

THE USE OF BIBLIOTHERAPY FOR STRESS REDUCTION  
IN NONPROFIT EXECUTIVES

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ABSTRACT

The use of bibliotherapy is becoming more widely accepted by Americans as a first line treatment for self-improvement. 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. Using Repeated Measures ANOVA, data analysis results show significant decreases in stress after eight weeks of intervention and ability to further decrease self-reported perceived stress at an eight-week intervention/control group follow up.