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# Synopses of Papers Awaiting Publication

**Six months-fixed term-once weekly Psychotherapy.** By HAROLD STEWART.

Twenty cases are described in which treatment has been by once-weekly out-patient psychotherapy for a maximum period of six months, the patient having been informed of the length of this fixed term from the start. The selection criteria are set out, the technique used is described, and the criteria for assessing therapeutic results defined. Some notions as to the probable mode of action are put forward, but no account is given of the actual course of treatment with any patient. The cases are briefly described in terms of complaints, a view of their family background, any previous treatment, and the results at a follow-up obtained by means of a questionnaire. It is suggested that this technique or variations on it is a useful and productive form of brief psychotherapy.

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**Creatine Phosphokinase Activity in Newly Admitted Psychiatric Patients.** By R. GOSLING, R. J. KERRY, J. E. ORME and G. OWEN.

Increased serum creatine phosphokinase (C.P.K.) levels have been reported in acutely psychotic patients. This study examines the proportion of psychotic and non-psychotic patients showing raised serum C.P.K. activity. This occurred in about half of the patients with psychotic illnesses but was absent in the non-psychotic patients. Raised serum C.P.K. was significantly associated with second order factor score patterns on the I.M.P.S. suggesting that mania and paranoid schizophrenia were more involved with this enzyme change than depression and non-paranoid schizophrenia.

Raised serum C.P.K. suggests that psychotic illness may be present, so that if a patient is found to have an abnormally high level further investigation is required. Clinically stable outpatients with increased C.P.K. activity were admitted to hospital a few days afterwards for psychotic illnesses. C.P.K. estimations would appear to be useful both on the ward and in the outpatient clinic.

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**The Nature of Anxiety.** By MALCOLM LADER.

A review of certain aspects of anxiety is presented. Problems of definition are outlined and the various types of anxiety summarized. Three aspects are discussed in detail—subjective aspects, cognitive factors, and physiological concomitants. Finally, a model of both normal and pathological anxiety is presented, incorporating the various aspects outlined earlier.

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**Physique, Personality and Mental Illness in the Southern Chinese.** By K. SINGER, P. T. CHANG and G. L. K. HSU.

A number of anthropometric measurements were made in Southern Chinese subjects. These were 411 schizophrenics, 42 affectives, 81 neurotics and 180 normal controls. All groups and sub-groups compared were matched for mean age and socio-economic status. Neuroticism was found to be significantly correlated with smallness of body size. Neurotics and schizophrenics had significantly smaller body size than controls. Early onset schizophrenics had significantly smaller body size than late onset schizophrenics. Schizophrenics and neurotics were significantly more linear than controls. These findings are in agreement with the intercorrelations generally found between body build, personality and type of mental illness in Caucasians. However, affectives were not found to be more pyknic than normal controls. The groups were not significantly differentiated in terms of androgyny.

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