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Effectiveness of Bibliotherapy on Patients Diagnosed with Cancer: Integrative Literature Review

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Effectiveness of Bibliotherapy on Cancer Patients: An Integrative Literature Review

Ryan Malibiran | DePaul University Chicago | Masters Entry Nursing Practice

**Background and Significance**

Patients diagnosed with cancer often experience anxiety and distress that can affect their quality of life.

Bibliotherapy is a therapeutic approach primarily used in a variety of physical and mental health problems in which written materials play a central role.

It offers an alternative model for relieving daily troubles when professional industries and drug companies have billions invested in the notion that only they are qualified to do so.

**Theoretical Framework**

The McGill model of nursing is to maintain, strengthen, and develop the patients health by actively engaging him or her in a learning process.

The model involves a structured learning environment that will enable the patient to participate fully as possible.

The McGill model of nursing guides the development, conduct, and analysis of data gathered in the integrative literature review.

**Purpose and Research Questions**

**Purpose:** describe the various health conditions in hematology- oncology practice in which bibliotherapy was therapeutically used and to evaluate the efficacy of bibliotherapy for alleviating cancer-related physical and mental symptoms

**Research Questions:**
1. Is bibliotherapy an acceptable and effective intervention for psychological problems experienced by cancer patients?
2. What are the patient outcomes that are measured in research studies involving bibliotherapy?

**Methods**

Integrative Review conducted by utilizing the framework of Whittemore and Knaf, using literature found through PubMed, ProQuest, Academic Search Complete (ASC), and Cumulative Index to Nursing and Health Literature (CINHL)

Key words included: bibliotherapy, cancer, psychosocial, quality of life

By analyzing the efficacy of bibliotherapy in each study, it will determine the usefulness in nursing and further research in oncology.

**Results and Findings**

**Synthesis of Outcomes and Tools Used in the Studies**

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Frequency</th>
<th>Tools Utilized</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improved Anxiety*</td>
<td>2/9</td>
<td>HADS, CORS</td>
</tr>
<tr>
<td>Improved Depression*</td>
<td>2/9</td>
<td>HADS, CORS</td>
</tr>
<tr>
<td>Self-esteem</td>
<td>1/9</td>
<td>CORS</td>
</tr>
<tr>
<td>Social Function</td>
<td>1/9</td>
<td>WASA</td>
</tr>
<tr>
<td>Quality of Life</td>
<td>1/9</td>
<td>UWQOL</td>
</tr>
<tr>
<td>Physical Activity</td>
<td>1/9</td>
<td>QRS NVivo</td>
</tr>
<tr>
<td>Mental Health</td>
<td>1/9</td>
<td>QRS NVivo</td>
</tr>
<tr>
<td>Coping Skills*</td>
<td>4/9</td>
<td>ATLAS.ti software</td>
</tr>
<tr>
<td>Psychological Well-being</td>
<td>1/9</td>
<td>CORS</td>
</tr>
<tr>
<td>Interpersonal, Family, School, Global</td>
<td>1/9</td>
<td>Guided Interview</td>
</tr>
<tr>
<td>Self Efficacy</td>
<td>1/9</td>
<td>Guided Interview</td>
</tr>
<tr>
<td>Perception on Helpfulness</td>
<td>1/9</td>
<td>Guided Interview</td>
</tr>
<tr>
<td>Perception on Support</td>
<td>1/9</td>
<td>Guided Interview</td>
</tr>
</tbody>
</table>

**Discussion**

Studies reported positive results with different outcomes.

Bibliotherapy accommodates the secondary symptoms caused by cancer by reducing anxiety and depression and improving patient coping skills.

It is an acceptable and effective intervention yet cost effective through the use of literature, helping cancer patients engage in their own self-management.

**Implications**

Studies should consider a development of consensus guidelines for identifying key outcomes to measure and evaluate when conducting bibliotherapy.

Due to lack of reliability on what tools to use, research must be evaluated using the same tool for each study in order to do a meta-analysis and forest plots.

Otherwise, research is limited to a descriptive analysis.