...with Essi Viding

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One book that you think all psychologists should read
Michael Rutter's *Genes and Behaviour*. It eloquently and effortlessly gives a comprehensive overview of behaviour genetics.

One little known fact about psychopathy
It is not untreatable. There is now data from juvenile settings that is very promising with regard to treatment outcome. The challenge is to figure out what drives behavioural change and get better and more effective in delivering treatment.

One thing that you would change about psychology
Nothing. This is a diverse field doing some of the most exciting science around.

One challenge you think psychology faces
Translating basic science into practice, particularly in a way that fully utilises findings from different traditions of psychology and different methodological approaches.
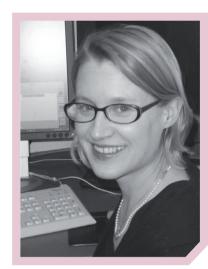
One nugget of advice for aspiring psychologists
Don't take the review process personally. You have to be able to eat humble pie in the face of constructive criticism and to be bold enough to ignore the less constructive sort.

One way genetic research in psychology is developing
Researchers are really starting to crack the mechanisms of gene–environment interplay, which is exciting. Some of the coolest work at the moment is done by people working on epigenetics, such as Jon Mill at the Institute of Psychiatry. He is looking at how environmental influences can determine whether a gene is expressed or not, and how gene expression in response to environmental influences may vary between individuals who have different genotypes.

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One cultural recommendation
Hefner, for music and lyrics.

One alternative career path you may have chosen
Architect. In fact, I seriously considered it before applying to do psychology. My son's second name is Alvar in homage to the Finnish architect Alvar Aalto.

One hero or heroine from psychology past or present
In the interest of equality, I will pick both a hero and a heroine: Robert Plomin and Uta Frith. Both are amazing researchers who have been trailblazers in their fields and both are incredibly generous mentors for the next generation of researchers.

One psychological superpower you'd like to have
It would be handy to be able to crank out complex stats without a computer.

One great thing that psychology has achieved
Innovative social psychology research that has explored the effects of cultural stereotypes on behaviour. Cordelia Fine has done a magnificent job in overviewing some of this research in her book *Delusions of Gender*, which debunks many of the sex difference stereotypes that we seem to hold so dear.

One problem that psychology should deal with
It is frustrating to see so many excellent female scientists and practitioners not progressing to the more senior roles in their profession. I am confident that better mentoring arrangements would go a substantial way towards solving this problem, as would formal institutional arrangements such as organising lectures and meetings at child-friendly hours/dates.

More online at www.thepsychologist.org.uk

resource
Viding, E., Blair, J.R., Moffitt, T.E. & Plomin, R. (2005). Evidence for substantial genetic risk for psychopathy in 7–year–olds. *Journal of Child Psychology and Psychiatry, 46*, 592–597. 'It was the first to demonstrate heritability difference for psychopathic vs. non–psychopathic antisocial behaviour.'