
BOOK REVIEWS

Kent A. Kiehl and Walter P. Sinnott-Armstrong (Eds.)

Handbook on psychopathy and law

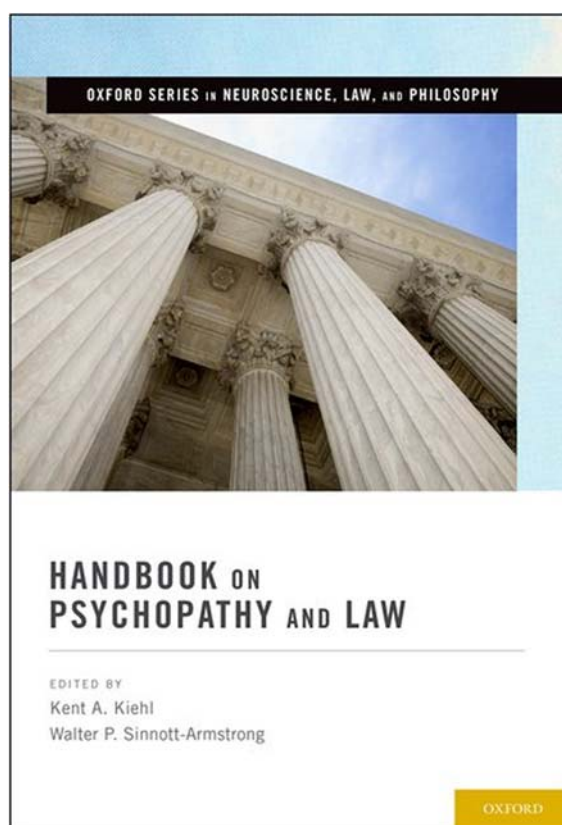
New York, NY: Oxford University Press, 2013, 395 pp.

ISBN: 978-0-1998-4138-7

Although psychopathy is estimated to represent less than 1% of the general population and 20% of prison population, psychopathy is considered to be one of the most expensive mental health disorders because of the great many crimes psychopaths commit. Psychopaths account for nearly 50% of violent crimes. They are two times more likely to recidivate, and three times more likely to recidivate violently than non-psychopathic offenders (Hare, 1999). But are psychopaths morally and legally responsible for their criminal behaviour? Or do they lack the ability to make moral judgments? What are the legal implications of neuroscience and behavioural genetic research in the field of psychopathy? Is psychopathy a mitigating factor, an aggravating factor in sentencing or neither? These are only examples of the most interesting and complex theoretical and practical issues that this volume aims to discuss related to psychopathy.

Kent A. Kiehl, one of the two editors of *Handbook on Psychopathy and Law*, is a leading expert in the study of psychopathy. Dr. Kiehl received his master's degree and PhD in Psychology and Neuroscience from the University of British Columbia. Currently he is a Professor in the departments of Psychology, Neuroscience, and Law at the University of New Mexico. He is also the Director of the Mobile Imaging Core and Clinical Cognitive Neuroscience at the non-profit Mind Research Network in Albuquerque, New Mexico. Dr. Kiehl specializes in clinical neuroscience research related to criminal psychopathy, psychotic disorders, substance abuse, paraphilias and traumatic brain injury.

The other editor, Walter Sinnott-Armstrong, received his PhD from Yale University. Besides being Chauncey Stillman Professor of Practical Ethics in the Department of



Philosophy and the Kenan Institute for Ethics at Duke University, he is a faculty member of the Duke Institute for Brain Sciences, the Duke Center for Cognitive Neuroscience, and the Duke Center for Interdisciplinary Decision Sciences. He is also a partner investigator at the Oxford Centre for Neuroethics, and research scientist at the Mind Research Network in New Mexico. His current work focuses on the uses of neuroscience in legal systems, and the impacts of neuroscience on free will and moral responsibility.

The current book, *Handbook on Psychopathy and Law* is based on a three-day workshop of the Society for the Scientific Study of Psychopathy (SSSP) held in New Orleans in 2009. The speakers of the workshop were invited to turn their lectures into chapters and explain the main debates and different views related to their field of research.

The book is divided into 9 parts and 19 chapters. The structure of the book is easy-to-follow, topics are well-chosen and most of the chapters conclude with a brief, useful summary and a discussion of salient issues.

In Chapter 1 (*Introduction*), the editors briefly describe the main issues associated with psychopathy. They highlight practical problems and theoretical challenges, which arise from the nature of psychopathic traits and their relationship to legal system and criminal responsibility. The following chapters of the book provide a coherent framework to address these issues.

Part 1 (*Diagnosis of Psychopathy*) focuses on the assessment of psychopathy. Readers interested in psychopathic measures with adequate research base will find valuable information in this part of the book. Chapter 2 by Forth, Bo and Kongerslev introduces the most widely used devices to assess psychopathy: the Psychopathy Checklist-Revised (PCL-R) and its two derivatives, the Psychopathy Checklist:

Screening Version (PCL:SV) and the Psychopathy Checklist: Youth Version (PCL:YV). In Chapter 3 Fowler and Lilienfeld introduce the alternatives to the PCL-R. They review self-report, observer and implicit measures of adult psychopathy and conclude that there are viable, well-validated alternatives to the PCL-R assessment of psychopathy, especially in the case of self-report measures.

Part 2 (*Development Perspectives on Psychopathy*) is devoted to the discussion of psychopathic traits in children and adolescents. Chapter 4 by Pardini and Byrd concentrates on the early manifestations of the interpersonal and affective features of psychopathy in youth. In contrast to the pessimistic view, recent studies suggest that early intervention may help to prevent the development of psychopathic traits in children and adolescents. Chapter 5 by Vitacco and Salekin is about the application of psychopathy construct to adolescent offenders. They review articles about the use of psychopathy in legal proceeding and conclude that although some clinicians and researchers are against assessing psychopathy in adolescents, evaluating psychopathy has important benefits when used in an adequate way.

Part 3 (*Decision-Making and Psychopathy*) begins with Chapter 6 by Koenigs and Newman, which discusses the psychological and neurological mechanisms that underlie psychopathy. The authors define psychopathy as a disorder of decision-making and review clinical and research evidence supporting this conceptualization. Chapter 7 by Borg and Sinnott-Amstrong is dedicated to the question whether psychopaths can make moral judgments. If psychopaths cannot decide between right and wrong, it is arguable whether they can be held criminally responsible for their crimes. Overall, it seems that they recognize the wrongness of their actions but they simply do not care.

The next session of the book, Part 4 (*Neuroscience and Psychopathy*) sheds light on the neural underpinnings of psychopathy. In Chapter 8 Anderson and Kiehl review evidence supporting functional differences in the brains of psychopaths. The chapter provides a detailed description of the methods for measuring brain function and introduces two significant neurobiological models of psychopathy developed by Blair (2006, 2007) and Kiehl (2006). Chapter 9 by Boccardi gives a brief summary of the structural brain correlates in psychopathy. It seems that the morphometric brain abnormalities are consistent with the two neurobiological models of psychopathy drawn from functional and neurophysiological data. To sum up, neurobiological evidence can help achieve a deeper comprehension of psychopathy, but it is important to keep in mind that the observed brain abnormalities are “correlates” rather than “causes” of psychopathic behaviour.

The chapters in Part 5 (*Genetics of Psychopathy*) introduce the current genetic research of psychopathy. In Chapter 10 Viding, Fontaine and Larsson review the genetic findings of psychopathic traits in children and adolescents. The authors focus on twin studies and also touch upon the studies of environmental risk factors using behavioural genetic research design. Chapter 11 written by Waldman and Rhee is aimed at determining the magnitude of genetic and environmental influences on antisocial behaviour and psychopathic traits and assessing the potential moderators that may account for heterogeneity in these influences.

Conclusively, these behavioural genetic findings have important implications for treatment planning and prevention of psychopathic traits.

Part 6 (*Treatment of Psychopathy*) focuses on the treatment opportunities of psychopathy. Although the Mendota Juvenile Treatment Center (MJTC) program described by Caldwell in Chapter 12 was not explicitly developed to treat psychopathic traits, it appears to be effective in breaking the link between psychopathic traits and violent offending. Nevertheless, results suggest that treatment may be more effective in youth than among adults with psychopathic traits, and juvenile justice systems would gain substantial benefits from developing specialized treatment programs.

There is strong evidence that psychopathy is associated with violent crimes and recidivism, which is the main focus of Part 7 (*Recidivism and Psychopathy*). As described in Chapter 13 by Rice and Harris, those scoring high on psychopathy measures are at high risk for future violence. The authors place a great emphasis on the predictive utility of PCL measures (which often performs better than other risk-specific measures). In Chapter 14 Edens, Magyar and Cox aim to unpack issues related to the assessment of psychopathy in forensic contexts. The authors suggest that forensic examiners should ensure that their assessments are based on solid empirical footage and they do not unduly stigmatize.

But are psychopaths morally and criminally responsible for their crimes? Part 8 (*Responsibility of Psychopaths*) is dedicated to the questions around psychopaths' responsibility in their acts. In Chapter 15 Litton argues that although psychopaths have incapacity to appreciate and respond to moral considerations, there are stronger reasons for the criminal law to hold psychopaths fully responsible. In Chapter 16 Pillsbury supports that psychopaths should not be excused from criminal responsibility. Overall, in this section of the book readers get to know why the responsibility status of psychopaths presents a real challenge even though their diagnostic features and clinical description are associated with increased blameworthiness.

Part 9 (*Detention of Psychopaths*) begins with the question of reducing the risk of violent offending. In Chapter 17 Morse defines three classes of offenders: psychopaths, people with antisocial personality disorder, and recidivist offenders with no hypothesized mental abnormality. The author argues that there is no optimal practice to detain these types of offenders that is in line with the protection of civil liberties. Chapter 18 by Corrado is about the preventive detention of psychopaths with an emphasis on two theories: the responsibility and the rights approach. The last chapter of the book by Luna provides a brief overview why psychopathy can serve as mitigating or aggravating factor at sentencing. After describing the theoretical arguments, the chapter reviews actual practice of noncapital sentencing as well. It seems that the psychopathic disorder is discriminated against in court and tends to increase an offender's punishment.

Given the financial and emotional damage caused by psychopathic individuals, it is important to learn more about psychopathy. Covering all the important topics, including the diagnosis of psychopathy, psychopathic measures, psychopathic traits in youth, genetic and neurological studies in

the field, treatments, ethical and legal issues, the *Handbook on Psychopathy and Law* provides the most comprehensive and up-to-date account of psychopathy. Written by experts in the field in a well-organized and readable fashion, this volume offers an important source of information not only for researchers but also for those working in the legal system and dealing with psychopaths on a daily basis. It is also recommended for students with an interest in learning more about this condition.

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Katherine Schreiber and Heather A. Hausenblas

The truth about exercise addiction—Understanding the dark side of thinspiration

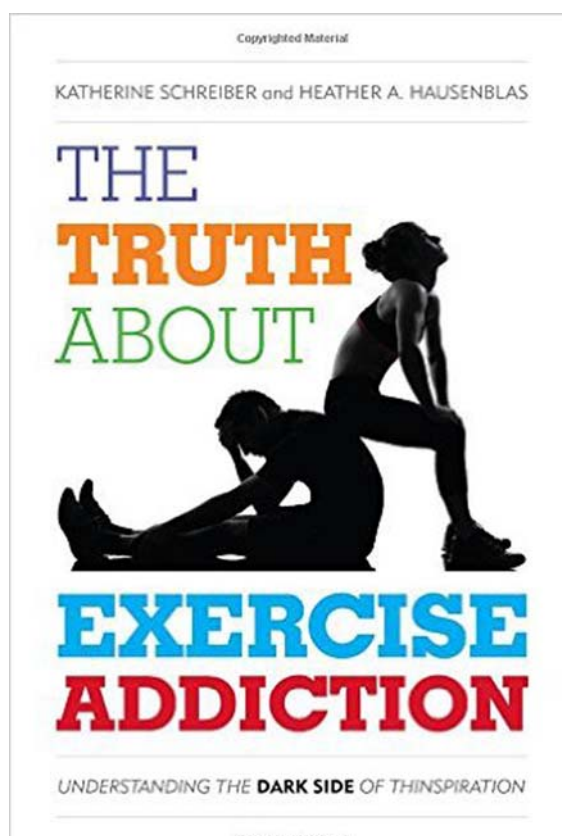
Rowman & Littlefield Publishing Group Inc., Lanham, Maryland, 2015, 239 pp.

ISBN: 978-1-4422-3329-4

Katherine Schreiber, the first author of “The truth about exercise addiction”, was born – and still lives – in the Big Apple. She has an undergraduate degree in Psychology. Currently, she is a writer and a Senior Editor at Group SJR publishing in New York. Her writings have appeared in several printed and Internet-based publications such as: Addiction.com, Greatist.com, PsychCentral, Psychology Standard, Psychology Today, and Weight Watchers Magazine. A detailed list of her articles can be accessed online at <http://ktschreib.com/writing/>.

Apart from writing and editing, Katherine is also a stand-up comedian and a yoga teacher. In addition to her many experiences and talented writing skills, she shares with the readers a first hand experience with exercise addiction.

Heather Hausenblas, the second author of the book, has obtained a PhD in kinesiology from the University of Western Ontario in Canada. Currently she is an Associate Professor at Jacksonville University in Florida. Her internationally renowned scholastic expertise is in the areas of physical activity and healthy aging. Heather has received several awards for her research and academic work. She has co-authored five scholastic books and published over 90 scientific journal articles. She enjoys exercising, spending time with family



and friends, and coaching and watching her three sons play sports. Interested readers may read more about Heather at: <http://hausenblasheather.com/>.

In the book, the two authors mirror extremely well the actual experiences and the current knowledge about *exercise addiction*, which is a morbid pattern of exercise behaviour with negative consequences to the affected individual as well as her or his social and professional life (Szabo, 2010). This problem is known under several names, such as: exercise dependence, exercise addiction, compulsive exercise, obligatory exercise, or exercise abuse. I am happy to see that Heather, who is the co-developer of the “Exercise Dependence Scale” – which is a paper and pencil tool for the assessment of risk for exercise addiction – is now using the

terminology “exercise addiction” in the book, which is perhaps the most inclusive notion of the disorder, because the term addiction includes *both* dependence and compulsion (Goodman, 1990).

The book is logically organized into ten coherent chapters. The first of these ten clarifies the concept, defines exercise addiction, and also presents scholastic data about

the various terminologies used for the connotation of the disorder and provides figures for its prevalence. The second chapter deals with the signs and symptoms of exercise addiction while touching base with other related disorders like dysmorphia and eating disorders. The third chapter presents an interesting historical account for exercise addiction. In the fourth chapter the reader becomes familiar with the neurobiological antecedents of exercise addiction as well as with various behavioural and personality aspects that could be linked to the disorder. The fifth chapter deals with the short and long term consequences of exercise addiction while the sixth chapter explores the possible causes and the fueling factors of exercise addiction. The seventh chapter has a unique scholastic contribution in that it presents nine real cases of exercise addiction, including that of Katherine, the first author of the book. Chapter eight looks at the treatment options for the affected individuals while chapter nine provides guidelines for approaching someone who is likely to be affected by exercise addiction. Finally, chapter ten answers the most frequently asked questions about exercise addiction that could be raised by both exercise enthusiasts and scholars interested and/or working in this field.

In addition to the ten well organized chapters, the authors provide useful resources in their appendices. In Appendix A the reader may learn about information sources concerning exercise addiction as well as inpatient and residential programs, primarily in the USA. Appendix B is very useful for students and scholars examining exercise addiction, because it presents a collection of the paper and pencil tools developed and validated for the assessment of the risk for exercise addiction. These are printed in a readily adaptable and usable format. They can be used for self-screening as well.

If I could describe this book in two words, I would say that it is *colourful* and *comprehensive*. It is colourful, because it approaches the problem from both applied (real life experiences) and theoretical (scholastic) perspectives. This approach yields a special “reading flavour” to the text, which makes the reader experience (through a triggered empathy) and understand quite easily the addictive aspects of exercise behaviour. This dualistic – applied-experienced and theoretical-scholastic – approach makes the book unique and special, as well as reliable. It is like the account of a patient and her doctor, or the sufferer and the healer (Brill & Lockshin, 2010), but instead of different angles, the issue is dealt with in a collective perspective, balanced

within the realms of experience and theory. The two worlds, united in a common dimension of the central issue, make the reading pleasurable and rather exciting.

The book is also comprehensive, because in addition to presenting, defining and analysing exercise addiction, it offers a discussion about the origin of the problem in historical and aetiological perspective, and pinpoints the “where goes wrong” aspects of the behaviour in conjunction with several personal, social, and behavioural or psychological antecedents. It is also comprehensive, because it tries to provide a number of possible solutions to the problem, starting from the very basics in approaching the likely affected individual and continuing with the various treatment options suited to individual needs.

Overall, this easy and pleasant reading illustrates the dark side of exercise behaviour from a wide and objective (as well as subjective) perspective encompassing the scientific approach and testimonies of first hand experiences with this rare morbidity. It is a highly recommended reading for both scholars, athletes and leisure or recreational exercisers, as well as people who have an avid exerciser in their social surroundings. After the first case study published on exercise addiction nearly twenty years ago (Griffiths, 1997), this resource collects and presents nine cases of exercise addiction, enriching the scholastic literature with the least heard voices; those of the victims of the disorder.

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