a rich source of assessment and treatment ideas for clinicians concerned with helping anxious children.

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Widening Horizons: New Challenges, Directions and Achievements

Edited by Mark Tainsh and John Izard,

*The Australian Council for Educational Research Ltd.,
Melbourne, 1994. 215 pages, \$34.95 RRP*

Widening Horizons: New Challenges, Directions and Achievements, is a selection of papers from the 1994 National Conference on Behaviour

Student Behaviour Problems Widening Horizons New Challenges Directions And Achievements

A Gutmann



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