



A preliminary investigation of processes involved in improvement associated with reading self-help books for psychological problems

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Abstract

This study is a preliminary examination of the effects of reading a self-help book on overcoming psychological problems. Adding to prior research findings on self-help books prescribed as part of psychotherapy, this retrospective, community-centred study collected data on whether reading a self-help book helped individuals. The study, in which 71 women and 16 men participated, found that the more closely individuals read the book and the more they made recommended changes in thoughts, behaviour, and situations, the more they reported they had improved. The study also found that making changes in thoughts, behaviour, and situations mediated the association between reading the book closely and improving.

Keywords

self-help, self-help books, psychological problems, bibliotherapy, behaviour change

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