



REVISIONES

Literature as a therapeutic instrument in the health-disease process in childhood

La literatura como instrumento terapéutico en el proceso salud-enfermedad durante la infancia

Izaro Babarro Vélez¹
Jaione Lacalle Prieto²

¹ PhD candidate of the Psychology program in the area of Psychobiology, University of the Basque Country / Euskal Herriko Unibertsitatea (UPV / EHU). Spain.

² Associate Professor of the Faculty of Medicine and Nursing, University of the Basque Country / Euskal Herriko Unibertsitatea (UPV / EHU). Spain.

E-mail: jaione.lacalle@ehu.eus

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ABSTRACT:

Introduction: Everybody, throughout their life, must adapt to countless situations in which they are involved; that is why it is necessary to understand each of them in order to advance properly. It has been observed that psychological therapies, among which bibliotherapy is, are effective to understand the changes that people face.

Objective: To analyze and highlight the most relevant effects of the use of literature on the child's health-disease process at different times and contexts.

Method: A review of the literature was performed through the bibliographic research in the databases Dialnet, Cuiden Plus, LILACS, Medline, Proquest, Pubmed, Scielo, Scopus, TDR, Trip and Virtual Health Library.

Results: After the bibliographic research, 2018 articles were identified, out of which 71 articles were obtained after applying filters and inclusion criteria. Finally, 26 articles were selected.

Conclusions: Bibliotherapy is beneficial in various areas related to the health-disease process during childhood, improving among other things self-esteem and acceptance of reality, promoting psychological well-being and serving as a bridge in communication between the individual and the health professional.

Keywords: health; child; story; bibliotherapy; nursing care

RESUMEN:

Introducción: Todas las personas, a lo largo de la vida deben adecuarse a innumerables situaciones en las que se ven involucradas; es por ello que resulta necesario comprender cada una de ellas para poder avanzar adecuadamente. Se ha observado que las terapias psicológicas, entre las que se

encuentra la biblioterapia, son efectivas para comprender los cambios a los que se enfrentan las personas.

Objetivo: Analizar y destacar los efectos más relevantes de la utilización de la literatura en el proceso salud-enfermedad del niño en diferentes momentos y contextos.

Método: Se ha realizado una revisión de la literatura mediante la búsqueda bibliográfica en las bases de datos Dialnet, Cuiden Plus, LILACS, Medline, Proquest, Pubmed, Scielo, Scopus, TDR, Trip y Biblioteca Virtual de la Salud.

Resultados: Tras la búsqueda bibliográfica se identificaron 2018 artículos de los cuales, tras la aplicación de filtros y criterios de inclusión, se obtuvieron 71 artículos. Finalmente se seleccionaron 26 artículos.

Conclusiones: La biblioterapia resulta beneficiosa en diversos ámbitos relacionados con el proceso salud-enfermedad durante la infancia, mejorando entre otras cosas la autoestima y la aceptación de la realidad, promoviendo el bienestar psicológico y sirviendo de puente en la comunicación entre el individuo y el profesional de la salud.

Palabras clave salud; niño; cuento; biblioterapia; enfermería y cuidados

INTRODUCTION

Life is a one-way street and as people make their journey, they will encounter various obstacles they must face. The first steps on this path, which take years, are full of changes; this means that this stage of childhood is considered in many cases as new as it is worrying⁽¹⁾. One of the best resources to solve the doubts that may arise to the youngest of the house is the use of reading.

The use of books, in addition to being an object of entertainment, can be a useful tool to help in various processes among which the healing process is. The fact of healing through books was first described by S.M. Crothers in 1916 under the term "bibliotherapy" in an article published by "The Atlantic Montly"; although the truth is that reading has been present in different times and places throughout the history of civilization⁽²⁾.

Thus, in ancient Egypt, Pharaoh Ramses II grouped certain books of his library under the motto "Remedies for the soul" and in Rome, Aulo Cornelius Celso associated reading with medical treatment. In the same way, the Greeks used books as a medical and spiritual therapeutic tool. In the late eighteenth century, Pinnel in France and Tuke in England began to offer books to heal different types of ailments. The doctors of the nineteenth century, on the other hand, said that reading was one of the best methods to optimize the situation of inpatients⁽²⁻³⁾.

Another significant advance of bibliotherapy took place at the beginning of the 20th century, in the year 1930, when some libraries began to offer lists of books adapted to the characteristics of each person⁽³⁾. In 2010 a list of books was created under the term "Compassion Books", with the idea of offering books that try to heal, through the care of the soul, the pain suffered by the body⁽²⁾.

Despite the fact that endless benefits have been associated with bibliotherapy, this technique goes beyond the simple fact of reading stories. Therefore, it is necessary to choose adequately the works that fit each personal situation and combine these stories with reflection, as only in this way will the desired effects be achieved^(1,4).

In this way, the same book will not be offered to a healthy person or one suffering from a particular ailment, nor to an adult or a child. In the case of the youngest, the stories are the axis of bibliotherapy⁽⁵⁻⁷⁾.

OBJECTIVE

Analyze the effects of bibliotherapy on the child's health-disease process.

METHOD

A narrative review has been carried out in order to analyze the effects of children's literature as therapeutic resource.

The bibliographic search was carried out in the following databases: Dialnet, Cuiden Plus, LILACS, Medline, Proquest, Pubmed, Scielo, Scopus, TDR, Trip and in the Virtual Health Library. Based on the characteristics of each of the databases, the following Descriptors in Health Sciences (DeCS) and Medical Subject Headings (MeSH) have been used:

- DeCS: health, child, story, bibliotherapy, nursing and care.
- MeSH: children, health, stories, bibliotherapy, nursing care.

These keywords have been combined using the Boolean operators "AND", "NOT" and "OR".

Likewise, the filters used have been the following: articles published in the last 10 years and as languages, Spanish and English.

In addition, several inclusion and exclusion criteria have been defined (see table 1).

Table 1: Inclusion and exclusion criteria

INCLUSION CRITERIA	EXCLUSION CRITERIA
Documents that analyze the use of bibliotherapy during childhood.	Texts that analyze the use of bibliotherapy during adolescence and adulthood.
Texts that analyze the association between bibliotherapy and health-disease process.	Documents that analyze the use of other therapies in health-disease process in during childhood.
Articles that analyze the use of books as an health educational resource.	Articles that analyze the use of cognitive-behavioral therapies as health educational resources.
Documents that associated the use of books with the health-disease process.	Documents that analyze the use of books related to an educational field.

RESULTS

The different search strategies used in each of the databases and the results of the bibliographic search are shown in Table 2.

Table 2: Results of the bibliographic search

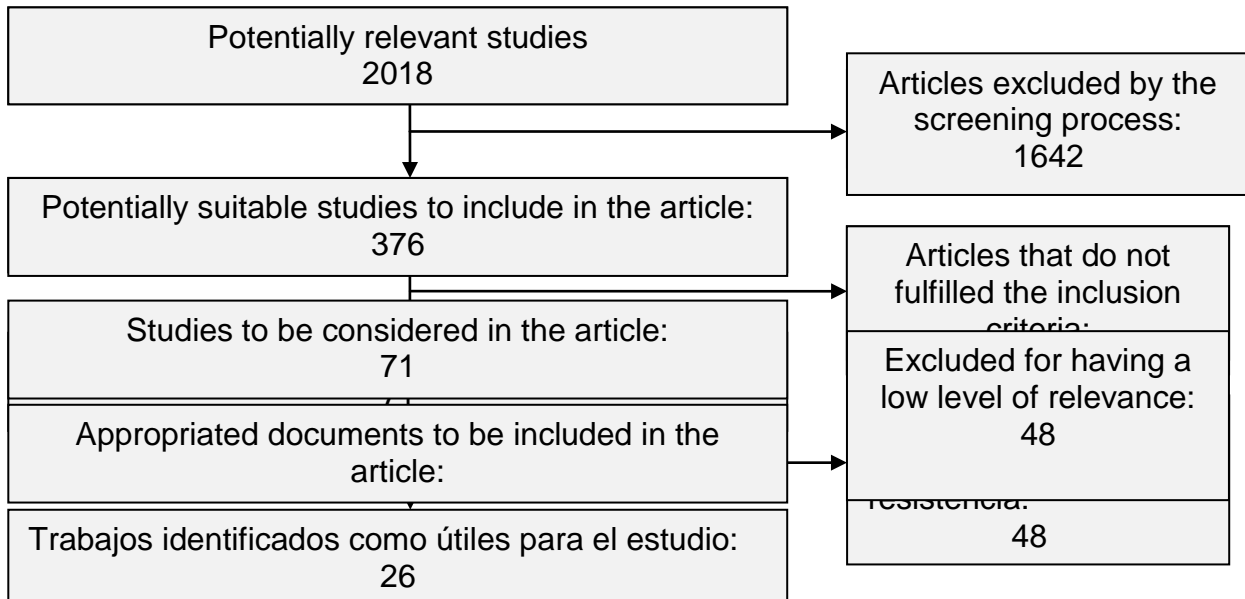
DATA BASE	KEY WORDS	ART 1₍₁₎	SCREENING PROCESS	ART 2₍₂₎	SELECTED DOCUMENTS
BVS	Bibliotherapy AND Children	95	Full text, languages, health field.	4	3
CUIDEN	Books AND Children AND Health	7	Languages, health field.	7	4
DIALNET	Books AND Child AND NOT Adult	1682	Full text, languages, health field.	254	4
LILACS	Bibliotherapy AND Children AND NOT Adult	4	Languages, health field.	2	1
MEDLINE	Bibliotherapy AND Children AND NOT Adult	55	Full text, languages, health field.	15	3
PROQUEST	Bibliotherapy AND Health AND Children	164	Full text, languages, health field.	22	4
PUBMED	Bibliotherapy AND Health AND Children AND NOT Adult	31	Full text, languages, health field.	5	2
SCIELO	Bibliotherapy AND Children	9	Full text, languages, health field.	4	1
SCOPUS	Bibliotherapy AND Children AND Nursing	33	Full text, languages, health field.	30	2
TDR	Biblioteraphy	1		1	1
TRIP DATABASE	Bibliotherapy	101	Full text, languages, health field.	54	1

ART 1₍₁₎: Articles obtained after the combination of different key words.

ART 2₍₂₎: Articles obtained after the screening process.

After the literature search, 2018 articles were identified, out of which 376 met the selection criteria. Of these, after reviewing the abstracts, 71 were obtained for meeting the inclusion criteria. Finally, 26 articles were selected because they presented adequate levels of evidence (see Table 2 and Figure 1).

Figure 1: Flowchart of selection process



After carrying out the selection of the most pertinent articles to carry out this review, the 26 articles obtained were analyzed. Table 3 shows the most relevant results of each of these articles.

Table 3: Main characteristics of the articles.

ORIGINAL TITLE	AUTHOR AND PUBLICATION YEAR	KIND OF STUDY	MAIN RESULTS
Afrontamiento psicológico de los procedimientos médicos invasivos y dolorosos aplicados para el tratamiento del cáncer infantil y adolescente: la perspectiva cognitivo-conductual.	Méndez et al., 2009	Narrative review	-Bibliotherapy helps oncologic children to lead with their worries and fears related to the disease and the hospitalization process. -The literature offers the possibility of initiating humanization, distraction and learning processes.
A “novel” intervention: a pilot study of children’s literature and healthy lifestyles.	Bravender et al., 2014	Clinical essay	-Bibliotherapy promotes changes in lifestyle: encourages doing physical activity and eases the reduction of consuming sweets and soft-drinks. -The use of books facilitates the reduction of BMI (body mass index)

Aprendiendo de mi salud entre contextos y cuentos.	Moreno et al., 2009	Qualitative research	-Reading stories enables children exploring an expanding their knowledge's related to the hospitalization process based on their own life experiences.
A prospective randomised control study: reduction of children's pain expectation using a picture book during blood withdrawal	Zieger et al., 2013	Clinical essay	-The use of a picture book, reduces children's pain expectation related to blood withdrawal. -The use of local anesthesia interacts with the book's effectiveness.
A randomized controlled trial of bibliotherapy for carers of young people with first-episode psychosis	McCann et al., 2013	Clinical essay	-Bibliotherapy improves the caring experience of young people with first-episode psychosis and reduces caregiver's stress levels.
Assessment and management of anxiety disorders in children and adolescents	Creswell et al., 2014	Narrative review	-Anxiety is the most common psychiatric disease during childhood. -In anxiety situations, the use of bibliotherapy has been effective resource.
A story for children to help children with HIV understand the health-disease process	Brondani y Pedro, 2013	Qualitative research	- " <i>Peter's and Julia's discovery: conversing about health and disease</i> " is an effective story that eases children with HIV understand the health-disease process.
Benefits of children's and juvenile tales to the hospitalized child from the perspective of nursing professionals	Rodrigues et al., 2012	Qualitative research	-Thanks to storytelling, children might forget momentarily their disease condition. -Bibliotherapy improves the communication not only between nursing professionals and hospitalized children; but also with their family.
Bibliotherapy: a tool to promote children's psychological well-being	Vale y Soares, 2013	Narrative review	-Bibliotherapy promotes children's interpersonal abilities, emotional maturity and self-expression.

<p>Brief report: a “storybook” ending to children’s bedtime problems-The use of a rewarding social story to reduce bedtime resistance and frequent night waking</p>	<p>Burke et al., 2004</p>	<p>Clinical essay</p>	<p>-The use of “<i>The Sleep Fairy</i>” storybook, reduces children’s bedtime problems (night waking).</p>
<p>Children’s books for use in Bibliotherapy.</p>	<p>Tielsch, 2011</p>	<p>Narrative review</p>	<p>-Storytelling promotes children’s development and also eases the communication between children and health professionals. -Bibliotherapy could help children who are involved on “bullying” situations, offering them some tools to overtake the situation. -“Compassion Books” is a list of books created with the aim of helping children to comprehend certain situations.</p>
<p>Creating bibliotherapeutic libraries for pediatric patients and their families: potential contributions of a cognitive theory of traumatic stress.</p>	<p>Waibel, 2010</p>	<p>Descriptive study</p>	<p>-Bibliotherapeutic libraries offer psychological support to pediatric patients with traumatic stress and also to their families.</p>
<p>“Érase una vez...un cuento curativo”. Atención educativa en población infantil hospitalizada a través de la literatura.</p>	<p>Hernández y Rabadán, 2014</p>	<p>Narrative review</p>	<p>-Storytelling offers children: the understanding of a traumatic episode, the continuity of their lifestyles, the overcoming of the anxiety related to the hospitalization process; and also eases the personal development and wellbeing.</p>

<p>Evaluation of a primary prevention program for anxiety disorders using story books with children aged 9-12 years.</p>	<p>Bouchard et al., 2013</p>	<p>Clinical essay</p>	<p>-Storytelling could help children with anxiety. It contributes to obtain new strategies in order to increase problem's solving abilities. It is also an effective resource to reduce children's symptomatology and anxiety levels.</p>
<p>Exploring the role of digital storytelling in pediatric oncology patients' perspectives regarding diagnosis: a literature review</p>	<p>Wilson et al., 2015</p>	<p>Narrative review</p>	<p>-Books could help children to understand different situations they are living. -Storybooks facilitate the clarification and identification of false beliefs associated with the pathology. -Thanks to storytelling, pediatric oncology patients promote the compression of their situation.</p>
<p>Lectura de cuentos infantiles como estrategia de humanización en el cuidado del niño encamado en ambiente hospitalario</p>	<p>Soares y Correa, 2011</p>	<p>Qualitative research</p>	<p>- The story "<i>Finding Nemo</i>" encourages the identification of disabled children with the main character and promotes the acceptance of their reality. -Reading a storybook is beneficial for children and their family: promotes the emotional expression and children's psychological wellbeing.</p>
<p>Leer para convivir. Lecturas para la prevención del acoso.</p>	<p>Larrañaga et al., 2015</p>	<p>Clinical essay</p>	<p>-Reading books eases an inclusive view of education. It has been proved to be an effective strategy to deal with bullying situations and to promote cognitive empathy. -There is one initiative in Spain called "Cuentos para evitar el bullying" and another initiative in Chile named "¡No al bullying!</p>

Los beneficios de la lectura compartida de libros: breve revisión.	Goikoetxea y Martínez, 2015	Narrative review	-Shared reading, not only promotes language's development, but also facilitates an emotional connection.
Percepción que el niño/a tiene del "Diario de Paula": Cuento informativo sobre la intervención quirúrgica.	Orihuela-Pérez et al., 2009	Descriptive study	-A storybook titled "Diario de Paula" promotes children's knowledge in relation to the hospital and the surgery process. -The storybook could be used either as an educational or as a playful tool.
Portrayals of Bullying: A content analysis of picture books for preschoolers.	Oppliger y Davis, 2016	Narrative review	-91% of bullying stories have been created with the aim of ending bullying situations. -69% of storybooks related with bullying, have been narrated from the victim's point of view.
La mediación de la lectura como recurso de comunicación con niños hospitalizados	Ceribelli et al., 2009	Qualitative research	-Literature is a therapeutic resource and it offers; Emotional security, reduction of internal conflicts, learning opportunities, strategies to overcome problems and internalizing human values. - "The Ugly Duckling" storybook is a good resource for oncohematologic pediatric patients. It promotes the identification of children with the main character and the acceptance of their physical changes.
Storytelling as a communication tool for health consumers: development of an intervention for parents of children with croup. Stories to communicate health information	Hartling et al., 2010	Clinical essay	-Storytelling not only offers comfort to the children, it is also beneficial to obtain information about the health-disease process.

Significados atribuidos a la ocupación de la lectura en el tiempo libre.	Rodríguez et al., 2011	Qualitative research	-Literature helps children to improve their quality of life, reducing stress levels and pain experience associated with the hospitalization process.
The effectiveness of creative bibliotherapy for internalizing, externalizing, and prosocial behaviors in children: a systematic review.	Montgomery y Maunders, 2015	Systematic review	-Bibliotherapy facilitates behavior's externalization, promotes empathy and prosocial behavior, reduce anxiety and helps solving social problems.
The impact of bibliotherapy on positive coping in children who have experienced disaster	Pola y Nelson, 2014	Narrative review	-Studies that analyze the effects of bibliotherapy related to traumatic experiences, involves natural disasters, terrorist's attacks and wars.
Treating nighttime fears in young children with bibliotherapy: evaluating anxiety symptoms and monitoring behavior change	Lewis et al., 2015	Clinical essay	-Bibliotherapy has been proved to be an effective resource treating nighttime fears in young children. -Literature improves these situations, reducing anxiety levels and night waking episodes.

Several studies have shown the usefulness of reading in the personal development of children (see table 3). Different types of bibliotherapy are differentiated: the clinic (aimed at patients and set up by physicians and librarians) and the evolutionary (school or public libraries that promote self-knowledge at different stages of the person's development)⁽⁵⁾.

After analyzing thematically the selected publications, five categories were obtained: "Healthy child", "Alteration in the mental area", "Hospitalization", "Pathology in the physical area" and "Death".

Healthy child

Several works highlight the role of reading as a source of beneficial effects for a child who does not present any pathology, but who, despite this, must be able to adapt to various situations during their childhood development. The reading of stories and their reflection have effects such as reducing anxiety, promoting self-esteem and reflection, offering comfort, helping to cope with adversity and promoting development by improving communication and externalizing feelings^(1, 2-4).

It has been observed that reading stimulates healthy lifestyles and can prevent various diseases such as obesity and childhood diabetes, and also that reading stories favors the reduction of BMI (body mass index)⁽⁸⁾.

Alteration in the mental area

The mental alterations experienced in childhood imply that both the child and his environment have to adjust to the new reality they are living.

Night terrors and fear of the dark, common in the children development are part of the group of the parasomnias, alterations that interfere in the quality of the dream. Bibliotherapy promotes the acceptance of phobia and a greater adequacy and initiative to change by the child and family, thus reducing levels of anxiety⁽⁹⁾. Another problem that often appears during childhood is disruptions of sleep and nocturnal awakenings. It has been observed that this problem appears in one of four children before the age of 5. In this, the reading of the story "The Sleep Fairy" has turned out to be effective, improving the behaviors associated with this problem⁽¹⁰⁾.

On the other hand, post-traumatic stress is a situation that can affect children in certain situations. The use of literature associated with traumatic processes has been studied mainly in relation to natural disasters, terrorist attacks or war processes⁽¹¹⁾. A traumatic situation can suddenly change the life of the child, producing alterations in their development and affecting family dynamics. Through the creation of children's bookstores, efforts have been made to favor the assimilation of this episode and its consequences. A study carried out in Pennsylvania (Waibel, 2010) describes the creation of two types of libraries, one aimed at cases in which children have been diagnosed with some serious pathology and another suitable for cases where children have turned out to be sexual or domestic violence victims. This initiative promotes adaptation to the new situation, through the sharing of experiences⁽¹²⁾.

The use of reading has also been related to the treatment of another type of alteration that affects mental health: psychosis. This type of disorder can affect, in addition to the child who suffers, indirectly to the health of their caregivers. There are not many materials to promote the care of these patients, but it has been observed that the use of bibliotherapy can even be more effective, in the long term, than the usual medical treatment. According to McCann et al., Children treated with this therapy value the changes experienced more positively than those treated with usual medical treatment⁽¹³⁾.

In processes of anxiety, the mental alteration more frequent in childhood, the use of children stories has resulted in the improvement of these children. Literature for children has as a purpose the identification of the reader with the protagonist who fights against different stressors, thus achieving that, in the same way, they themselves can face the stress they are experiencing autonomously. The reflection on these stories is also necessary for the youngest to learn to behave adequately when having to face possible future situations⁽¹⁴⁻¹⁵⁾.

In addition, the use of children's literature may be beneficial for children with special abilities such as children with Autism Spectrum Disorder (ASD); psychological and behavioral disorder characterized by presenting alterations in socialization with others. The story "A friend like Simon: A story about autism" tells the story of a child with ASD from the point of view of his best friend and classmate. The objective of this story is to teach children about the special needs of people with ASD and the importance of accepting everyone, no matter how different they may be⁽²⁾.

Finally, an increasingly common situation in schools and one that is related to the development of symptoms related to mental health is school bullying. Several studies have demonstrated the effectiveness and necessity of treating bullying through bibliotherapy. There are several children's stories that have been used in order to prevent and give other perspectives of bullying⁽¹⁶⁻¹⁷⁾.

Hospitalization

The disease generates the rupture of the balance that a child has until the moment it appears. In many cases the loss of health causes the infant to face a stressful situation such as hospitalization⁽¹⁷⁾.

The hospital constitutes an unknown environment that involves biopsychosocial changes and in which a person must face painful techniques carried out by people out of it. All this can produce fear, anguish, stress and even feelings of abandonment. Several authors suggest that health care should go beyond medical techniques; trying to humanize this care, suggest the use of various cognitive-behavioral therapies to change the perception that the infant and his family have about hospitalization. Bibliotherapy is considered a tool that offers emotional security, helps overcome fear of the unknown, promotes personal development and promotes emotional well-being, reflection and the construction of personal criteria^(5,10,11,18,19). Regarding the professional-user relationship, the reading of stories favors feedback and communication. In addition, it helps the child continue with the process of schooling, being not only a therapeutic method, but also a pedagogical resource^(7,9,12-13,18-23).

One of the techniques to which people in the health area are more often exposed is blood extraction. The reading of a story has proved to be useful in children in terms of reducing and improving fear expectations associated with extraction⁽⁴⁾.

A person may require hospitalization for various reasons, both for the fact of suffering a chronic and acute pathology. One of the most common reasons among acute pathologies, in the case of the youngest, is tonsillitis or angina. In order to help in the process of this pathology, Hartling et al. evaluated an intervention based on the use of various stories, after which they pointed out the benefits of this tool⁽²⁵⁾.

Another reason for hospitalization in childhood may be the fact of undergoing surgery. To deal with this situation, Orihuela-Pérez et al. they created and evaluated the use of a story entitled "Diario de Paula", which helps both the child and their family in the preparation of this new experience⁽²⁶⁾.

Pathology in the physical area

A chronic pathology is a long-lasting disease and usually of slow progression. The reading of stories to children who suffer this situation favors acceptance of the diagnosis, adhesion to treatment and as a consequence, a higher quality of life⁽²⁾.

One of the most frequently diagnosed chronic pediatric pathologies is cancer, leukemia in particular. Working with a story like the "Ugly Duckling" helps the child and their family to minimize the emotional effects and to favor the trust in the health professional. This tale tells the story of a duckling that is discriminated by his peers due to his physical appearance and with the passage of time, becomes a beautiful

swan. Children tend to identify with the protagonist, since, like the ugly duckling, as a result of chemotherapy they experience a notorious physical change, resulting from hair loss^(14,23-24).

Another chronic alteration present in childhood is the various disabilities. The story "Finding Nemo" refers to disability processes, since it is based on the story of a fish that, even though one of his fins is shorter, manages to fulfill all his dreams and objectives. Through this story, the child can internalize that, despite having a disability, with effort, he is able to face the obstacles that life brings, like "Nemo" with his tiny fin⁽²⁰⁾.

One of the most serious infectious and contagious diseases that can appear during childhood is HIV or AIDS condition in its most chronic evolution. It is a pathology that is difficult for the child to cope with, among other things, due to the stigmatization and associated stereotypes that exist in society about HIV-positive people, which can affect the child's social environment. In 2013, a study was carried out to evaluate the effectiveness of a story for children with this condition. The results showed that the children's story "Peter's and Julia's Discovery: conversing about health and illness" is a useful resource that encourages conversation with children about the health-disease process, favoring the understanding of their situation and the importance of antiretroviral treatment⁽⁶⁾.

Death

Different stories tell the reality of the last days that a person has to face. The reading of stories like "Gentle Willow", where a squirrel gives support to the tree that one day had sheltered him in his last days of life, is a tool to help children deal with feelings of fear, anger, pain and frustration. In this way,

it favors that they and their families prepare themselves better for the harsh reality of the end of a life⁽⁸⁾.

DISCUSSION

The results of this review reveal what the effects associated with bibliotherapy are and its importance. 54.1% of the studies focus on studying the effects of bibliotherapy in children aged around 2-16 years. On the other hand, 10 of the studies, representing 41.6%, focus on analyzing the effects of bibliotherapy on children in different areas without specifying ages. And only one has focused on the effects of bibliotherapy during adolescence.

Regarding the city where the research was carried out, half of the studies were carried out in the United States, 7 of them in North American countries, and 5 in South America. Only 4 were carried out in Europe, of which only 1 was in Spain. In this line, it is worth mentioning that the studies have been chosen in order to show the diversity of the use of bibliotherapy in different areas. In 29.1% of the selected studies study the effectiveness of reading books linked to the process of hospitalization.

Despite having demonstrated the effectiveness of bibliotherapy, it would be advisable to give continuity to this therapy and those professionals who work with children in health centers, hospitals or different institutions related to health, had enough knowledge of the benefits of books and could thus work in a more appropriate way with the little ones. In addition, more experimental or quasi-experimental studies

should be carried out, since only 37.5%, 9 of the studies, are clinical trials, being the majority, 54%, reviews or descriptive and qualitative studies.

CONCLUSIONS

The use of reading as part of child cognitive-behavioral therapy is a tool that requires precision and knowledge for its optimal implementation. It is considered necessary to follow a few steps and an adequate methodology, which is why an adequate training is essential to achieve its beneficial effects such as: reduce anxiety and stress, favor the diagnosis of the disease, help adherence to treatment, improve psychosocial health and improve well-being and quality of life. In addition, the promotion of research lines related to the use of bibliotherapy is suggested in order to obtain a greater number of scientific evidences that evaluate its quality. The use of this technique could favor the humanization of care, a fundamental aspect in the health-disease process, especially when we talk about the youngest, who usually lack the knowledge and appropriate coping strategies.

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