

BIBLIOTHERAPY FOR INPATIENTS

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Please find following a summary of a literature search and relevant results. All articles can be provided in full - email library@monashhealth.org for a list of the articles you require.

TOPIC

Review of literature on the use of bibliotherapy for adult hospital inpatients.

RESULTS

PEER-REVIEWED LITERATURE – MOST RECENT FIRST

Articles are grouped as follows:

- Impact of audiobooks on sleep quality
- Surgical patients – Films & audiovisual distraction
- Mental health setting – Reading therapy & book clubs
- Mental health setting – Films & movie groups
- Patients with delirium or dementia

Each article summary contains excerpts from the abstract and an online link.

IMPACT OF AUDIOBOOKS ON SLEEP QUALITY

E. Mermer, et al. (2024). **The effect of audiobooks on sleep quality and vital signs in intensive care patients.** *Intensive & critical care nursing*, 80, 103552. [Click to read full-text.](#)

METHODS: This quasi-experimental study utilized the pre-posttest design, involving control and intervention groups. The study was conducted in the internal medicine intensive care unit of a hospital in Turkey between January-June 2022. **RESULTS:** Data from 56 participants were analyzed. The effect of [*sleep-disrupting*] factors decreased in the intervention group after the Audiobook Listening Practice, which significantly improved the sleep quality of the ICU patients ($p < 0.001$). Among the vital signs, a significant difference was found in pulse and blood pressure ($p < 0.001$), while no changes were observed in temperature and respiratory rate in time group interaction ($p > 0.05$).

I. Ward, et al. (2021). **Promoting Restful Sleep in an Acute Inpatient Rehabilitation Hospital For Individuals With Acquired Brain Injury: A Feasibility Project.** *Archives of Physical Medicine and Rehabilitation*, 102(10), e54. [CONFERENCE ABSTRACT ONLY - click to read full abstract.](#)

Six adult patients with ABI were monitored for sleep activity over 4 consecutive nights. For 2 consecutive nights, participants listened to an audiobook of their choice prior to bed using headphones. Those who were assigned to listen to an audiobook on days 3 and 4 (phase 2) had an average increase in total sleep time of 45 minutes.

SURGICAL PATIENTS – FILMS & AUDIOVISUAL DISTRACTION

S. Saritas, et al. (2019). **The Effect of Comedy Films on Postoperative Pain and Anxiety in Surgical Oncology Patients.** *Complementary medicine research*, 26(4), 231-239. [Request the full-text.](#)

DESIGN: This study was conducted using a pre- and post-test randomized controlled trial model.

MATERIALS AND METHODS: The study was conducted in a general surgery clinic of a hospital in eastern Turkey between January 2016 and January 2017. The sample of the study consisted of 88 patients (44 test, 44 control) selected by using the randomized sampling method. **CONCLUSION:** The study results suggest that watching Turkish comedy movie videos has a positive effect on postoperative pain and anxiety in surgical oncology patients.

L. Pitts, et al. (2024). **The influence of audiovisual distraction on pain reduction during transcatheter aortic valve implantation under monitored anesthesia care: A prospective randomized trial.** *Journal of Cardiothoracic and Vascular Anesthesia*, 38(6), 1353-1360. [Click to read full-text.](#)

Objectives: To investigate the effect of an audiovisual distraction system on the dose of remifentanyl for perioperative sedation during transcatheter aortic valve implantation under monitored anesthesia care. **Setting(s):** Tertiary referral academic hospital. **Participant(s):** Ninety patients who underwent transfemoral transcatheter aortic valve implantation between July 2019 and July 2021. **Results:** No relevant differences in pre- and postinterventional anxiety status were observed between the groups. Similarly, there were no significant differences in reported pain scores ($p = 0.364$). The average infusion rate ($p = 0.028$) and peak infusion rate ($p = 0.025$) of remifentanyl were lower in the group with an audiovisual distraction system.

Related:

- [White paper on audiovisual distraction](#) published by the [HappyMed](#) company.
- [Conference abstract \(p. 54\) – Happymed; Going to the movies whilst undergoing endoscopic surgery.](#)

MENTAL HEALTH SETTING – READING THERAPY & BOOK CLUBS

D. Chamberlain. (2019). **The experience of older adults who participate in a bibliotherapy/poetry group in an older adult inpatient mental health assessment and treatment ward.** *Journal of Poetry Therapy*, 32(4), 223-239. [Request the full-text.](#)

This research aims to identify the experiences of participants in a reading group, investigating the value of reading aloud. Ten 1 hour groups were run on a psychiatric ward. Using phenomenographic methods participants were interviewed and the transcripts analysed. There were 39 attendances with 15 different people attending. Of the 15 people who attended 4 consented to take part in the research. Of those interviewed experiences emerged of empathy, confidence, and identity. Reading aloud increased confidence and a sense of self-identity. Using themes, topics could be discussed and feelings and emotions articulated in a safe and supportive environment.

K. Eisen, et al. (2018). **Reading and recovery expectations: Implementing a recovery-oriented bibliotherapy program in an acute inpatient psychiatric setting.** *Psychiatric rehabilitation journal*, 41(3), 243-245. [Request the full-text.](#)

This study examined the feasibility and acceptability of developing a recovery-oriented book club in an acute inpatient psychiatric setting, and the impact of participation on measures of hope and recovery orientation. Participants completed the Herth Hope Index (HHI) and the Mental Health Confidence Scale (MHCS) at baseline and follow-up. Book club participants completed a satisfaction survey. ANOVA was performed to examine changes on HHI and MHCS. **RESULTS:** No significant differences were found between conditions on HHI or MHCS. On the satisfaction survey, most book club participants agreed "somewhat" or "strongly" that the intervention increased self-understanding (92.3%) and hope (61.6%).

U. Volpe, et al. (2015). **Reading group rehabilitation for patients with psychosis: a randomized controlled study.** *Clinical psychology & psychotherapy*, 22(1), 15-21. [Click to read full-text.](#)

Our aim was to investigate the effects on clinical status, disability, psychosocial functioning and cognitive functioning of a structured group reading activity, in a sample of hospitalized patients with psychosis. METHODS: We enrolled 41 consecutive patients with psychosis and randomly assigned them to a structured group reading programme. RESULTS: We found that, after 6 months from discharge, structured group reading activities induced a statistically significant improvement of cognitive ($p < 0.007$) and psychosocial ($p < 0.008$) functioning in patients with psychosis and reduced their disability ($p < 0.005$), with respect to the control group. Furthermore, such programmes are easy to implement and were perceived as extremely 'interesting' and 'useful' by patients with psychosis.

MENTAL HEALTH SETTING – FILMS & MOVIE GROUPS

P. Zeppegno, et al. (2018). **Group Activities to Promote Early Rehabilitation in an Acute Psychiatric Ward: A Relationship-Based Approach Focusing on Movies.** *International journal of group psychotherapy*, 68(2), 147-162. [Request the full-text.](#)

Our Psychiatry Institute has a long-standing tradition of providing training in the importance of relational and emotional skills and helping relationships. Here we describe techniques that are routinely used on our psychiatric ward (Maggiore della Carita Hospital, Novara, Italy) to promote early rehabilitation of acute psychiatric inpatients. We focus on the Cinema group, which is typical of our approach to informal, therapeutic group activity. Targeting social and relational issues as adjunct to treatment as usual is useful in acute settings and can begin at an early stage of hospitalization. Our intervention is designed to improve patients' coping strategies, relational and communication skills, and overall quality of life.

E. Yazici, et al. (2014). **Use of movies for group therapy of psychiatric inpatients: theory and practice.** *International journal of group psychotherapy*, 64(2), 254-70. [Request the full-text.](#)

This paper reports on the use of cinema therapy at a psychiatry clinic for inpatients. The program, "Watching Cinema Group Therapy," was used with over 500 inpatients over the course of one year. We found that using movies for group psychotherapy sessions encouraged the patients to talk about their beliefs, thoughts, and feelings while discussing the characters and stories. We also used the movies as a reward for patients who had developed a therapeutic alliance. It motivated the patients to be active instead of simply remaining in their rooms. As a follow-up to full-length films, it was more useful to show short scenes to patients who had been administered high doses of drugs.

M. Gelkopf, et al. (2006). **The effect of humorous movies on inpatients with chronic schizophrenia.** *The Journal of nervous and mental disease*, 194(11), 880-3. [Click to read full-text.](#)

We assessed the impact of humorous movies on psychopathology, anxiety, depression, anger, social functioning, insight, and therapeutic alliance in schizophrenia inpatients. Twenty-nine psychiatric inpatients in open wards participated in the study. The study group viewed humorous and the control group viewed neutral movies daily for 3 months. Participants were assessed before and after viewing movies.... Reduced levels of psychopathology, anger, anxiety, and depression symptoms and an improvement in social competence were revealed in the study group. No changes were observed in treatment insight or working alliance.

PATIENTS WITH DELIRIUM OR DEMENTIA

S. H. Khan, et al. (2020). **Decreasing Delirium Through Music: A Randomized Pilot Trial.** *American journal of critical care : an official publication, American Association of Critical-Care Nurses*, 29(2), e31-e38. [Click to read full-text.](#)

METHODS: A randomized controlled trial was performed in an academic medical-surgical intensive care unit. Patients were randomized to groups listening to personalized music (PM), slow-tempo music (STM), or an audiobook (AC group). Sessions lasted 1 hour and were given twice daily for up to 7 days. Delirium and delirium severity were assessed twice daily by using the Confusion Assessment Method for the Intensive Care Unit (CAM-ICU) and the CAM-ICU-7, respectively. **RESULTS:** Adherence was higher in the groups listening to music (80% in the PM and STM groups vs 30% in the AC group; $P = .01$), and 80% of patients surveyed rated the music as enjoyable. The median number (interquartile range) of delirium/coma-free days by day 7 was 2 for PM, 3 for STM, and 2 for AC ($P = .32$). Median delirium severity was 5.5 for PM, 3.5 for STM, and 4 for AC ($P = .78$).

J. Billington, et al. (2013). **A literature-based intervention for older people living with dementia.** *Perspectives in public health*, 133(3), 165-73. [Click to read full-text.](#)

This present study arises out of a service evaluation that specifically assessed to what extent the shared-reading intervention impacted upon behaviours symptomatic of dementia. **METHODS:** The study employed a mixed-method design conducted within three health-care environments: three care homes, two hospital wards and one day centre. **RESULTS:** 61 service users and 20 staff members took part in the overall project. The NPI-Q results indicate that symptom scores were lower during the reading group period than at baseline. These findings were supported by the qualitative interviews, which suggested that three themes were perceived to be important to effective engagement with the reading groups: (1) the components of the reading group intervention; (2) enjoyment, authenticity, meaningfulness and renewed sense of personal identity; and (3) enhancement of listening, memory and attention.

APPENDIX

SEARCH METHODOLOGY

A systematic search was conducted for literature. The results were screened by librarians using [Covidence](#).

SEARCH LIMITS

- English-language
- Studies published within the last 10 years prioritised

DATABASES SEARCHED

- Medline – index of peer reviewed articles across health sciences and medicine.
- Embase – index of biomed and pharmacological peer reviewed journal articles.
- Emcare – index of nursing, allied health, critical-care medicine and more.
- Cochrane Library – collection of databases containing high-quality independent evidence.
- APA PsycINFO – index of psychological and behavioural sciences literature.

SEARCH TERMS

Concept	MeSH headings	Keywords
Bibliotherapy	Bibliotherapy/	Bibliotherapy(ies/ist), e-bibliotherapy(ies/ist). Book(s) or ebook(s) or reading + therapy(ies/ist). Audiobook(s).
Inpatients / hospital setting	Inpatients/, Hospitalization/, Hospital Units/, Hospitals/	Inpatient(s), in-patient(s), inhospital. Admitted or ward or wards + patient(s). Hospital(s/ised/isation). Medical centre(s) or medical center(s). Health(care) facility(ies) or health care facility(ies). Health(care) centre(s) or health care centre(s). Health(care) center(s) or health care center(s). Ward or wards. Acute care facility(ies).

MEDLINE SEARCH STRATEGY

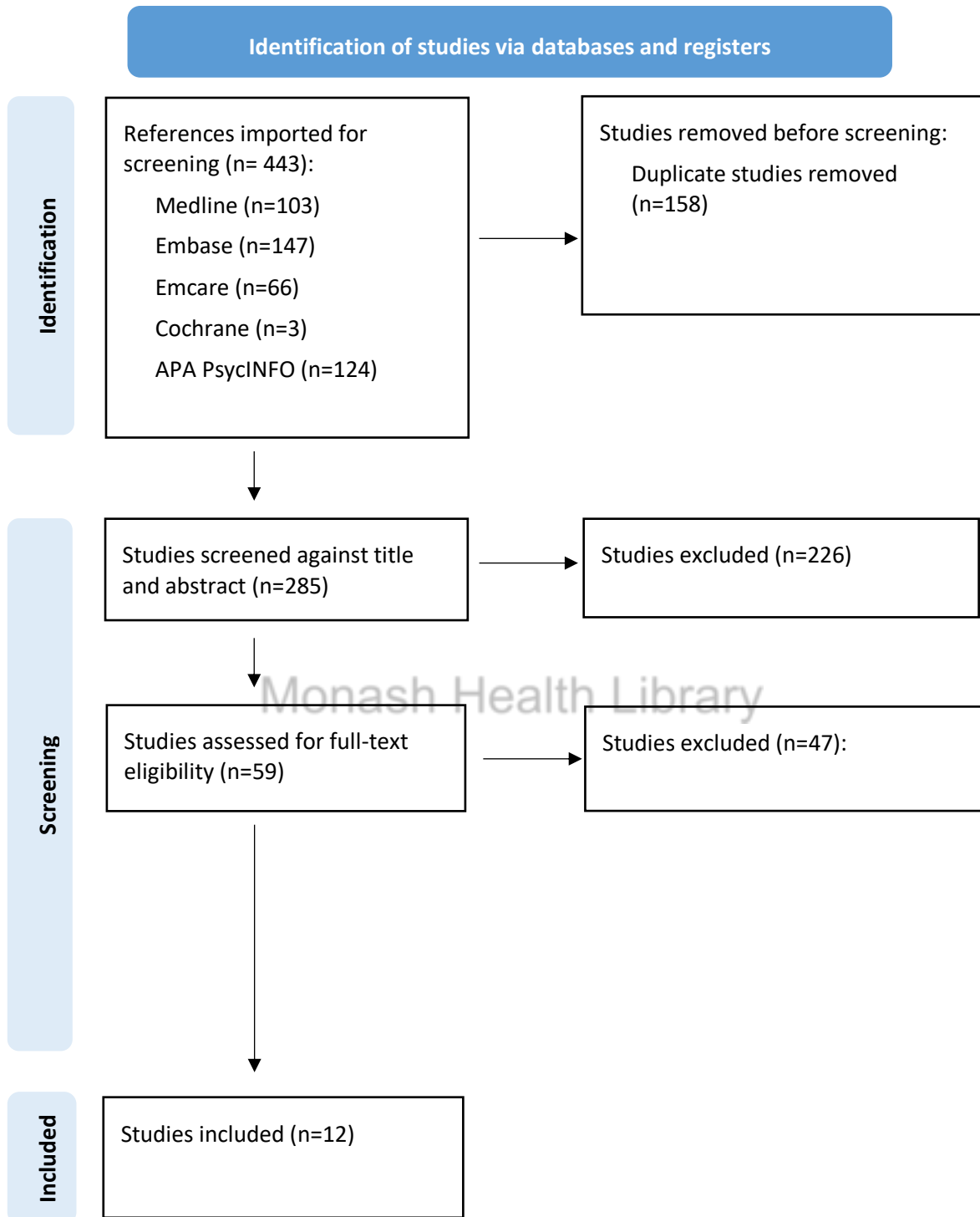
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3	((book* or ebook* or reading) adj therap*).	mp. 54
4	audiobook*.	mp. 127
5	1 or 2 or 3 or 4	832
6	Inpatients/ or Hospitalization/ or exp Hospital Units/ or exp Hospitals/	594432
7	(inpatient* or in-patient* or inhospital).	mp. 2347116
8	((admitted or ward or wards) adj5 patient*).	mp. 141401
9	(hospital* or medical centre* or medical center* or health* facilit* or health care facilit* or health* centre* or health care centre* or health* center* or health care center* or ward or wards or acute care facilit*).	mp. 2245872
10	6 or 7 or 8 or 9	4264633
11	5 and 10	114
12	limit 11 to english language	94

Note: As part of a multifaceted search strategy, additional targeted searches were completed, including search variations with key terms for films/movies and magazines.

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