

Public Abstract

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Title:The Use of Bibliotherapy for Stress Reduction in Nonprofit
Healthcare Executives

Stress has been studied as a physiologic response for over eight decades. Today we know that stress is not only physiologic, but also a psychological response to positive or negative stimuli that can impact personal effectiveness, and if not managed, can also contribute to the deterioration of health. The use of bibliotherapy is becoming more widely accepted by Americans as a first line treatment for self-help. Although there has been a drastic increase in the number of bibliotherapy books published over the past ten years, there is little empirical data to prove that it is an effective means of treatment. This study uses a text from the Norcross (2006) bibliotherapy consensus list in an eight-week intervention program to test its effectiveness for stress reduction in nonprofit executives. Study measures include the Perceived Stress Scale (PSS-10) and stress scores from the Depression, Anxiety and Stress Scale (DASS-42), given at three time points: before treatment, after treatment, and at an eight-week follow up. Results show significant decreases in stress after eight weeks of intervention and ability to further decrease stress at the eight-week intervention/control group follow up.