

REINVENTING BIBLIOTHERAPY

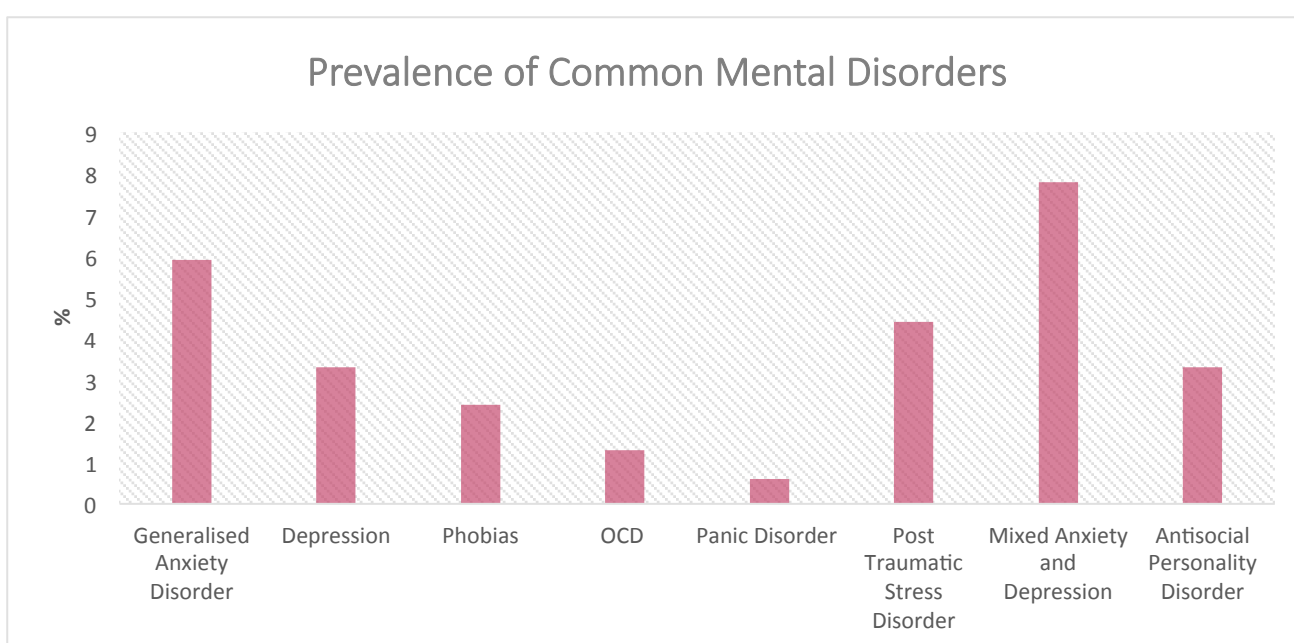
WHAT IS THE BEST MODE OF READING TO REDUCE ANXIETY?

INTRODUCTION

The library at Alexandria was heralded as ‘The Healing Place for the Soul.’ Ancient scholars noted the remedial quality of reading for both body and mind. Modernity bears monumental change for literature, with audiobooks introducing novel potential for an ancient form of therapy. Our research proposal attempts to fill the scholarly vacuum of this change by comparing the effectiveness of silent reading to audio reception. The few clinical trials conducted have showed the benefits of reading: enhancing mood, increasing self-esteem and alleviating stress.

HYPOTHESIS

Audio reception of poetry will reduce the symptoms of General Anxiety Disorder (GAD) in the participants to a greater extent than silent reading. We predict that both interventions will be more effective than no treatment at all.



Data is shown from the 2014 Adult Psychiatric Morbidity Survey (APMS) is the fourth survey providing data on the prevalence of both treated and untreated psychiatric disorder in the English adult population (aged 16 and over).

METHOD

Condition

Anxiety

Metre

Iambic pentameter*

Participants

Inclusion criteria

- 18-25 years.
- Fluent in English
- Target people with mild to moderate symptoms of anxiety

Exclusion criteria

- Undergoing medication and therapy

Sessions

Once a week

Venue

Relaxing, quiet space (e.g. library or study room)

Poems

Anthology of poems with a variety of themes

Variable

Metre

Dependent Variable

Anxiety levels/symptoms (GAD-7)

Method: Either pages of poems or voice recordings on an audio file given to the participant to either read or listen to
*Iambic pentameter is a poem that has ten syllables per line, divided into five iambs (feet of unstressed (x) and stressed (/) syllables).

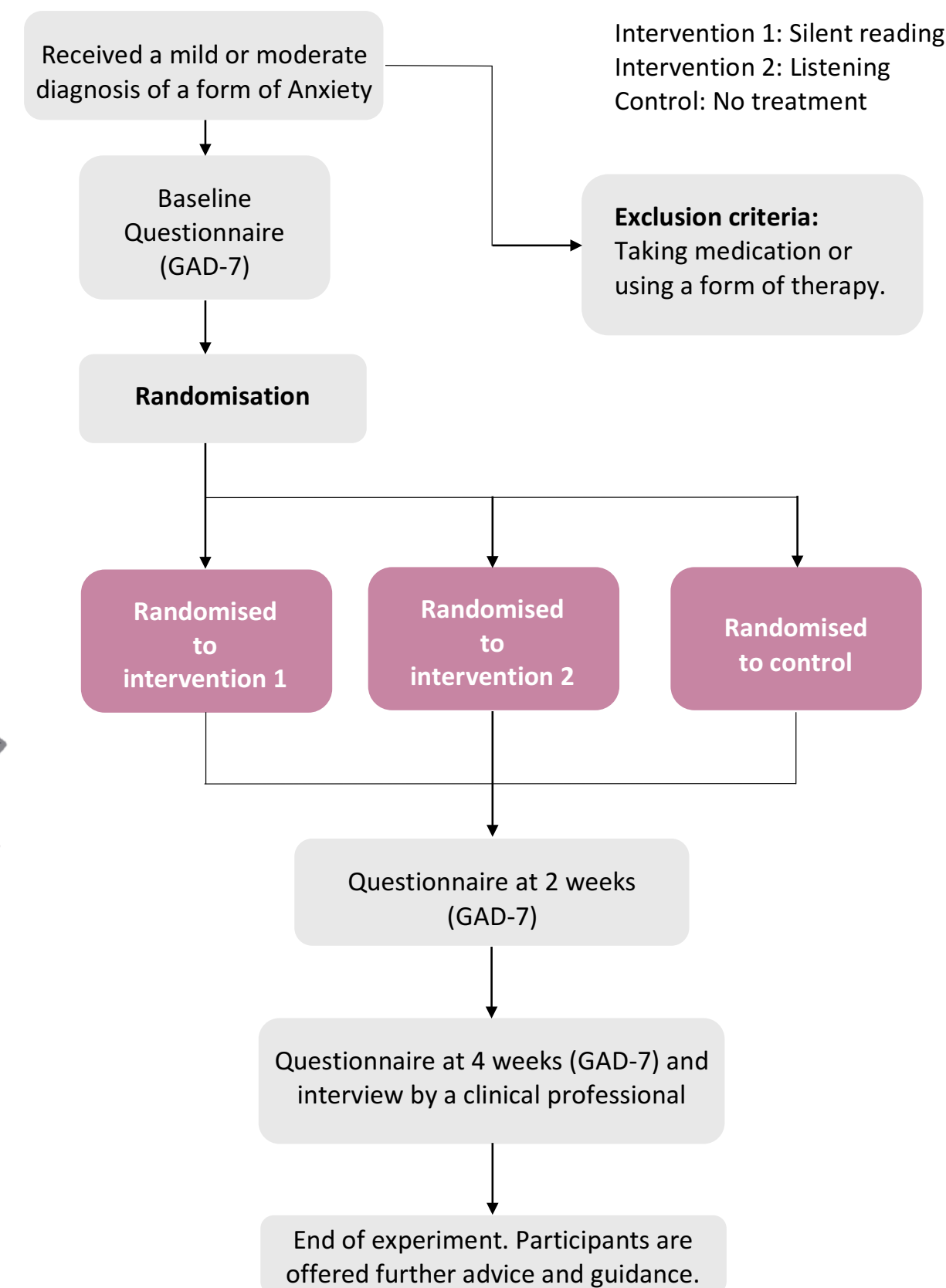
x / x / x / x / x /
When I do count the clock that tells the time

LIMITATIONS

- Difficult to measure if the participants are reading the poems
- Participants cannot select the poems
- Participants on medication
- Once a week sessions



Trial Flowchart:



FUTURE STUDIES

- Correlation between matching someone with reading their favourite poet and improved recovery rates
- Exploration into more than one metre
- Research into how gender, cultural or socio-economic differences