

Book Review

Kanas N. *Behavioral Health and Human Interactions in Space*.

Cham (Switzerland): Springer Nature; 2023. Available from <https://link.springer.com/book/10.1007/978-3-031-16723-2>.

Dr. Kanas has recently published his newest book, *Behavioral Health and Human Interactions in Space*. The book is written primarily as a textbook for students in aerospace medicine, psychiatry, psychology, and the social sciences to provide a broad overview of the psychological and behavioral health issues that can affect astronauts in low Earth orbit and long-duration missions to the Moon and beyond.

Dr. Kanas's book is organized into nine chapters covering multiple domains that impact behavioral health and performance during spaceflight, from initial adaptation to microgravity and fatigue countermeasures to interpersonal interactions and responses; also included are chapters on crewmember selection and team interactions. This book is primarily written to provide learners with practical knowledge of how humans adapt, interact interpersonally, and thrive in the hostile environment of space. Additionally, Dr. Kanas includes chapters on analog missions and commercial spaceflight, as well as the Artemis missions to the Moon and beyond.

Dr. Kanas has been writing about psychological and interpersonal issues affecting people living and working in space for over 50 yr. This work is the product of a wealth of publications and experience, including three previous books on space psychology/psychiatry and a 1971 NASA Technical Memorandum that examines the early days of human spaceflight and paves the

way for our current discussion of the importance of human factors in long-duration missions.

In this book, Dr. Kanas draws heavily from his previous work, a NASA Technical Memorandum titled "Behavioral, Psychiatric, and Sociological Problems of Long-Duration Space Missions (NASA-TM-X-58,067)". This work was foundational for Dr. Kanas' later research for his previous books and laid the groundwork for this current text. The writing quality is what one would expect for a standard textbook on this subject. The chapters are well organized; each chapter ends with some very useful and stimulating ideas to think about ("Food for Thought"), along with a list of references. Additionally, Dr. Kanas includes relevant sections labeled "FROM THE ARCHIVES" in gray, which provide a nice historical contrast and comparison to contemporary work.

For the reader who is interested in more of a technical manual, this text weighs heavier on the historical and practical end of the spectrum. However, for students of aerospace psychiatry, medicine, and psychology, and for other people working in the aerospace industry or the general public, this work amply reviews the field and provides a broad, rich wealth of information in a scholarly fashion.

Dr. Kanas's book is a cogent, practical textbook that focuses on the most fragile element of human space exploration: the human element. I highly recommend this book for all who endeavor to learn more about behavioral health and human interactions in space.

Reviewed by

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