



Christiane Brems

Clinical Professor, Psychiatry and Behavioral Sciences

Bio

BIO

Christiane Brems, PhD, ABPP, RYT-500, C-IAYT, received her PhD in Clinical Psychology from Oklahoma State University in 1987. Dr. Brems is licensed as a psychologist in several US states and board-certified as a clinical psychologist by the American Board of Professional Psychology (ABPP). She is a registered yoga teacher (E-RYT500) and certified C-IAYT yoga therapist. She is also certified in Interactive Guided Imagery.

She began her career in academia at the University of Oklahoma Health Sciences Center. She then served on faculty at the University of Alaska Anchorage for 23 years, where she held a variety of leadership positions, including as (Co-Founding) Director of the Center for Behavioral Health Research and Services, (Co-Founding) Director of the PhD Program in Clinical-Community Psychology, and Interim Vice Provost for Research and Dean of the Graduate School. Most recently, she served for nearly six years as Dean and Professor of the School of Graduate Psychology (SGP) at Pacific University Oregon.

Dr. Brems has worked for decades as an applied researcher and clinical practitioner with particular interests in health promotion, rural healthcare delivery, and all things yoga. Her work has been funded by grants and contracts from the National Institutes of Health, the Centers for Dis. Control and Prevention, the Substance Abuse and Mental Health Service Administration, and local and State of Alaska funding sources. She has shared her work extensively in over 120 peer-reviewed journal articles, 100s of technical reports, and several books, including the Comprehensive Guide to Child Psychotherapy (now in its 4th edition), Dealing with Challenges in Psychotherapy and Counseling, Basic Skills in Counseling and Psychotherapy, and others. Dr. Brems is committed to excellence in and integration of clinical services, teaching, consultation, and research.

Dr. Brems has integrated yoga, mindfulness, complementary interventions, and self-care strategies in her work as a consultant, author, dean, teacher, researcher, mentor, supervisor, colleague, and service provider. She values these practices as crucial aspects of day-to-day professional and personal life and seeks to enhance access to them for all who can benefit.

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Clinical Professor and Director of YogaX, Department of Psychiatry and Behavioral Sciences, School of Medicine, Stanford University, (2019- present)
- Dean, School of Graduate Psychology, Pacific University, Hillsboro, Oregon, (2012-2017)
- PhD Program Director for Accreditation, University of Alaska Anchorage and University of Alaska Fairbanks, (2011-2012)
- Interim Vice Provost of Research and Graduate Studies and Dean of the Graduate School, University of Alaska Anchorage, Anchorage, Alaska., (2011-2011)

- UAA Program Director (Founding Co-Director), PhD Program in Clinical-Community Psychology; U Alaska Anchorage and U Alaska Fairbanks, (2004-2012)
- Research Center Director (Founding Co-Director), Center for Behavioral Health Research and Services, Anchorage, Alaska, (1999-2012)

HONORS AND AWARDS

- School of Graduate Psychology Faculty Award for Valuable Contributions, Pacific University Oregon (2017)
- School of Graduate Psychology PsyD Program Faculty Award, Pacific University (2016)
- University of Alaska Anchorage Chancellor's Award for Outstanding Faculty, University of Alaska Anchorage (2007)
- Achievement of a Lifetime Award, Alaska Psychological Association (2006)
- Woman of Achievement Award, Anchorage YWCA/BP (1999)
- University of Alaska Anchorage Chancellor's Award for Excellence in Research and Creative Activity, University of Alaska Anchorage (1998)
- Contributions to the Profession of Psychology Award, Alaska Psychological Association (1994)
- Madigan (Professor of the Year) Award, Department of Psychology at the University of Alaska Anchorage (1990)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member of the Steering Committee, Academy of Integrative Health and Medicine Fellowship Program (2015 - 2017)
- Deans and Directors Council, College of Health Professions at Pacific University (2013 - 2017)
- Member of the Board of Directors, Oregon Collaborative for Integrative Medicine (2012 - 2017)
- Chancellor-appointed Member of the Biomedical Research Planning Group, University of Alaska Anchorage and University of Alaska Fairbanks (2010 - 2011)
- Biomedical Research Steering Committee, University of Alaska Anchorage (2008 - 2010)
- Council of Graduate Directors, University of Alaska Anchorage (2007 - 2011)
- Member of the CAS Dean's Scientific Advisory Council, University of Alaska Anchorage (2007 - 2010)
- Member of the Council of Research Directors, University of Alaska Anchorage (2006 - 2008)
- Co-Chair for the Healing from the Center Conference Planning Committee, University of Alaska Anchorage (2006 - 2007)
- University Liaison for the Western Psychological Association, University of Alaska Anchorage (1998 - 2008)
- President, Alaska Psychological Association, Anchorage, AK (1996 - 1998)
- Senior Research Associate, Alaska Psychiatric Institute, Anchorage, AK (1994 - 2007)
- Executive Director, Alaska Psychological Association, Anchorage, AK (1994 - 1996)
- Committee Member and Co-Chair, Continuing Education Committee for the State of Alaska of the Alaska Psychological Association (1992 - 1999)

PROFESSIONAL EDUCATION

- ABPP, American Board of Professional Psychology , Clinical Psychology (1998)
- C-IAYT, International Association of Yoga Therapists , Yoga Therapy (2016)
- E-RYT-200, Yoga Alliance , Yoga Teacher (2010)
- MS, Oklahoma State University , Psychology with Mental Health Specialty (1984)
- PhD, Oklahoma State University , Clinical Psychology (1998)

LINKS

- YogaX website: <https://www.yogaxu.com/>

Publications

PUBLICATIONS

- **The Role of Yoga in Treating Stress-Related Symptoms in Dental Hygiene Students.** *International journal of yoga*

- Alire, E., Brems, C., Bell, K., Chiswell, A.
2020; 13 (3): 213–22
- **Yoga as a mind-body practice** *Nutrition, fitness and mindfulness: an evidenced-based guide for clinicians*
Brems, C.
edited by Uribari, J. E., Vassalotti, J.
Springer.2020; 1: 137–155
 - **Mitigating the Antecedents of Sports-related Injury through Yoga.** *International journal of yoga*
Arbo, G. D., Brems, C., Tasker, T. E.
2020; 13 (2): 120–29
 - **Bridging Body and Mind: Case Series of a 10-Week Trauma-Informed Yoga Protocol for Veterans.** *International journal of yoga therapy*
Justice, L., Brems, C.
2019
 - **Mindfulness-based Wellness and Resilience intervention among interdisciplinary primary care teams: a mixed-methods feasibility and acceptability trial** *PRIMARY HEALTH CARE RESEARCH AND DEVELOPMENT*
Colgan, D., Christopher, M., Bowen, S., Brems, C., Hunsinger, M., Tucker, B., Dapolonia, E.
2019; 20
 - **Mindfulness-based Wellness and Resilience intervention among interdisciplinary primary care teams: a mixed-methods feasibility and acceptability trial.** *Primary health care research & development*
Colgan, D. D., Christopher, M., Bowen, S., Brems, C., Hunsinger, M., Tucker, B., Dapolonia, E.
2019; 20: e91
 - **Comprehensive guide to child psychotherapy and counseling**
Brems, C., Rasmussen, C.
Waveland.2019
 - **Empowering a Community from the Inside Out: Evaluation of a Yoga Teacher Training Program for Adults in Custody.** *International journal of yoga therapy*
Freeman, H., Brems, C., Michael, P., Marsh, S.
2018
 - **Bridging Body and Mind: Considerations for Trauma-Informed Yoga.** *International journal of yoga therapy*
Justice, L., Brems, C., Ehlers, K.
2018; 28 (1): 39–50
 - **Involving incarcerated individuals in the research process: Perspectives of key stakeholders** *ACTION RESEARCH*
Johnson, M. E., Brems, C., Mills, M. E., Eldridge, G. D.
2018; 16 (1): 43–64
 - **Yoga in Print Media: Missing the Heart of the Practice.** *International journal of yoga*
Freeman, H., Vladagina, N., Razmjou, E., Brems, C.
2017; 10 (3): 160–66
 - **Popular media images of yoga: Limiting perceived access to a beneficial practice** *Media Psychology Review*
Razmjou, E., Freeman, H., Vladagina, N., Freitas, J., Brems, C.
2017; 11 (2)
 - **Elements of yogic practice: Perceptions of students in healthcare programs.** *International journal of yoga*
Brems, C., Colgan, D., Freeman, H., Freitas, J., Justice, L., Shean, M., Sulenes, K.
2016; 9 (2): 121–29
 - **Mental Health Research in Correctional Settings: Perceptions of Risk and Vulnerabilities** *ETHICS & BEHAVIOR*
Johnson, M. E., Kondo, K. K., Brems, C., Ironside, E. F., Eldridge, G. D.
2016; 26 (3): 238–51
 - **Exploring strategies to enhance self-efficacy about starting a yoga practice** *Annals of Yoga and Physical Therapy*
Justice, L., Brems, C., Jacova, C.

2016; 1 (2): 1-7

- **Key Stakeholders' Perceptions of Motivators for Research Participation Among Individuals Who Are Incarcerated** *JOURNAL OF EMPIRICAL RESEARCH ON HUMAN RESEARCH ETHICS*
Hanson, B. L., Faulkner, S. A., Brems, C., Corey, S. L., Eldridge, G. D., Johnson, M. E.
2015; 10 (4): 360–67
- **HIV/AIDS Research in Correctional Settings: A Difficult Task Made Even Harder?** *JOURNAL OF CORRECTIONAL HEALTH CARE*
Johnson, M. E., Kondo, K. K., Brems, C., Eldridge, G. D.
2015; 21 (2): 101–11
- **Knowledge of Federal Regulations for Mental Health Research Involving Prisoners.** *AJOB empirical bioethics*
Johnson, M. E., Brems, C., Bergman, A. L., Mills, M. E., Eldridge, G. D.
2015; 6 (4): 12–18
- **Improving access to yoga: Barriers and motivators for practice among health professions students** *Advances in Mind-Body Medicine*
Brems, C., Justice, L., Sulenes, K., Girasa, L., Ray, J., Davis, M., Freitas, J., Shean, M., Colgan, D.
2015; 29: 6-13
- **Underuse of Yoga as a Referral Resource by Health Professions Students** *JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE*
Sulenes, K., Freitas, J., Justice, L., Colgan, D., Shean, M., Brems, C.
2015; 21 (1): 53–59
- **A Yoga Stress Reduction Intervention for University Faculty, Staff, and Graduate Students.** *International journal of yoga therapy*
Brems, C.
2015; 25 (1): 61–77
- **HIV/AIDS RESEARCH IN CORRECTIONAL SETTINGS: PERSPECTIVES ON TRAINING NEEDS FROM RESEARCHERS AND IRB MEMBERS** *AIDS EDUCATION AND PREVENTION*
Kondo, K. K., Johnson, M. E., Ironside, E. F., Brems, C., Eldridge, G. D.
2014; 26 (6): 565–76
- **Conducting Ethical Research with Correctional Populations: Do Researchers and IRB Members Know the Federal Regulations?** *Research ethics*
Johnson, M. E., Brems, C., Hanson, B. L., Corey, S. L., Eldridge, G. D., Mitchell, K.
2014; 10 (1): 6–16
- **COLLEGE STUDENTS' KNOWLEDGE ABOUT FETAL ALCOHOL SPECTRUM DISORDER** *JOURNAL OF POPULATION THERAPEUTICS AND CLINICAL PHARMACOLOGY*
Brems, C., Johnson, M. E., Metzger, J. S., Dewane, S. L.
2014; 21 (2): E159–E166
- **Alternative and Complementary Treatment Needs and Experiences of Women with Breast Cancer** *JOURNAL OF ALTERNATIVE AND COMPLEMENTARY MEDICINE*
Brems, C., Barnett, J., Parret, V., Metzger, J., Johnson, M. E.
2013; 19 (7): 657–63
- **Ethical Challenges in Conducting HIV/AIDS Research in Correctional Settings** *JOURNAL OF CORRECTIONAL HEALTH CARE*
Eldridge, G. D., Robinson, R., Corey, S., Brems, C., Johnson, M. E.
2012; 18 (4): 309–18
- **Changes in sexual activity following substance dependence treatment** *JOURNAL OF SUBSTANCE USE*
Johnson, M. E., Hanson, B. L., Metzger, J. S., Brems, C., Dewane, S. L.
2012; 17 (4): 340–47
- **Prevention of fetal alcohol spectrum disorders: Educational needs in academia** *Journal of Alcohol and Drug Education*
Brems, C., Boschma-Wynn, R., Dewane, S., Edwards, A., Robinson, R.
2011; 55: 15-37
- **"If Only Someone Had Told Me ...": Lessons From Rural Providers** *JOURNAL OF RURAL HEALTH*
Chipp, C., Dewane, S., Brems, C., Johnson, M. E., Warner, T. D., Roberts, L. W.
2011; 27 (1): 122-130

- **Ethical challenges in conducting psychiatric or mental health research in correctional settings** *American Journal of Bioethics - Primary Research*
Eldridge, G. D., Johnson, M. E., Brems, C., Corey, S. L.
2011; 2: 42-51
- **Knowledge, attitudes, and behaviors of health, education, and service professionals as related to fetal alcohol spectrum disorders** *INTERNATIONAL JOURNAL OF PUBLIC HEALTH*
Johnson, M. E., Robinson, R., Corey, S., Dewane, S. L., Brems, C., Casto, L.
2010; 55 (6): 627-35
- **Health Care Providers' Reports of Perceived Stigma Associated with HIV and AIDS in Rural and Urban Communities** *JOURNAL OF HIV-AIDS & SOCIAL SERVICES*
Brems, C., Johnson, M. E., Warner, T. D., Roberts, L.
2010; 9 (4): 356-70
- **TRAINING NEEDS OF HEALTHCARE PROVIDERS RELATED TO CENTERS FOR DISEASE CONTROL AND PREVENTION CORE COMPETENCIES FOR FETAL ALCOHOL SPECTRUM DISORDERS** *JOURNAL OF POPULATION THERAPEUTICS AND CLINICAL PHARMACOLOGY*
Brems, C., Boschma-Wynn, R. V., Dewane, S. L., Edwards, A. E., Robinson, R. V.
2010; 17 (3): E405-E417
- **Health Risk Factors in an Adolescent Psychiatric Residential Treatment Facility** *RESIDENTIAL TREATMENT FOR CHILDREN & YOUTH*
Chipp, C., Corey, S., Johnson, M., Brems, C.
2010; 27 (4): 314-25
- **BRIEF MOTIVATIONAL INTERVENTIONS FOR HIV/STI RISK REDUCTION AMONG INDIVIDUALS RECEIVING ALCOHOL DETOXIFICATION** *AIDS EDUCATION AND PREVENTION*
Brems, C., Dewane, S. L., Johnson, M. E., Eldridge, G. D.
2009; 21 (5): 397-414
- **Community-Based Participatory Research for Improved Mental Health** *ETHICS & BEHAVIOR*
Smikowski, J., Dewane, S., Johnson, M. E., Brems, C., Bruss, C., Roberts, L. W.
2009; 19 (6): 461-478
- **When Providers and Patients Come from Different Backgrounds: Perceived Value of Additional Training on Ethical Care Practices** *TRANSCULTURAL PSYCHIATRY*
Roberts, L. W., Johnson, M. E., Brems, C., Warner, T. D.
2008; 45 (4): 553-565
- **Receiver operating characteristics for the Brief Symptom Inventory Depression, Paranoid Ideation, and Psychoticism scales in a large sample of clinical inpatients** *PSYCHOLOGICAL REPORTS*
Johnson, M. E., Chipp, C. L., Brems, C., Neal, D. B.
2008; 102 (3): 695-705
- **Brief motivational interventions for sexual risk reduction in alcohol detoxification**
Brems, C., Johnson, M. E., Dewane, S. L., Eldridge, G. D.
PSYCHOLOGY PRESS.2008: 80-81
- **Overlapping relationships of rural and urban providers with their patients**
Johnson, M., Brems, C., Mills, M. E., Warner, T. D., Roberts, L. W.
PSYCHOLOGY PRESS.2008: 438
- **Adaptations to healthcare barriers as reported by rural and urban providers** *Journal of Health Care for the Poor and Underserved*
Chipp, C. C., Johnson, M. e., Brems, C., Warner, t. d., Roberts, L. w.
2008; 19
- **Ethical disparities: Challenges encountered by multidisciplinary providers in fulfilling ethical standards in the care of rural and minority people** *JOURNAL OF RURAL HEALTH*
Roberts, L. W., Johnson, M. E., Brems, C., Warner, T. D.
2007; 23: 89-97
- **Psychiatric symptomatology among individuals in alcohol detoxification treatment** *ADDICTIVE BEHAVIORS*

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- Johnson, M. E., Brems, C., Mills, M. E., Fisher, D. G.
2007; 32 (8): 1745–52
- **Hearing consumer voices: Planning HIV/sexually transmitted infection prevention in alcohol detoxification** *JANAC-JOURNAL OF THE ASSOCIATION OF NURSES IN AIDS CARE*
Brems, C., Dewane, S.
2007; 18 (1): 12–24
 - **Self-reported childhood abuse and adult physical health among psychiatric patients** *Journal of Psychological Practice*
Johnson, M. E., Pratt, D. K., Brems, C.
2007; 14
 - **Challenges and uniqueness of rural and frontier services in the United States** *Journal of Psychological Practice*
Brems, C., Johnson, M. E.
2007; 14
 - **Exploring differences in caseloads of rural and urban healthcare providers in Alaska and New Mexico** *PUBLIC HEALTH*
Brems, C., Johnson, M. E., Warner, T. D., Roberts, L. W.
2007; 121 (1): 3-17
 - **Survey return rates as a function of priority versus first-class mailing** *PSYCHOLOGICAL REPORTS*
Brems, C., Johnson, M. E., Warner, T., Roberts, L. W.
2006; 99 (2): 496-501
 - **Moderating effects of control on the relationship between stress and change** *ADMINISTRATION AND POLICY IN MENTAL HEALTH AND MENTAL HEALTH SERVICES RESEARCH*
Johnson, M. E., Brems, C., Mills, M. E., Neal, D. B., Houlihan, J. L.
2006; 33 (4): 499–503
 - **Rural-urban health care provider disparities in Alaska and New Mexico** *ADMINISTRATION AND POLICY IN MENTAL HEALTH AND MENTAL HEALTH SERVICES RESEARCH*
Johnson, M. E., Brems, C., Warner, T. D., Roberts, L. W.
2006; 33 (4): 504-507
 - **Depression as measured by the Beck Depression Inventory-II among injecting drug users** *ASSESSMENT*
Johnson, M. E., Neal, D. B., Brems, C., Fisher, D. G.
2006; 13 (2): 168–77
 - **Preferences of Alaska and New Mexico psychiatrists regarding professionalism and ethics training** *ACADEMIC PSYCHIATRY*
Roberts, L. W., Johnson, M. E., Brems, C., Warner, T. D.
2006; 30 (3): 200-204
 - **The need for continuing education in ethics as reported by rural and urban mental health care providers** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Johnson, M. E., Brems, C., Warner, T. D., Roberts, L. W.
2006; 37 (2): 183-189
 - **Patient requests and provider suggestions for alternative treatments as reported by rural and urban care providers** *COMPLEMENTARY THERAPIES IN MEDICINE*
Brems, C., Johnson, M. E., Warner, T. D., Roberts, L. W.
2006; 14 (1): 10-19
 - **Barriers to healthcare as reported by rural and urban interprofessional providers.** *Journal of interprofessional care*
Brems, C., Johnson, M. E., Warner, T. D., Roberts, L. W.
2006; 20 (2): 105-118
 - **Comparing depressed psychiatric inpatients with and without coexisting substance use disorders** *Journal of Dual Diagnosis*
Brems, C., Dewane, S. L., Johnson, M. E., Neal, D. B., Burns, R.
2006; 2
 - **Dual diagnosis: Variations across differing comorbid diagnoses** *Journal of Dual Diagnosis*

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- Brems, C., Johnson, M. E., Burns, R., Kletti, N.
2006; 2: 109-129
- **Ethical considerations in rural health care: A pilot study of clinicians in Alaska and New Mexico** *COMMUNITY MENTAL HEALTH JOURNAL*
Warner, T. D., Monaghan-Geernaert, P., Battaglia, J., Brems, C., Johnson, M. E., Roberts, L. W.
2005; 41 (1): 21-33
 - **Utility of the Behavior and Symptom Identification Scale (BASIS-32) at an Alcohol Detoxification Unit** *ALCOHOLISM TREATMENT QUARTERLY*
Johnson, M. E., Brems, C., Mills, M. E., Freemon, M.
2005; 23 (1): 17-29
 - **Consumer perspectives on services needed to prevent psychiatric hospitalization** *ADMINISTRATION AND POLICY IN MENTAL HEALTH AND MENTAL HEALTH SERVICES RESEARCH*
Brems, C., Johnson, M. E., Covey, S., Podunovich, A., Burns, R.
2004; 32 (1): 57-61
 - **Comorbidity in Alaska: evidence and implications for treatment and public policy.** *Alaska medicine*
Brems, C., Johnson, M. E.
2004; 46 (1): 4-17
 - **Childhood abuse history and substance use among men and women receiving detoxification services** *AMERICAN JOURNAL OF DRUG AND ALCOHOL ABUSE*
Brems, C., Johnson, M. E., Neal, D., Freemon, M.
2004; 30 (4): 799-821
 - **A comparison of schizophrenic patients with or without coexisting substance use disorder** *PSYCHIATRIC QUARTERLY*
Farris, C., Brems, C., Johnson, M. E., Wells, R., Burns, R., Kletti, N.
2003; 74 (3): 205-22
 - **HIV and other infectious disease prevention activities at mental health and substance abuse treatment agencies in Alaska** *ADMINISTRATION AND POLICY IN MENTAL HEALTH*
Brems, C., Johnson, M. E., Watkins, K.
2003; 30 (4): 355-59
 - **Relationship among gender, depression, and needle sharing in a sample of injection drug users** *PSYCHOLOGY OF ADDICTIVE BEHAVIORS*
Johnson, M. E., Yep, M. J., Brems, C., Theno, S. A.
2002; 16 (4): 338-41
 - **Comorbidity training needs at a state psychiatric hospital** *ADMINISTRATION AND POLICY IN MENTAL HEALTH*
Brems, C., Johnson, M. E., Bowers, L., Lauer, B., Mongeau, V. A.
2002; 30 (2): 109-20
 - **Rates and sequelae of the coexistence of substance use and other psychiatric disorders.** *International journal of circumpolar health*
Brems, C., Johnson, M. E., Wells, R. S., Burns, R., Kletti, N.
2002; 61 (3): 224-44
 - **Clients with substance abuse and mental health concerns: A guide for conducting intake interviews** *JOURNAL OF BEHAVIORAL HEALTH SERVICES & RESEARCH*
Brems, C., Johnson, M. E., Namyniuk, L. L.
2002; 29 (3): 327-34
 - **The relationship of childhood abuse history and substance use in an Alaska sample** *SUBSTANCE USE & MISUSE*
Brems, C., Namyniuk, L.
2002; 37 (4): 473-94
 - **Recognizing comorbidity among drug users in treatment** *AMERICAN JOURNAL OF DRUG AND ALCOHOL ABUSE*
Johnson, M. E., Brems, C., Burke, S.
2002; 28 (2): 243-61
 - **Self-reported levels of psychopathology of drug abusers not currently in treatment** *JOURNAL OF PSYCHOPATHOLOGY AND BEHAVIORAL ASSESSMENT*
Johnson, M. E., Brems, C., Fisher, D. G.

1996; 18 (1): 21-34

● **ASSESSMENT OF FAIRNESS IN CHILD-CUSTODY DECISIONS** *CHILD ABUSE & NEGLECT*

BREMS, C., CARSSOW, K. L., SHOOK, C., STURGILL, S., CANNAVA, P.

1995; 19 (3): 345-53

● **PERSON DRAWINGS BY TRANSSEXUAL CLIENTS, PSYCHIATRIC CLIENTS, AND NONCLIENTS COMPARED - INDICATORS OF SEX-TYPING AND PATHOLOGY** *ARCHIVES OF SEXUAL BEHAVIOR*

BREMS, C., ADAMS, R. L., SKILLMAN, G. D.

1993; 22 (3): 253-64