

BOOK REVIEWS

Alcohol Use and Misuse by Young Adults, by George S. Howard and Peter E. Nathan (Eds.). Notre Dame, Ind.: University of Notre Dame Press, 1994, 198 + vi pages, \$22.95 (cloth).

Alcohol-related problems abound in colleges across the United States. Educators, administrators, counseling staff and researchers are often at a loss as to how to address this significant national problem. George Howard and Peter Nathan have compiled a theoretically diverse and practical set of essays that give direction to prevention and intervention efforts in the college setting. This collection of 10 chapters ranges from broad theoretical strokes to precise details of program development and impediments.

The first section of the book deals with both the theoretical issues and practical struggles of those interested in addressing alcohol misuse among college students. In particular, in the first chapter Peter Nathan approaches the question of "Why won't they let us help them?" and articulates many of the dilemmas that faculty, staff and counselors face in the college environment when dealing with problems of multiple ideologies and manifestations of alcohol misuse. Amidst developmental changes occurring during late adolescence and the personal transition from family of origin to independent living environment, a multitude of social, psychological and contextual factors contribute to the rapid development of dysfunctional drinking patterns in colleges, often exemplified in fraternities and sororities. In the second chapter, James Smith provides a straightforward review of research on the biological underpinnings of alcohol abuse and offers concrete recommendations regarding children of alcoholics and others who are at elevated risk for the development of alcohol dependence. From a dramatically different perspective, the ethical issues faced by educators and administrators concerning educational obligations to incorporate alcohol use and misuse in the broader educational context and in core collegiate curriculum are powerfully articulated by Kevin McDonnell.

The second section of the book focuses on characteristics of effective helping programs on the college campus. The authors of these chapters, in discussing prevention and intervention in the college setting, represent the wide range of approaches to understanding human behavior and drives, and the complex process of the development of alcohol use and misuse. William Miller and Victoria Sanchez focus on motivating individuals to make healthier decisions and lifestyle changes and on having the mechanisms for such education and intervention integrated at all levels of the college environment. Their online computer access for personal assessment of risks and menu of alternatives for making changes is a noble way to increase accessibility and decrease the effort required to enter the prevention and in-

tervention arena. Using a public health model, these authors provide a demonstration of the effectiveness of their comprehensive intervention package at the University of New Mexico. John S. Baer and his associates describe their targeted prevention efforts at the University of Washington which focus on the skills training approach for at-risk college students. This clinical research group demonstrates that not only is such an approach feasible and acceptable to students but also that it results in decreased drinking over extended periods of time. The latter is no small feat given the extensive amount of money currently invested in universal and targeted prevention programs. John Keller offers the Alcoholics Anonymous perspective to understanding the development of alcohol misuse in college students. His depiction of the role of spirituality in recovery from alcohol-related problems contrasts markedly with earlier chapters. While at first glance the inconsistency in approaches across chapters may seem troublesome, the diversity in perspectives accurately reflects the state of the addiction field and our attempts to integrate insights garnered from often disparate intellectual perspectives.

The last section of the book focuses on three examples of effective programs to address alcohol misuse that exist at Dartmouth University, Brown University and Rutgers University. These chapters vary from presenting broad characteristics of educational and intervention programs to considering a detailed range of pragmatic aspects of developing and implementing such programs in institutions of higher education. Jean Kinney highlights the value of the primary prevention vision used at Dartmouth to address alcohol misuse in the college community. Particularly helpful is the articulation of common impediments to intervention development in the college setting. Kinney's discussion focuses detailed attention on the logistics of the development and implementation of comprehensive programs for the intervention of alcohol problems.

Bruce Donovan presents the BACCHUS program used at Brown University. This program is a student-focused program where social concerns are integrated at all levels of the educational process. It is noted in the Introduction (p. 9) that "Brown's approach is not to establish a completely new office on campus for campus alcohol problems" but rather to develop a strategy whereby all staff members are charged with coordinating the efforts of the entire university community so that educators and administrators work in concert to address alcohol misuse across the institution. The final chapter in the section on programs, written by Barbara McCrady, articulates the Rutgers University program. McCrady utilizes the social network focus as she attends to the important developmental transitions that students are undergoing as they move away from their homes and their families of ori-

gin. This chapter also provides a good research review of the efficacy of various treatment approaches.

This book fills a critical niche in the prevention and intervention arena. Given the level of alcohol-related problems and critical developmental transitions students are undergoing during the college years, there are surprisingly few well-focused books on alcohol misuse and prevention efforts among college students. The book reflects the diversity of conceptualizations of problem development in the addiction arena in general, and the editors have not shied away from major controversies in the field. This theoretical diversity lends credibility to this effort as readers of all types can benefit from the detailed exposés of this age group as well as from the exposure to alternative perspectives on etiology, prevention and intervention.

This well written compilation of essays provides both theoretical background to and practical application of prevention and intervention efforts concerning alcohol misuse and problems within the context of the college. The content as well as writing style should appeal to a diversified audience including administrators, faculty, clinicians and researchers. Those charged with developing programs at the university level, or facing problems in the classroom or clinical setting, as well as those interested in researching alcohol-related problems among college students, could well benefit from this text.

Contrary to its title, the book's focus is not on *all* young adults but on college students in particular. This narrower focus does not detract from the significance of this literary effort. In fact, a book focusing exclusively on the collegiate context may lead to more effective prevention efforts and interventions, with a fuller appreciation of the developmental issues unfolding in this social context. Finally, research addressing critical transitions into, through and out of college can benefit from the diversified approaches reflected in this text.

Perhaps purposely, there are few efforts to make comparisons or contrasts or to integrate other perspectives within each chapter. The Introduction written by Howard and Nathan does an exceptionally good job of discussing the philosophical differences that lead to such diversified and discrepant perspectives in the alcohol arena. While it is acknowledged that "alcohol misuse is best understood as a set of complex interdependencies among biological realities and learned behavior patterns, rather than mutually exclusive combatants set against one another in stark dualities" (p. 4), the text might have benefited from more effort to develop the interface between biology and learned behavior both within and across chapters.

SANDRA A. BROWN, PH.D.
Department of Psychiatry
University of California, San Diego
& VAMC, San Diego, Calif.

Under the Influence: Alcohol and Human Behavior, by John Jung. Pacific Grove, Calif.: Brooks/Cole Publishing Co., 1994, 335 + xiii pages, \$31.25 (paper).

John Jung's textbook, *Under the Influence: Alcohol and Human Behavior*, is a solid introduction to the issues of alco-

hol and human behavior. It might have been richer, theoretically, if the discussion of several major concepts of interest to those who study alcohol and its effects on human behavior had not been marginalized. Jung writes, in the first chapter, that the central concern of the book is with the psychology of alcohol; however, he conducts a review of the wider literature on drinking practices, intoxication and alcoholism. His review of the literature is concise and adequately grasps the content of the original research. However, some areas of alcohol studies, mainly those where drinking is environmentally or culturally situated, is taken for granted. This overall weakness is alleviated by chapters on alcohol use by women and a variety of ethnic groups. This criticism should be prefaced by stating that Jung manages to integrate a compilation of theory, treatment and behavioral literature on the subject of drinking and alcohol dependency.

Jung's large-scale examination of the literature on problem drinking and alcoholism draws its support mainly from the biopsychological, neuropsychological and behavioral theories of alcohol dependency. While Jung's psychological approach is understandable, the chapters that support the "alcoholic personality" and biological and genetic factors are better researched than other chapters. One weakness in *Under the Influence* is that the disease concept of alcoholism suffers by comparison with the weight given to those psychological theories. Writing on the disease concept, Jellinek (1960) found that the nature of the alcoholic's problems included "loss of control" and "craving," neither of which is regarded as significant in this book. Jung points to the use of general population surveys by Clark and Cahalan (1976) to indicate that little relationship was found between levels of drinking and loss of control. This point is used to illustrate that not all heavy drinkers, nor all alcoholics, are the same and that they may instead be "problem drinkers." Thus, it is not surprising that the chapter on "Self-Help and Alcoholism Recovery," which reviews the concepts of Alcoholics Anonymous and Al-Anon programs, is less successful than the other chapters.

The book includes several sections devoted to laboratory research involving such topics as expectancy controls and balanced placebo design experiments that measure "mood inventories" or the salivation of alcoholics. This reviewer finds it important to remember the distinction between naturalistic and laboratory observations, since behavioral patterns in laboratories are far removed from the typical social settings where alcohol is consumed. Some notable laboratory research is neglected in the text. For example, craving, the amount of time spent preoccupied or obsessed with alcohol, is neglected by Jung. Others have addressed this behavior, however, by observing craving in animal experiments with rats and ethanol. The recent naltrexone treatments designed to treat alcoholism are not discussed in an otherwise superb account of the effects of alcohol on the central and peripheral nervous system.

Citing a wide variety of scholarly evidence, Jung does an admirable job of documenting the interrelationship between social drinkers, heavy drinkers and alcoholics, and how these groups might face lapses, relapses and treatment modalities. In another chapter, Jung demonstrates a profound awareness of alcohol prevention as a means of social control, focusing