

## CRÍTICA DE LIBROS

Tous Ral, Muiños, Tous López and Tous Rovirosa (2012) *Diagnóstico propioceptico del temperamento y el carácter* [Proprioceptive diagnosis of temperament and character, In Spanish], Barcelona: Publicacions i Edicions de la Universitat de Barcelona.

This book was written by Dr. Josep Maria Tous Ral with the collaboration of Dr. Ruben Muiños Martinez, Oriol Tous López and Josep Maria Tous Rovirosa. Dr. Tous Ral is a full professor in the Psychology department, ex-dean of the Faculty of Psychology in the University of Barcelona and member of the Social Council of the Official College of Psychologists in Catalonia (Spain). Ruben Muiños (2008) defended his PhD, directed by Dr. Tous Ral, which served as empirical base for the Proprioceptive Diagnosis of Temperament and Character (DP-TC) construction. Josep Maria Tous Rovirosa, technician of FEDA and master of Pilates, contributed the empirical information on how the different muscles used during various parts of test performance were applied, as well as the empirical difference between equilibrioception and proprioception. Finally, Oriol Tous López, technician in computer science and chief of informatics projects, contributed greatly with the conversion of the analogical system of the test to the digitalized version.

The book consists of six parts and includes both theory and practical contributions for the use of DP-TC, and is a useful tool to obtain proprioceptive feedback from the somatic base. The information obtained with the DP-TC test makes it possible to fill the gap with important information on personal assessment and diagnosis, which complements the other techniques (interview, biography and other verbal and non-verbal tests), but all of these instruments assess the personal cognitive state and do not reflect the neurophysiological basis of conduct. On the other hand, the DP-TC consists of an integrative approach to body-emotion-mind and is suitable for general health and personality diagnosis.

The first part describes the theory used as the foundation of the Proprioceptive Diagnosis of Temperament and Character (DP-TC in Spanish), history of its evolution and general description of the method. Here you find the need to apply specific tests which show the specificity of individual behavior. The base of the DP-TC test was constructed from the classical works of Woodworth, Luria, Mira, Wolf and Allport, and finished with more recent scientific contributions of Eysenck, Rosenbaum, Ingram and Van Beers.

The second part explains the norms of application and correction with good graphical support for better comprehension and visualization. Here you obtain a descrip-

tion of the material needed for the test performance, stimuli and instructions both for the person applying the test and for participants. Moreover, the general indication of DP-TC use is given here in order to show how and to which areas it can be applied.

The third part of the book contains the statistical basis of the test, its variables, scores and scales, calculi reliability and validity of the DP-TC, easily understood with graphical support. Also found here are detailed descriptions of the observable variables, how they are obtained and standardized. The calculus of six bipolar dimensions (scales) and a description from which observable variables they are obtained is performed here. These six bipolar scales that are obtained from the DP-TC test are: (1) Mood state (Pessimism-Optimism); (2) Decision making (Submission-Dominance); (3) Attention Style (Intra-attention-Extra-attention); (4) Emotion (Distant-Affective); (5) Irritability (Inhibition-Excitability), and (6) Impulsivity (Rigidity-Variability). The study of normality distribution of the observed variables is given as Kolmogorov-Smirnoff test (score values are distributed at intervals of  $\pm\sigma$ ,  $\pm 2\sigma$  and  $\pm 3\sigma$ ). Factorial validity, temporal stability test-retest, difficulty index applied and external validity of the test are also included.

The fourth part is dedicated to the norms of diagnosis per scale and hand (non-dominant refers to temperament and dominant to character), with empirical description of each scale and its analysis and limitations. In addition, analysis of the dimensions is given by taking into account the intra-individual and inter-individual differences, manual coherence and examples of the integrative diagnosis of various combinations of the scores of different dimensions. This part describes the utility of proprioceptive assessment.

The fifth part of the book is a practical manual for the installation of the DP-TC software and how to run the program. It contains a general description of the program, its configuration and center/user registration and also gives advice with pictures of the processes to facilitate installation for those who are not accustomed to computer use. Finally, the last part of the book is an annex with written and graphical instructions to help the installation of a touch screen and the DP-TC software. It is an easy to use guide with step-by-step instructions to follow, illustrated and well described.

The strength of this system lies in the fact that there is no possibility of faking of the results as it is a projective method, based on the results obtained without visual feedback (proprioceptive only). It does not require contextual comprehension, only a basic knowledge of any language and minimal ability to understand the instructions. This may make it suitable for use with immigrants when language could be a barrier. This book is an ideal support for research, formation and applicative areas.

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