

Volume 12, Number 4

October 1984

# *Behavioural* \_\_\_\_\_ \_\_\_\_\_*Psychotherapy*

ACADEMIC PRESS



*A Subsidiary of Harcourt Brace Jovanovich, Publishers*

London New York Toronto Sydney San Francisco

<https://doi.org/10.1017/S0005039700001152> Published online by Cambridge University Press

# Behavioural Psychotherapy

AN INTERNATIONAL  
MULTIDISCIPLINARY  
JOURNAL FOR  
THE HELPING PROFESSIONS

## EDITORS

Ray Hodgson *Department of Psychology, Whitchurch Hospital, Whitchurch, Cardiff, U.K.*

William Yule *Department of Psychology, Institute of Psychiatry, London, U.K.*

## DEPUTY EDITOR

Tim Stockwell *Addiction Research Unit, Institute of Psychiatry, London, U.K.*

## ASSOCIATE EDITOR (U.S.A.)

G. Terence Wilson *Graduate School of Applied and Professional Psychology, Rutgers University, Piscataway, New Jersey, U.S.A.*

## BUSINESS MANAGER

Allan Norris *Psychology Department, Greycroft House, Bridge Street, Walsall, West Midlands, U.K.*

## BOOK REVIEWS

Brendan Bradley *Institute of Psychiatry, London, U.K.*

Sue Spence *Department of Psychology, University of Sydney, Australia*

## EDITORIAL BOARD

Kelly Brownell *Department of Psychiatry, University of Pennsylvania, Philadelphia, U.S.A.*

Iver Hand *Psychiatrische und Nervenlinik, Universität Hamburg, West Germany.*

Isaac Marks *Department of Psychiatry, Institute of Psychiatry, London, U.K.*

John Marzillier *Department of Psychology, University of Birmingham, U.K.*

Andrew Matthews *Department of Psychology, St George's Hospital, Tooting, London, U.K.*

## EDITORIAL ADVISORY BOARD

Joe Connolly (U.K.), Edward Craighead (U.S.A.), Paul Emmelkamp (*The Netherlands*), K. Gunnar Gotestam (*Norway*), Barbara Hudson (U.K.), David Horne (*Australia*), Derek Jehu (*Canada*), Philip Kendall (U.S.A.), Yves Lamontagne (*Canada*), Peter Lindsey (U.K.), Bill Marshall (*Canada*), Jim Orford (U.K.), Jack Rachman (U.K.), Howard Rankin (U.K.), Sten Ronnberg (*Sweden*), Bob Sanson-Fisher (*Australia*), Gudrun Sartory (U.K.).

---

Published quarterly (January–October) at 24–28 Oval Road, London NW1 7DX, England, by Academic Press Inc. (London) Limited. Volume 12, four issues; inland £22.00 including postage; abroad \$59.00 including postage. Subscription orders should be addressed to Academic Press Inc. (London) Limited, High Street, Footscray, Sidcup, Kent DA14 5HP, telephone 01 300 0155, except for those originating in the U.S.A., Canada and Central and South America, which should be addressed to Academic Press Inc., 111 Fifth Avenue, New York, New York 10003, U.S.A. Send notices of changes of address to the office of the Publishers at least 6–8 weeks in advance. Please include both old and new addresses. U.S.A. Postmaster send changes of address to: *Behavioural Psychotherapy*, Academic Press Inc., 111 Fifth Avenue, New York, New York 10003, U.S.A. Application to mail at second-class postage rates is pending at Jamaica, New York 11431, U.S.A. Air freight and mailing in the U.S.A. by Publications Expediting Inc., 200 Meacham Avenue, Elmont, New York 1003.

© 1984 British Association For Behavioural Psychotherapy. The appearance of the code at the bottom of the first page of a paper in this journal indicates the copyright owner's consent that copies of the paper may be made for personal or internal use, or for the personal or internal use of specific clients in the U.S.A. This consent is given on the condition within the U.S.A. that the copier pay the stated per-copy fee through the Copyright Clearance Center, Inc., 21 Congress Street, Salem, MA 01970, U.S.A. for copying beyond that permitted by Sections 107 or 108 of the U.S. Copyright Law. This consent does not extend to other kinds of copying, such as copying for general distribution, for advertising or promotional purposes, for creating new collective works for resale or for copying or distributing copies outside the U.S.A.

## CONTENTS

CRISP, A. G. and STURMEY, P. Organizing Staff to Promote Purposeful Activity in a Setting for Mentally Handicapped Adults: an Evaluation of Alternative Strategies—Small Groups and Room Management .....	281
LEVINE, B. A. Effects of Depression and Headache Type on Biofeedback for Muscle-contraction Headaches .....	300
MCCUE, E. C. and MCCUE, P. A. Organic and Hyperventilatory Causes of Anxiety-type Symptoms .....	308
WINEFIELD, H. R. The Nature and Elicitation of Social Support: Some Implications for the Helping Professions .....	318
HOLLIN, C. R. and HENDERSON, M. Social Skills Training with Young Offenders: False Expectations and the “Failure of Treatment” .....	331
HORNE, D. J. De L. and MCCORMACK, H. Behavioural Psychotherapy for a Blood and Needle Phobic Mastectomy Patient Receiving Adjuvant Chemotherapy .....	342
FLEMING, I. The Constructional Approach to “Problem Behaviour” in an Institutionalized Setting .....	349
DADDS, M. R., SANDERS, M. R. and BOR, B. Training Children to Eat Independently: Evaluation of Mealtime Management Training for Parents .....	356

# Behavioural Psychotherapy

The journal, *Behavioural Psychotherapy*, has grown naturally out of the Bulletin of the British Association for Behavioural Psychotherapy (B.A.B.P.) and is now read by a large cross-section of the helping professions, including psychologists, psychiatrists, nurses, teachers, social workers, counsellors and general practitioners. Our Editorial Advisory Board represents this wide spread and we hope that we can continue to attract articles having some relevance to all of these groups.

The scope of the journal is very broad. We will consider articles relevant to most areas of human behaviour and human experience which would be of interest to members of the helping and teaching professions. Typical areas covered by the journal are:

- \* Cognitive-behavioural approaches to therapy
- \* Experimental testing and methodology
- \* Behavioural assessment
- \* Psychological theory
- \* Application of concepts derived from experimental and social psychology
- \* Self-help and self-control
- \* Biofeedback and behavioural medicine
- \* Behavioural psychotherapy with children
- \* Prevention
- \* Theoretical and philosophical considerations.

Behavioural psychotherapy is an applied science, so we must expect that the concepts, methodology and techniques will change rapidly in the future. The journal will try to reflect and influence these changes.

## About B. A. B. P.

The British Association for Behavioural Psychotherapy was founded in 1972. It is a multi-disciplinary organization and full membership is open to members of the helping professions – psychologists, psychiatrists, social workers, nurses, probation officers, teachers, etc. The objects of the Association are to promote the advancement of the theory and practice of behavioural psychotherapy, to provide a forum for discussion, to disseminate information, to liaise with public and professional bodies, to promote research and to assist in training.

*B. A. B. P. Membership Secretary* Mr H. W. Lomas, Craig House, Bank Street, Bury BL9 0BA, U.K.