

Cognition, Emotion and Psychopathology: Theoretical, Empirical and Clinical Directions – Jenny Yiend, Editor, Cambridge University Press, 2006; pp. 312; \$75.00 hardback; \$34.99 paperback; www.cambridge.org.

Cognition, Emotion and Psychopathology is a compilation of works collected as a Festschrift for Andrew Mathews, the notable clinical scientist, whose work on cognitive bias has influenced the development of cognitive theories of anxiety disorders. The book is organized into three sections preceded by an introduction by Yiend and an entertaining and personally informed overview of Dr. Mathews' work by T.D. Borkovec. It includes four chapters on theoretical approaches, five chapters on empirical directions and five chapters on clinical perspectives. The collection attempts to give the reader a glimpse into the current state of research on cognition and emotion, and the application of the theory of cognitive biases in clinical work with patients with anxiety disorders, post traumatic stress disorder, and depression. The book provides a wonderful illustration of how cognitive therapy has evolved a paradigm of using scientific means of testing hypotheses about information processing that then inform working models for disorders that are evaluated clinically. As a clinician, educator and psychiatrist, my knowledge in the "testable hypothesis" arena was limited, at best, prior to reading this book. The text gave me a new perspective on how much basic psychological research data exists that underlies the models with which I treat my patients.

The first four sections of the book include a theoretical model of Generalized Anxiety Disorder presented by Mineka, an expansion of the model of personality dimension of trait anxiety by Eysenck, Mogg and Bradley's discussion of processing of threat information in anxiety, and Fox's synthesis of the findings related to attention and anxiety related biases. Each of these chapters is packed with empirical research and theoretical models that expand the reader's understanding of what cognitive experimental psychology has done to inform us about the phenomenon of cognitive biases in anxiety. The text provides substantial detail about research methods used (I will never confuse an emotional stroop test with a dot probe test again). It gave me tremendous respect for the careful and creative research methods employed in this work.

The second five sections of the book are dense, dedicated to empirical directions that are suggested by follow the models of cognition and emotion drawn from experimental data. These include hypotheses about habits of thought that produce memory biases in anxiety and depression by Hertel, a chapter on anxiety and its relation to ambiguity by Richards and a section on dissociating fear and disgust by Lawrence, Murphy and Calder. Rounding out the five is a section by MacLeod and colleagues on the relationship between anxiety linked attentional and interpretative bias, and Yiend and Mackintosh's summary of work on the experimental modification of processing biases. These five sections draw on the first four chapters and the chapters take a biopsychosocial approach. This section painstakingly details empirical research that has been done to piece together a more multidimensional and intricate model of the effects of information processing on depression and anxiety.

Finally, the last section of the book details clinical perspectives that relate to cognitive biases. The first two sections, Huppert and Foa's chapter on maintenance mechanisms and social anxiety, and Hirsch and Clark's mental imagery and social phobia give two different perspectives on how attention bias could affect individuals who are socially anxious. The last three sections of the book are in many ways the most unusual and interesting. J. Mark G. Williams details a paradigm case of difficulty with autobiographical memory and what that

might mean about emotion based information processing and clinical care. Teasdale gives an excellent overview of mindfulness based cognitive therapy and its' similarities and differences from standard cognitive therapy approaches as related to biases in information processing and attention. Finally, Gillian Butler, in a very practical-minded way, discusses what it we don't know and how clinical work often relies on instinct and metaphor to change the thinking processes and content in patients with emotional distress.

This book was an unusual, challenging and very informative work. I found it intriguing and exciting to understand what we know about the microscopic aspect of our thinking and how it informs our understanding about how to help our patients.

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