

Abstract

Object: One way to treat mental illness is bibliotherapy. In bibliotherapy, the patient takes a standardized treatment in the form of a book at home and work with it independently. The purpose of this research is to determine of effect of bibliotherapy on stress, anxiety and depression in Multiple Sclerosis (stage one) patients in Kerman city.

Methods: Research method was Quasi Experimental. Thirty-one individuals diagnosed with Multiple Sclerosis participated. They were assigned randomly to an intervention (n = 15) or control (n = 16) group. The intervention group was given a made manual by researcher, Neurologist and Psychiatrist along with standard care and treatment for 8 weeks, while the control group continued to receive standard care and treatment. Both groups completed DASS questionnaire before and after the intervention. For results analysis of descriptive statistics (frequency, percentage, mean and standard deviation) and inferential statistics (T-test, Repeated measure ANOVA) was used. Data analyzed with SPSS software.

Results: The findings showed statistically significant differences between the groups, and within the intervention group, in their depression, anxiety and stress levels (P-value<0.001). Data analyses showed significant reductions in their levels of depression, anxiety and depression compared with the control group.

Conclusion: The results support the use of bibliotherapy as an adjunct to mental health nurses and other professionals' work in caring for people with Multiple Sclerosis in the community.

Keywords: Bibliotherapy, Multiple Sclerosis, Depression, Anxiety, Stress