Part II focuses on the application of network analysis to the study and pro-
mulgation of social support. The three chapters help the reader grasp the basic con-
cepts of network analysis but do not communicate clearly exactly how it is done. One aspect of this section is dis-
quieting: The proponents of network analysis appear to discredit the other ap-
proaches to research on social support systems—the subject of Part I of the book. This kind of substantive inconsis-
tency is the major flaw of the book. For example, compare the following two quotes:

During the past decade, support system re-
searchers successfully demonstrated that health
is related, as well, to the availability of sup-
portive ties: e.g., the number of ties in a social
network, the frequency of contact with net-
work members, and the differential presence
of kin or friends in these networks. They have
shown that such ties provide individuals with
significant emotional aid, information, and
material resources. Supportive support systems
seem to foster good health directly, encourage
health-related behaviors, provide useful re-
sources in stressful situations, and give partic-
ipants helpful feedback for maintaining sound
behavioral practices. (Wellman, p. 172)

Social network analysis thus represents the
most complex of these avenues investigators
have explored in their search to identify the
social conditions associated with healthy hu-
man functioning. The other two approaches
echew detailed analysis of the social ecology
in which the individual is embedded, prefer-
ing instead to mark social support in terms
of simple measures of social integration or in
terms of indexes of access to intimate, confid-
_ing relationships ... I will also argue that
both of these approaches yield little useful in-
formation about social support; at most, they
have generated hypotheses that can best be
examined through the use of network analysis.
(Gottlieb, p. 204)

Part III, "Blending Lay and Profes-
sional Resources: Prospects for the Pro-
vision of Human Services," stands far
afield from the rest of the book. The three
chapters in the section are diquisitions
(a term Gottlieb favors) that adequately
cover mutual aid versus professional help-giving, formal and informal support
systems, and lessons learned from the paraprofessional movement. These are
community mental health topics, and they have to do with support systems. But
they offer nothing new, and they are not sufficiently connected conceptually with
the major content of the book for them to be included here.

Another criticism of the book is that the
reviews and discussions of the liter-
ature are redundant, with more than one
chapter frequently covering much of the
same ground. At the same time, refer-
ences to general systems theory, family
systems thinking, and other relevant
areas are notably absent. The book does
make a contribution, however, by pre-
senting an introduction to social support
that is, aside from being confusing, also
thought provoking.

Nonverbal Behavior:
Prescriptions for
Research

Klaus R. Scherer and
Paul Ekman (Eds.)
Handbook of Methods in Nonver-

al Behavior Research
Cambridge, England: Cambridge
$49.50 cloth; $19.95 paper

Review by
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tem: A Social-Psychological Analy-

sis with E. B. Ebbesen.

The editors concisely specify the purpose
of this handbook by suggesting that it
should be of interest to "anyone con-
cerned with measuring what a person
does in addition to and/or while speak-
ing" (p. xi). This is a fair summary of
what one finds in the volume—a review
of the research methods and paradigms
concerned with the variety of ways—in
addition to language—in which humans
express and convey meaning.

The volume is a welcome and suc-
cessful undertaking from several points
of view. There is a strong interdisciplinary

ary emphasis, which is appropriate given
that the origins of the interest in non-
verbal behavior can be traced to the
study of the expression and communi-
cation of emotion—a concept that is at
the intersection of biology, sociology,
psychiatry, and anthropology, as well as
several psychological subdisciplines. The
focus is on methodology and on research
and measurement techniques; at this
point in the development of the science
of nonverbal behavior, such a focus is
more useful and justifiable than a more
theoretical orientation would have been.

At the same time, the editors' choice of
topics thoughtfully maps the domain of
the discipline from substantive as well
as methodological viewpoints. The chap-
ters by the participants at a 1979 NATO
symposium in England are mostly of
high quality—detailed and technical,
but with useful didactic elements. Many con-
tributors report new data and discuss new
approaches or provide unique syntheses
of research efforts in an aspect of non-
verbal behavior. Most provide a review of
recurring themes and theoretical ideas,
in addition to dealing with research tech-
niques, measurement, and issues such as
sampling, reliability, and validity. Fi-
nally, most of the contributors went along
with the editors' exhortation to undertake
critical and evenhanded reviews evalu-
ating the various available methodologi-
ical alternatives. As a result, the cookbook
flavor is in balance with the thoughtful
and frank examination that has been ap-
plied by the majority of the contributors
to their areas of expertise.

In their informative introductory
chapter, editors Scherer and Ekman pre-

sent a cogent analysis of the complex rel-
ations among philosophical traditions,
disciplinary boundaries, research prob-
lems, and methodology. They focus in
particular on the constraints imposed on
the choice of method by the nature of
the phenomenon under investigation and
the researchers' theoretical preferences.

The introductory chapter is followed by
Paul Ekman's excellent review of dif-
ferent techniques for measuring facial
action. The techniques, which span a
period of 55 years, are classified with re-
gard to origin or rationale (e.g., linguistic,
ethological, and anatomical), compre-
hensiveness, the way in which facial-ac-
tion "units" have been depicted, the popu-
lations to which the technique has been
applied, reliability, and various types of
validity. The intent of the chapter is not
to teach a novice researcher how to mea-

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sure a facial action but to provide guidance about the criteria to take into account in technique selection.

Exline and Fehr's chapter on the assessment of gaze and mutual gaze, which follows, opens with a thorough discussion of definitional issues and a schematic representation of the various measurement decisions a researcher faces in visual-interaction research. The rest of the chapter is organized around these decision steps (e.g., choice of the context of measurement, one- vs. two-way visual interaction, the choice of recorded vs. live interaction, and the choice of data-recording equipment). There is also a useful review of the reliability and validity of gaze-related measures obtained from human observers.

In Chapter 4, Scherer successfully organizes his review of paradigms and parameters in vocal communication research around Brunswik's "lens" processing model, especially as it can be applied to the attribution of personality characteristics on the basis of vocal parameters. There is a detailed description of methods for the objective measurement of vocal parameters and a review of the interesting recent attempts by the Gieson group to study the observer's inference of "behavioral styles" from multichannel nonverbal information.

In the following chapter, Rosenfeld outlines a complex model for the measurement of communicative aspects of body movements and configurations. An important link is made with anatomic and sports kinesiology and with rehabilitative medicine. There is a thorough review of the various systems of measurement—the biomechanical, Labanotation, biosocial (including ethological and Hall's proxemics), social-structural (including Birdwhistell's kinesics), psychosocial, and so on.

The next two chapters move away from specific features of nonverbal behavior to broader but related questions. In his excellent article, Rosenthal outlines a general model of judgment studies in nonverbal behavior research and discusses in considerable detail the substantive experimental-design-related and statistical issues involved in the sampling of judges and encoders, the selection and presentation of stimuli, and the type of responses required from judges. Even experienced researchers can profit from this chapter, in part because so many of the methodological suggestions are experimentally substantiated.

In contrast, van Hooft's chapter—a general overview of statistical methods used to describe and analyze the categories and sequences of behavior—though very competently written, does not succeed as well in complementing the earlier chapters. Given the overall purpose and contents of the volume, too much space is devoted to elementary descriptions of multidimensional scaling, cluster analysis, Markov chains, and time-lag methods (as these have been applied in animal behavior research), and too little to human ethology and the unique problems involved in categorizing and analyzing the stream of human nonverbal behavior.

The last two chapters, respectively by Kendon, on the organization of behavior in face-to-face interactions, and by West and Zimmerman, on conversational analysis, do not serve this handbook well. Unlike other chapters, they do not offer balanced presentations and instead uncritically extol the virtues of their respective approaches to the study of human social behavior—the structuralist/interactionist approach in Kendon's case, ethnomethodology in the West-Zimmerman chapter. Kendon devotes the first 40 percent of his chapter to an elementary review of the work of Simmel, G. Mead, Sullivan, and others, whereas West and Zimmerman devote only the last seven pages of their 30-page chapter to the relation of conversations and nonverbal behavior. Both chapters, especially the latter, are dotted with sophistries at the theoretical level, and when research is discussed (on greetings, in Kendon's case), the authors' elaborate efforts nevertheless fail to convert the banal into the profound.

The volume concludes with a detailed and very useful technical appendix by Wallbott on the procedures, equipment, and troubleshooting in audiovisual recording.

Overall, this is an ambitious and highly commendable handbook. With the notable exceptions of the recent human-ethology and personal-space literature, there are remarkably few omissions. The rough edges that I have pointed out are not nearly as rough as could have been expected in a volume of this scope. The editors and the contributors are to be congratulated on producing an impressive book.

The editors of Treatment Planning in Psychiatry maintain that psychiatrists are to be distinguished from other professionals because of their ability to offer patients a variety of treatments. The psychiatric evaluation is seen as central to the provision of any effective treatment. Accordingly, they review five "treatment modalities": (a) psychodynamic (i.e., psychoanalytic) psychotherapy, (b) group psychotherapy, (c) biological therapy, (d) behavior therapy, and (e) family therapy. They have attempted to organize the presentations by providing a vignette of a depressed middle-aged man in response to which each of five chapters proposes assessment methods and treatment preferences.

At some point in the planning of this book it was decided to add chapters on special subpopulations—children, adolescents, and the elderly. Each chapter addresses the evaluation and treatment of the specific population in question by reflecting, in turn, on the five "treatment modalities" outlined in the first section of the book.

Confounding Variables in Psychiatric Treatment Planning

Jerry M. Lewis and Gene Usdin (Eds.)
Treatement Planning in Psychiatry
Washington, DC: American Psychiatric Association, 1982. 452 pp. $27.50

Review by
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