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# BOOK REVIEW

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## Human Behaviour

Title:  
Human Behaviour

Author:  
Prof E Nash, Prof B Stoch, Glynis D  
Harper

Publisher:  
Juta & Co (Ltd), 1990

Price:  
R69,00 exclusive of GST

Specifications:  
over 621 Pages - soft cover

Availability:  
From all medical booksellers  
including Juta's bookshops

This book, which is the outcome of years of experience in teaching the Human Behaviour Course in the Department of Psychiatry of the University of Cape Town, is on the whole successful in achieving its aim "to enable health professionals to understand and apply the basic concepts of psychology, sociology and anthropology to the practice of medicine".

The content is sound and up-to-date. It is very broad in scope, but has adequate depth. The book is divided into four parts. Part I presents accurate and succinct accounts of various theories of human development. Part II describes human development over the life cycle from birth to old age, using the theoretical frameworks presented in Part I. Part III explores basic mental and personality functioning and the mental state examination (including appearance, behaviour, speech, motivation, perception, learning, intelligence, thinking and personality). Part IV discusses the professional relationship, clinical interviewing and diagnostic problem-solving and presents a hierarchy of conceptual models (including medical, psychological, family, social, and cultural models)

that can be used in understanding human behaviour in relation to illness.

This book not only presents a large amount of information in a concise manner, but also manages to make its material very accessible by the listing of specific learning objectives at the beginning of each chapter and through the extensive use of headings and subheadings. In addition, the book is well referenced.

This book can be recommended as a resource not only for teachers and students of the health professions, but also for health practitioners including general practitioners/family doctors who wish to further their knowledge and application of the behavioural sciences to their clinical work.

RJ Henbest

