

Bibliotherapy

Get into reading for self-help, self-care and to boost your mood

Definition of bibliotherapy

: the use of reading materials for help in solving personal problems or for psychiatric therapy
also : the reading materials so used
(Merriam-Webster Dictionary)

"the house of healing for the soul" - Pharaoh Ramses II on the Theban Library

"Words are the physicians of a mind diseased" - Aeschylus, c500 BC

Selection of articles to support reading for health and wellbeing

Bibliotherapy: Reading OVID During COVID

Stip, Emmanuel; Östlundh, Linda; Abdel Aziz, Karim

Frontiers in psychiatry; 2020; vol. 11 ; p. 567539

Available at [Frontiers in psychiatry](#) - from Europe PubMed Central - Open Access

The long-term effects of bibliotherapy in depression treatment: Systematic review of randomized clinical trials.

Gualano, M R; Bert, F; Martorana, M. et al

Clinical psychology review; Dec 2017; vol. 58 ; p. 49-58

Effectiveness of Mindfulness-Based Stress Reduction Bibliotherapy: A Preliminary Randomized Controlled Trial.

Hazlett-Stevens, Holly; Oren, Yelena

Journal of clinical psychology; Jun 2017; vol. 73 (no. 6); p. 626-637

Available at [Journal of clinical psychology](#) - from EBSCO (Psychology and Behavioral Sciences Collection)

Murder by the book: using crime fiction as a bibliotherapeutic resource.

Brewster, Liz

Medical humanities; Mar 2017; vol. 43 (no. 1); p. 62-67

Available at [Medical Humanities](#) - from BMJ Journals - NHS

Cognitive bibliotherapy for mild depressive symptomatology: randomized clinical trial of efficacy and mechanisms of change.

Moldovan, Ramona; Cobeau, Oana; David, Daniel

Clinical psychology & psychotherapy; 2013; vol. 20 (no. 6); p. 482-493

Available at [Clinical psychology & psychotherapy](#)

An evaluation of a collaborative bibliotherapy scheme delivered via a library service.

Macdonald, J; Vallance, D; McGrath, M

Journal of psychiatric and mental health nursing; Dec 2013; vol. 20 (no. 10); p. 857-865

Evaluation of a bibliotherapy manual for reducing psychological distress in people with depression: a randomized controlled trial.

Songprakun, Wallapa; McCann, Terence V

Journal of advanced nursing; Dec 2012; vol. 68 (no. 12); p. 2674-2684

Available at [Journal of advanced nursing](#)

Organisations

Reading Agency - their vision is for a world where everyone is reading their way to a better life. The agency incorporates the Reading Well programmes including Books on Prescription and Mood Boosting Books
<https://readingagency.org.uk/about/programmes/>

Reading Well evidence base
<https://readingagency.org.uk/adults/quick-guides/reading-well/>

ReLit - charity promoting bibliotherapy for mental health
<http://relit.org.uk/>

Twitter hashtags

#bibliotherapy
#ProvenPowerofReading
#ReadTalkShare
@ReadingAgency

Interesting reads

<https://whatworkswellbeing.org/resources/what-helped-the-uk-cope-with-the-covid-19-pandemic-and-lockdowns/>

<https://www.theguardian.com/books/2020/sep/02/stories-healing-funding-bibliotherapists-ann-cleeves>

To browse our Health and Wellbeing book collection and other resources go to
<https://www.hantshealthcarelibrary.nhs.uk/health-and-wellbeing-resources.asp>



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