

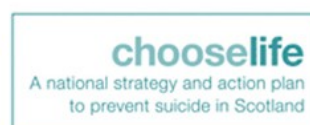
# Healthy Reading

## Detailed Information for Prescribers

This booklet provides information on how Healthy Reading Midlothian operates and a synopsis of the resources available.



- An effective, evidence-based means of helping people with mild-moderate mental health problems.
- A cost-effective treatment option.
- Available locally through Library Services and the Orchard Centre.



# Healthy Reading Midlothian

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## **What is Healthy Reading Midlothian?**

Healthy Reading Midlothian is a free and confidential service that provides people who are affected by mild to moderate mental health problems, and their carers, access to effective, evidence-based, self-help resources.

These resources include books, booklets, audio books, DVDs and a list of recommended websites. All resources are available in Midlothian libraries, including the mobile library, as well as the Orchard Centre in Bonnyrigg. There is a list of resources available in other languages

GP's and Healthcare Professionals can 'prescribe' or 'recommend' specific self-help titles alongside, or as an alternative to: medication, psychological therapy or referral to other mental health services. Patients can then borrow the selected resource from their local library or the Orchard Centre. Alternatively, individuals can 'self-refer' to the service by accessing the resources the same as any other library resource.

Healthy Reading Midlothian is a development of the "Book Prescription" initiative of Dr Neil Frude. It is a partnership between NHS Lothian, Midlothian Library Services and the Orchard Centre in collaboration with Midlothian Wellbeing Interventions Network (MWIN).

## Does self-help work?

There is an increasing body of evidence indicating the effectiveness of self-help in treating a range of mental health problems.

A number of systematic reviews and meta-analysis have concluded that self-help can be an effective form of treatment.

Research has suggested that the best self-help books can produce results comparable to drug therapy or psychotherapy.

Most of the self-help resources that have been subjected to clinical trials and have shown to be effective are based on Cognitive Behavioural Therapy (CBT). Many of these resources have been written by lead clinicians in the field and are adaptations of well established clinical treatments. They present complete, step-by-step, self-help treatment programmes that the reader can work through independently.

A review of self-help interventions, commissioned by the National Institute for Mental Health in England and the Department of Health's policy research programme, found that most studies reported a significant benefit from self-help materials that were based on CBT approaches for depression, anxiety, bulimia and other eating disorders.

These findings are reflected in the current clinical guidance produced by the National Institute of Clinical Excellence (NICE), which recommends the use of self-help as an early treatment for these conditions within a stepped care model. The recent proposed Integrated Care Pathway (ICP), for the treatment of depression in primary care, also recommends the use of self-help (computer aided or book prescribing) as part of a stepped care model.

Since the development of the original "Book Prescribing" service by Dr Frude, in 2003, there are now over 100 similar schemes operating across the UK including Edinburgh, East Lothian and West Lothian. The findings from evaluation studies demonstrate the schemes are a success in terms of the number of resources borrowed. They are also well received by patients and healthcare professionals.

## The benefits of self-help

There are numerous benefits of self-help.

The costs of self-help are low so the cost-effectiveness can be very high.

Compared to individual therapy, self-help has the advantage of being more easily available.

Compared to medication self-help has many advantages:

- Higher patient acceptability
- Lower compliance and dropout rates
- More immediate effects
- No rebound effect when treatment comes to an end
- Tendency to continued improvement over time
- Lower relapse rates
- No appreciable side effects
- No adverse reaction with medication or other forms of treatment
- No significant contraindications
- No danger of overdose
- Safe in pregnancy

## Who is suitable for this form of treatment?

Healthy Reading Midlothian is aimed at adults who present with mild-moderate mental health problems.

Family, friends and carers may also benefit from having access to up-to-date information about mental health problems and their treatment.

Not all patients however, will be suitable for this kind of help. Some may have problems that do not fit into many of the categories included in the list. Others will find the resources unsuitable due to limited motivation or limited literacy, although resources in other formats are available. Healthy Reading Midlothian is not recommended as a standalone treatment for those with severe and enduring problems.

Adults using Healthy Reading Midlothian should ideally have:

- a sense of motivation
- the ability to work independently

In order to make the resources accessible to as many individuals as possible, the list includes titles of different levels of intensity and also includes DVD's, audio materials and recommended websites where available. There is a list of resources available in other languages.

Probably the best "test" of whether the approach is likely to engage the individual will be their response to the suggestion of a self-help recommendation. Those who seem interested or intrigued at the initial suggestion may well make more effort to access and use the resources, indeed they may have already sought out some self-help material.

## Overview of the Healthy Reading Midlothian list

The Healthy Reading Midlothian list consists of 50 recommended resources, covering 21 problem areas that are commonly encountered in primary care settings. These include anxiety, depression, eating disorders, obsessive compulsive problems, gambling, social phobia, panic, anger, stress, low self-esteem and the aftermath of sexual abuse.

The list of resources has been developed after researching a selection of similar schemes across the country and a consultation period with healthcare professionals and service users in Midlothian. To ensure continuity across Lothian the selection is based upon the books selected in Edinburgh. To increase access to the service, books that are easily readable and brief have been included in the list. The list includes audio-books, DVD's and internet resources as well as a list of resources in different languages.

The resources have been selected according to their evidence base. Many of them have been written by leading practitioners and clinical psychologists in the mental health field and many are in fact self-help adaptations of well established clinical treatments of proven effectiveness. Furthermore, several of the resources have been subjected to clinical trial.

## Which resource should be chosen?

There is no precise formula for identifying the most suitable resource. Any one of the books relating to the presenting problems is likely to prove useful. Familiarity with the resources should make it easy to identify one or more suitable title for the majority of people presenting with mild-moderate mental health problems.

To help guide prescribing:

- A synopsis of the resources is included at the end of this booklet.
- Where several resources seem potentially useful, personal judgement will have to be made on the basis of the title, brief description and level of intensity of the resource. This may depend on the person's level of literacy, motivation and ability to concentrate.
- The person should be asked if they have a preference for the format of resource that suits them best (book, audio book, DVD or website).

## How Healthy Reading Midlothian works

If you decide that a patient with a common mental health problem or a family member, friend or carer may benefit from self-help, you can issue a prescription.

Your patient can then choose to access the resource from any of the libraries in Midlothian or the Orchard Centre. Patients with a prescription will not have to be a member of the library to access the resource. On presenting their prescription to library staff they will automatically become a library member, on a temporary basis, as long as their name and address are included on the prescription. The resources can be borrowed for 8 weeks and can be renewed as usual.

Information about the resources and electronic prescriptions are available on the NHS Lothian Intranet through Refhelp (Lothian Referral Guidelines Website), by selecting the following links:

[Healthcare > Referrals > Refhelp >Lothian Referral Guidelines Website.](#)

Anyone with an NHS email account can register to use the site, via the Refhelp home page.

### **To issue a prescription:**

1. Use the resource list to identify and select the appropriate resources in terms of:  
The presenting problem  
The intensity  
The format
2. Log on to Refhelp, as above. Select Referral Guidelines from the blue box at the side of the page.
3. On the drop down menu select:  
[Psychiatry/Mental Health>Stepped Care](#)
4. Go to the Resources Section at the bottom of the page.
5. To see a detailed list of the resources select:  
[Book Prescribing \(Healthy Reading Midlothian\).](#)
6. To print a prescription select:  
[Healthy Reading Prescription – Midlothian.](#)
7. Attach a sticker, with the patients name and address to the prescription.



8. You may wish to give the patient an 'information leaflet'. This explains more about the scheme and gives the addresses of the local libraries and the Orchard Centre.
9. Offer follow-up care to the patient as you normally would.

Research has indicated that more people benefit from self-help resources if they can be discussed with a supportive person. It is therefore strongly recommended that follow-up consultations take place as an important part of the process as with any other form of treatment.

## **Evaluation**

An important part of the scheme will be to conduct a thorough evaluation.

The evaluation aims to ascertain the effectiveness of Healthy Reading Midlothian and will inform future developments.

This will involve monitoring the uptake and usage of the scheme in terms of the number of prescriptions issued and exchanged, the number of resources borrowed and the range of titles borrowed. Issuing prescriptions via Refhelp will enable us to gather this data. Service users, with their consent, will be contacted to ascertain their views as to the service and whether they found it helpful. Service providers e.g. prescribers and library staff will be contacted to find out their views of the service.

## Subject list

- Alcohol
- Anger
- Anxiety
- Assertiveness
- Bereavement
- Childhood Sexual Abuse
- Depression
- Eating Disorders
- Gambling
- General Mental Health Issues
- Health Anxiety
- Mood Swings
- Obsessions and Compulsions
- Panic
- Post Natal Depression
- PTSD
- Self-Esteem
- Sleeplessness
- Social Anxiety
- Stress
- Worry

## Detailed resource information

### Alcohol

#### 1. So You Want to Cut Down Your Drinking?

by NHS Health Scotland (2003).

Booklet

Intensity: Medium

A self-help-booklet for people who wish to cut down their drinking. Topics include: the effects of alcohol, reasons for drinking, and reasons to cut down drinking. The booklet provides a step-by-step programme on how to cut down drinking and offers practical strategies and advice.

#### 2. The Things You Do That Mess You Up and How to Stop Doing Them. Booklet

by Dr Chris Williams (2007).

Intensity: Low

One of the “Little CBT” self-help booklets for people who have developed problem behaviours, including excessive drinking. This brief and straight forward resource outlines a problem solving approach which encourages the reader to indentify their own solutions to tackle their problem behaviours. It has been designed to be easily accessible. It is ideally suited for individuals who want some clear advice so that they can turn things around quickly.

### Anger Management

#### 3. Overcoming Anger: When Anger Helps and when it Hurts.

by Windy Dryden (1996).

Book

Intensity: High

A self-help book about anger. Based on cognitive behavioural and rational emotive behavioural therapy, the book describes what anger is. It aims to help the reader to recognize whether their anger is justified and to accept and overcome different forms of anger. Chapters cover issues such as: healthy vs. unhealthy anger, what might or might not be a problem, and how to change and deal with unhealthy anger. The book contains practical tables and diagrams. Whilst this is a short text it is fairly complex.

#### 4. Overcoming Anger and Irritability:

##### A Self-Help Guide using Cognitive Behavioural Techniques.

by William Davies (2008).

Book

Intensity: Medium

A self-help book for people who are constantly irritable and angry. Based on cognitive behavioural techniques, the book aims to help the reader to understand why such behaviours occur and what can be done to prevent them. With reference to real case studies, the book encourages the reader to keep an “anger diary” and then to analyse how angry incidents occur. It helps readers look at situations differently so that anger occurs less frequently.

#### 5. Are You Strong Enough to Keep Your Temper?

by Dr Chris Williams (2008).

Booklet

Intensity: Low

One of the “Little CBT” self-help booklets for people who have difficulty controlling their temper. This booklet offers simple advice and practical strategies on how to gain control over anger. It has been designed to be easily accessible. It is ideally suited for individuals who want some clear advice so that they can turn things around quickly.

## Anxiety

### **6. Overcoming Anxiety: A Five Areas Approach.**

by Chris Williams (2003).

Book

Intensity: Medium

A series of short, self-help workbooks which cover a wide range of common anxiety difficulties including: panic attacks, phobias, OCD, generalized anxiety and physical health worries. Developed in liaison with practitioners and users the course allows access to the proven CBT approach to treatment. Each workbook is designed to offer accessible and jargon free information. Carefully sequenced questions are designed to bring about change in how the person thinks and what they do in order to improve how they feel.

### **7. The Anxiety and Phobia Workbook.**

by Edward Bourne (2005).

Book

Intensity: Medium

A self-help manual based on CBT for people suffering from: panic attacks, agoraphobia, social fears, generalised anxiety, obsessive compulsive behaviours and other anxiety disorders. Step-by-step guidelines, questionnaires and exercises help the reader to learn skills and make lifestyle changes necessary to achieve a lasting change. The chapters cover: the causes of anxiety disorders, relaxation, help with panic and phobias, negative self talk, beliefs, visualization, assertiveness, self-esteem, nutrition, and medication. The book is quite long and may require some motivation to begin with.

### **8. Feel the Fear and Do it Anyway.**

by Susan Jeffers (2007).

Book/ Audio CD

Intensity: High

Available in written and CD format, this self-help resource offers advice and strategies on how to cope with fears of various kinds. Such fears include: public speaking, asserting yourself, making decisions, intimacy; changing jobs, being alone, ageing, driving, losing a loved one, and ending a relationship. The books basic premise is that; your aim should not be to get rid of your fears. You should feel your fear, but not let it stop you from doing things you really want to do. The book contains many illustrative stories and exercises that the reader can try themselves.

### **9. Coping with Anxiety**

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Medium

A self-help CD about how to cope with anxiety. It describes, in detail, strategies for relieving anxiety including: how and why people feel anxious, how to cope with panic attacks, and teaches a relaxation programme and breathing exercises.

### **10. Living Life to the Full**

by Dr Chris Williams (2008).

DVD

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start

thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

### **11. Living Life to the Full**

By Dr Chris Williams (2001).

Free online CBT Course  
Intensity: Low

This is a free, online, life skills resource for individuals with anxiety, depression or low mood. The website has been devised by one of Scotland's leading experts in CBT, Dr Chris Williams. The course helps users choose key life areas to change and encourages them to change the way they think and to respond in new ways to the many life challenges we face on a day to day basis. Modules include: understanding why we feel as we do, practical problem solving skills, relaxation, overcoming reduced activity; using medication effectively, noticing unhelpful and helpful thinking; healthy living, and staying well. The modules can be completed from any computer with internet access. Users can also choose to have the modules spoken aloud, making this a useful resource for individuals with literacy problems.

## **Assertiveness**

### **12. Assertiveness Step-by-Step**

by Windy Dryden and Daniel Constantinou (2004).

Book  
Intensity: High

This self-help book discusses what assertion is and deals with fears about being assertive. Based on the principles of Rational Emotive Behavioural Therapy and CBT, the book covers specific skills including assertion of positive emotion, adapting assertion and being assertive in specific situations. There are sections on how to implement assertion, maintaining the practice of being more assertive, communication styles, how to be assertive, listening skills and negotiation.

## **Bereavement**

### **13. Living with Loss**

by Liz McNeill Taylor (2000).

Book  
Intensity: Medium

Drawing from personal experience and from interviews with other bereaved people, Liz McNeill Taylor has created a survival handbook for the widowed showing how, over time; the healing process can be assisted. The book discusses her own progression from grief and despair to anger and then adjustment, and describes how she learned to enjoy life again. The book also covers issues such as money, sex and raising children alone. This book aims to show how best

to heal oneself and how to build a new life making the most of friends, organisations and resources which help the bereaved.

#### **14. Coping with Bereavement**

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Low

This CD describes how to cope with the feelings of grief and offers reassurance and comfort as well as practical advice. The speakers include medical and bereavement professionals who have many years of experience working with the bereaved. The programme describes: coping with loss, different types of death, grief and the family, other people's reactions to your grief, helping children and teenagers and how to start building a new life.

## **Childhood Sexual Abuse**

#### **15. Overcoming Childhood Trauma**

by Helen Kennerly (2000).

Book

Intensity: Medium

A CBT based self-help book for those who have suffered emotional/physical/sexual abuse in childhood and now suffer with the legacy of this. This book aims to help the sufferer understand the links between past trauma and present difficulties and offers ways to gain control over these problems, allowing the reader to deal with intrusive memories, manage mood swings and build better relationships in adulthood.

#### **16. Beginning to Heal:**

**A First Book for Men and Women who were Sexually Abused as Children. Book**

by Ellen Bass and Laura Davis (2003).

Intensity: Low

This short self-help book is for adult survivors of sexual abuse in childhood. Part one focuses on the healing process, with part two focusing on five detailed case examples. The chapters are short and easy to read. There are practical examples of how to cope in a crisis, including advice if the reader feels suicidal. Relevant issues covered are how to change, resolution and moving on. The case examples of people who have dealt with some awful experiences instil hope in the reader. The key message is; however traumatic the abuse might have been survivors can not only heal, but thrive.

## **Depression**

#### **17. Overcoming Depression:**

**A Self-Help Guide using Cognitive Behavioural Techniques**

by Paul Gilbert (book, 2000, audio CD, 2007).

Book/Audio CD

Intensity: High

Available in written and CD formats, this self-help resource is for people with depression. Based on cognitive behavioural techniques, this resource is full of step-by-step suggestions, case examples and practical ideas for gaining control over depression and low mood. Bestselling author and leading depression expert Professor Paul Gilbert explores different aspects of depression including, the nature of depression, how thoughts and feelings are related, how to look after our body and help it recuperate, relaxation - advice and techniques, the role that our

styles of thinking play in depression, self-criticism, being kind and compassionate to oneself, becoming more active and exploring different ways to think about and tackle life's challenges.

### **18. Overcoming Depression: A Five Areas Approach**

by Dr Chris Williams (2006).

Book

Intensity: Medium

A series of short, self-help workbooks for people with low mood and depression. Developed in liaison with a wide range of experts, the course provides access to the proven cognitive behavioural therapy approach. Providing accessible information and teaching key life skills the workbooks provide practical and effective ways to help the reader improve how they feel. Chapters cover problem solving, assertiveness, increasing activity, sleep problems challenging negative thinking and healthy living.

### **19 . Little CBT Books**

by Dr. Chris Williams (2007).

Booklets

Intensity: Low

A series of short self-help booklets written by Dr Chris Williams. Based on the CBT approach these booklets have been carefully designed to be easily accessible. Titles relating to depression and low mood include: write it all over the bathroom mirror and 14 other ways to get the most out of the little books, why do I feel so bad?, I feel so bad I can't go on, I can't be bothered doing anything, 10 things you can do to feel happier straight away, why does everything always go wrong and other bad thoughts you can beat, the things you do that mess you up and how to stop doing them, and how to fix almost anything in 4 easy steps. These booklets are ideally suited for individuals who want some clear advice so that they can change things around quickly.

### **20. Living Life to the Full**

by Dr Chris Williams (2008).

DVD

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

### **21. Living Life to the Full [www.livinglifetothefull.com](http://www.livinglifetothefull.com)**

by Dr Chris Williams (2001).

Online CBT Course

Intensity: Low

This is a free, online life skills resource for individuals with anxiety, depression or low mood. The website has been devised by one of Scotland's leading experts in CBT, Dr Chris Williams. The course helps users choose key life areas to change and encourages them to change the way they think and to respond in new ways to the many life challenges we face on a day to day basis. Modules include: understanding why we feel as we do, practical problem solving skills, relaxation, overcoming reduced activity, using medication effectively, noticing unhelpful and

helpful thinking, healthy living; and staying well. The modules can be completed from any computer with internet access. Users can also choose to have the modules spoken aloud, making this a useful resource for individuals with literacy problems.

**22. MoodGYM** <http://moodgym.anu.edu.au/> Online CBT Course  
The Centre for Mental Health Research, Australian National University. Intensity: Low

A free, online self-help course to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment. Scientific trials evaluating MoodGYM, have shown that the using two or more modules is linked to significant reductions in depression and anxiety symptoms. The trials also found that these benefits still last after 12 months.

## Eating Disorders

**23. Breaking Free from Anorexia Nervosa**  
**A Survival Guide for Families, Friends and Sufferers** Book  
by Janet Treasure (1997). Intensity: Low

A self-help guide focusing on anorexia and the effects it can have on patients and their families. Acknowledging that anorexia can lead to strong emotions, the book deals with the recognition of anorexia, issues of blame and denial and helpful and unhelpful responses of family members. The book describes practical steps that can help recovery, nutritional aspects and health hazards amongst a wealth of sensible information.

**24. Getting Better Bit(e) by Bit(e)** Book  
by Ulrike Schmidt and Janet Treasure (1993). Intensity: Low

A self-help book, whose efficacy has been proven in clinical trials, for people with eating disorders principally bulimia nervosa. It quotes many real life examples of problems faced by people with eating disorders. Reflecting on clinical findings it provides step-by-step advice for dealing with bulimia, concentrating on key behavioural changes. Issues covered include: coping with binges, cravings and urges, achieving optimal weight, giving up laxatives and diuretics, healing childhood emotional wounds, correcting faulty thinking, being assertive, avoiding reliance on drink and drugs and dealing with problems in relationships and work.

## Gambling

**25. Overcoming Compulsive Gambling** Book



by Alex Blaszczynski (1998).

Intensity: Medium

A self-help book dealing with compulsive gambling problems. Based on CBT techniques, this book consists of a definition and discussion of the issues followed by a step-by-step recovery programme. There is background information about what gambling actually is, the effects of problem gambling on the individual and on others around them. The book is comprehensive and motivational.

## General Mental Health

### 26. Mind Over Mood

Book

by Dennis Greenberger and Christine Padesky (1995).

Intensity: Low

A self-help workbook based on CBT for readers suffering from depression, panic attacks, eating disorders, substance abuse and relationship difficulties. The book includes numerous case examples and written exercises including sample worksheets. The guide focuses on specific emotional problems and provides step-by-step instructions for identifying negative automatic thoughts and replacing them with realistic and more positive thoughts.

### 27. Manage Your Mind: A MentalFitness Guide

Book

by Gillian Butler and Tony Hope (2007).

Intensity: Medium.

A self-help book written by two leaders in their fields, a psychologist and a psychiatrist. The book sets out strategies designed to stretch, strengthen, and tune the mind to help the reader cope with the rigours of everyday life. Chapters include: building self confidence, overcoming anxiety and depression, taking positive control of your present and future, establishing and maintaining relationships, dealing with worry, breaking bad habits, stress, and time management.

### 28. Reinventing Your Life

Book

by Jeffery Young & Janet Klosko (1998).

Intensity: High

This self-help book tackles the difficult issues faced by people with personality problems. Drawing on the techniques and principles of cognitive therapy the book addresses eleven chronic, self defeating personality patterns known in the book as life traps. The book discusses the origins of the life traps, provides a diagnostic test for each and offers step-by-step suggestions to help the reader explore new ways of addressing the pattern.

### 29. Living life to the Full

DVD

by Dr Chris Williams (2008).

Intensity: Low

A self-help DVD for individuals who feel low, stressed out, worried, depressed or out of control. Written by a psychiatrist who has many years of experience using a CBT approach, the course teaches key knowledge in how to tackle and respond to issues/demands which we all meet in our everyday lives. Modules cover: problem solving, how to build confidence, how to start thinking helpfully instead of negatively, poor sleep patterns, healthy lifestyle advice, relationships, and how to be more assertive. This resource is ideal for individuals who want to use self-help but don't want to use workbooks.

### 30. Living Life to the Full

Online CBT Course

by Dr Chris Williams (2001).

Intensity: Low

This is a free online life skills resource for individuals with anxiety, depression or low mood. The website has been devised by one of Scotland's leading experts in CBT, Dr Chris Williams. The course helps users choose key life areas to change and encourages them to change the way they think and to respond in new ways to the many life challenges we face on a day to day basis. Modules include: understanding why we feel as we do, practical problem solving skills, relaxation, overcoming reduced activity; using medication effectively, noticing unhelpful and helpful thinking, healthy living, and staying well. The modules can be completed from any computer with internet access. Users can also choose to have the modules spoken aloud, making this a useful resource for individuals with literacy problems.

## Health Anxiety

### 31. Stop Worrying about Your Health

by George Zigourides (2008).

Book

Intensity: Low

A self-help book written by a clinical psychologist. Based on CBT strategies of proven effectiveness, the book offers step-by-step strategies for readers who are excessively concerned about their physical health. The author also offers helpful advice about how readers can gain and maintain emotional support from friends and family.

## Mood Swings

### 32. Overcoming Mood Swings

by Janet Scott (2001).

Book

Intensity: Medium

A self-help book for readers who experience mood swings. The book provides background information for depression and mania. Based on the principles of cognitive behavioural therapy, the book gives practical techniques to help the reader manage their mood more effectively. The book contains self-tests and monitoring sheets.

## Obsessive Compulsive Disorder

### 33. The OCD Workbook

by Bruce Hyman and Cherry Pedrick (2005).

Book

Intensity: Medium

A self-help book for individuals with obsessive compulsive disorder. With reference to the latest clinical research, the book covers the causes and symptoms of OCD and offers an intensive self-directed cognitive behavioural treatment programme that teaches the reader how to block rituals, reduce fears and change unhealthy thought patterns. This new edition includes expanded coverage of related disorders like body dysmorphic disorder, trichotillomania, and skin picking.

### 34. Stop Obsessing:

#### How to Overcome your Obsessions and Compulsions

by Edna Foa and Reid Wilson (2001).

Book

Intensity: Medium

This self-help book draws on the latest clinical research. It describes the symptoms of obsessive-compulsive disorder, explains how it can be treated with behavioural therapy. It also includes advice on reducing stress.

### **35. Obsessive Compulsive Disorder**

by Barbara Rothbaum.

DVD

Intensity: Low

A self-help DVD produced in America under the guidance of Barbara Rothbaum, PHD. It shows people with OCD undergoing a CBT based treatment. The therapist explains how a stimulus creates a response which in turn has consequences. The therapist then outlines the exposure-response prevention technique in which the individual is encouraged to confront their fear without engaging their compulsive response. By repeatedly doing this they learn that their fear will not happen and their anxiety will drop. Prior practicing and imaginal exposure are recommended to enhance success.

## **Panic**

### **36. Panic Attacks: What Are they and Why do they Happen?**

by Christine Ingham (2000).

Book/Audio-CD

Intensity: Medium

Available in written and CD formats, this self-help resource is about panic attacks and what can be done about them. It is not based solely on CBT other therapies are also discussed. The book covers: the nature of panic attacks, their impact, why they occur as well as solutions, prevention and issues around confidence and lifestyle. It provides steps that can be undertaken to learn how to avoid a recurrence, and a section on how to help others with panic attacks.

### **37. The Worry Box**

by Chris Williams (2009).

Booklets

Intensity Low

One of the "Little CBT" self-help resources for people who panic. The Worry Box contains 4 booklets to help the reader understand their panic and/or worry and introduces a simple, straightforward way to manage it called the 3 F's: Face it; Fix it; Forget it. This brief, self-help resource has been designed to easily accessible and to the point. It is ideally suited for individuals who want some clear advice so that they can change things around quickly.

### **38. Fight or Flight.**

by Dr Lisa Lampe and Professor Ron Rapee

DVD

Intensity: Low

A self-help DVD produced in Australia by sufferers under the guidance of Dr. Lisa Lampe and Professor Ron Rapee. The DVD covers a range of CBT based techniques used to overcome agoraphobia/panic. It shows the sufferers going through their recovery routines interspersed with explanations from the authors.

## **Post- Natal Depression**

### **39. Surviving Post Natal Depression: At Home No-one Hears You Scream.**

by Cara Aiken (2003).

Book

Intensity: Medium

This book tells the stories of ten women from very different backgrounds - including the author - who has suffered from post-natal depression. Their stories, told honestly and informally, will be a source of strength and hope for sufferers. The book will also raise awareness of the illness and the destructive effect it can have on individuals and families. It offers positive suggestions and practical advice, based on personal and professional experience. It is a fresh, honest and positive book which will help professionals to understand post-natal depression and will be an invaluable resource for the many mothers who experience it.

## **PTSD**

### **40. Overcoming Traumatic Stress**

by Claudia Herbert and Anne Wetmore (1999).

Book

Intensity: Low

A CBT based, self-help book for those who have experienced traumatic stress, their families and those who work with them, to overcome the physical mental reactions to such stress. The step-by-step guide to recovery includes recognizing, accepting and managing long term reactions to traumatic experiences such as road traffic accidents, industrial accidents or rape. It advises people on how to accept the trauma itself and then to let go and move on.

## **Self-Esteem**

### **41. Overcoming Low Self-Esteem**

by Melanie Fennell (1999).

Book

Intensity: High

A detailed and comprehensive, CBT based, self-help book for those affected by self doubt, self criticism, social anxiety and other problems associated with low self esteem. The book covers understanding low self esteem, how it develops and what keeps it going followed by a structured self-help programme complete with monitoring sheets and diaries.

### **42. 10 Days to Great Self-Esteem**

by David Burns (2000).

Book

Intensity: Medium

Written in a clear and understanding style this book is for those who doubt themselves, criticize themselves and have a negative based view of themselves. Following a CBT based approach the book helps the reader to identify the causes of negative mood changes and to develop a more positive outlook in life. The book describes specific techniques and practical exercises that the reader can utilize.

### **43. I'm Not Good Enough: How to Overcome Low Confidence**

by Dr Chris Williams (2008).

Booklet

Intensity: Low

One of the "Little CBT" self-help booklets for people with low self-esteem who lack confidence. Based on the principles of CBT, the booklet outlines small steps to help the reader learn key

tools for change. Designed to be easily accessible this booklet is ideally suited for individuals who want some clear advice so that they can change things around quickly.

## Sleep

### 44. Getting a Good Nights Sleep

by Fiona Johnston (2000).

Book

Intensity: Low

A brief, self-help guide to overcoming sleep problems. The chapters are short and easy to read. Topics include what sleep actually is and problems associated with sleep, sleep retraining and stress management. The reader is encouraged to develop their own sleep management plan. A simple and accessible book.

### 45. Coping with Sleep Problems

Talking Life/ Royal College of Psychiatrists (2008).

Audio CD

Intensity: Medium

A self-help CD in which some of the UK's leading doctors describe simple, effective strategies and solutions to help the listener deal with a range of different sleep problems including: insomnia, narcolepsy, night terrors, sleep apnoea, and sleepwalking. The CD is packed with advice and easy-to-follow techniques, and also includes an effective relaxation exercise.

## Social Anxiety

### 46. Overcoming Social Anxiety and Shyness

by Gillian Butler (1999).

Book

Intensity: Medium

A self-help book containing many real life examples and provides instructions on effective cognitive behavioural techniques for overcoming social phobia and shyness. It is suitable for those with entrenched problems right through to those with milder feelings of discomfort and social shyness.

### 47. I Think, They Think....

by Dr. Lisa Lampe and Professor Ron Rapee.

DVD

Intensity: Low

A self-help DVD for people who have social phobia/shyness, their families and friends and for health professionals. Made in Australia it gives a real insight into social phobia and how it can be overcome. In this programme three people who are sufferers are shown talking about their experiences together with experts who explain the recovery technique based on CBT. This video is so informative that it will appeal to anyone with an anxiety problem, whatever it might be.

## Stress

### 48. The Relaxation and Stress Reduction Workbook

by Martha Davies and Eshelman, E.R. (2008).

Book

Intensity: Low

A self-help workbook designed to teach effective stress management and relaxation techniques. The book includes many real life examples and practical exercises to help readers achieve a level of balance and overcome anxiety, worry and other negative emotions. Chapters include coping with worry, anger and thought stopping.

### 49. Coping with Stress at Work

Talking Life/ Royal College of Psychiatrists (2000).

Audio CD

Intensity: Medium

A self-help CD in which leading doctors describe easy-to-follow, effective strategies to help the listener deal with and avoid stress at work. It describes how to: make use of effective time management, reduce brain overload, avoid stress burn-out and how to improve work relationships. The tapes are packed with advice and simple techniques, and also include an effective relaxation exercise.

### 50. Everything You Always Wanted to know about Stress

by David Hancock, Ewan Stewart and Jim White (2006).

DVD

Intensity: Low

This short film is about common mental health problems. It follows a young man suffering from mixed anxiety/depression who, in a series of comic encounters, learns how to handle 'stress'. The DVD also has interviews with three people who describe how stress affects their lives and with a clinical psychologist, a GP and a Professor. The DVD was nominated for a Scottish BAFTA.

## Worry

### 52. The Worry Cure. 7 Steps to Stop Worry from Stopping You.

by Robert Leahy (2006).

Book/Audio CD

Intensity: Medium

Available in written or CD formats, this self-help resource is for people who worry about various aspects of life including work, money, health, and relationships. Using the most recent research the resource helps the reader understand why they worry and how best to defeat it. The book describes a seven-step program which includes practical, easy-to-follow advice and techniques: determine your "worry profile" and change your patterns of worry, identify productive and unproductive worry, take control of time and eliminate the sense of urgency that keeps you anxious, focus on new opportunities not on your fear of failure, embrace uncertainty instead of searching for perfect solutions.

### 53. The Worry Box

by Dr Chris Williams (2009).

Booklets

Complexity: Low

One of the "Little CBT" self-help resources for people who worry. The Worry Box contains 4 booklets to help the reader understand their worry and/or panic and introduces a simple, straightforward ways to manage it; the 3 F's: Face it; Fix it; Forget it. This brief self-help resource has been designed to easily accessible and to the point. It is ideally suited for individuals who want some clear advice so that they can change things around quickly.

## Translated self-help leaflets.

A range of mental health materials have been translated into a number of languages. The following list was developed by Lothian Psychological Interventions Network (LPIN). It has been amended to include some additional resources. These can be accessed by following the links below.

ARABIC	Alcohol	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	What is anxiety or worry?	Library and Resource Centre 0131 536 9451/2/3
	How to cope with panic attacks	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding anxiety	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Stress and anxiety	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Understanding bereavement	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding postnatal depression	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Depression and low mood	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Understanding schizophrenia	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding self-harm	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
BENGALI	Alcohol	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	What is anxiety or worry?	Library and Resource Centre 0131 536 9451/2/3
	How to cope with panic attacks	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding anxiety	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Stress and anxiety	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Understanding postnatal depression	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Depression and low mood	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>

FRENCH	How to cope with panic attacks	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding anxiety	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding bereavement	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding postnatal depression	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding self-harm	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding schizophrenia	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Self Care Depression Program	<a href="http://www.changeways.com">www.changeways.com</a>



<b>Further Information</b>		
PUNJABI	Talking About Postnatal Depression	NHS Health Scotland 0131 536 5500
	Understanding depression	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding anxiety	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding Self-harm	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
GUJARATI	Alcohol	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	How to cope with panic attacks	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding anxiety	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Stress and anxiety	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Understanding postnatal depression	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Depression and low mood	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Understanding self-harm	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
	Understanding schizophrenia	<a href="http://www.mind.org.UK/Information/BT.htm">http://www.mind.org.UK/Information/BT.htm</a>
PUNJABI	Alcohol	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Stress and anxiety	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Self Care Depression Program	<a href="http://www.changeways.com">www.changeways.com</a>
	Depression and low mood	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
URDU	Alcohol	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	What is anxiety or worry?	Library and resource Centre 0131 536 9451/2/3
	Talking About Anxiety Disorders	NHS Health Scotland 0131 536 5500
	Stress and anxiety	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>
	Talking About Depression	NHS Health Scotland 0131 536 5500
	Depression and low mood	<a href="http://www.soundshealthy.nhs.uk/">http://www.soundshealthy.nhs.uk/</a>

#### OTHER SOURCES OF INFORMATION

Sounds Healthy is an NHS website that provides self-help health information in audio and text format in English, Arabic, Bengali, Chinese, Gujarati, Punjabi, Somali and Urdu.

[www.soundshealthy.nhs.uk/](http://www.soundshealthy.nhs.uk/)

MultiKulti is a website that has a range of self-help health information in a range of languages.

[www.multikulti.org](http://www.multikulti.org)

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[If you have any suggestions, comments or enquiries about the Midlothian Healthy Reading please contact:](#)

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Loanhead

Midlothian EH20 9DR

tel: 0131 271 3971

fax: 0131 440 4635

[philip.wark@midlothian.gov.uk](mailto:philip.wark@midlothian.gov.uk)

## Local Libraries

### Bonnyrigg Library

31 Polton Street  
Bonnyrigg EH19 3HB  
Tel: 0131 663 6762  
bonnyrigg.library@midlothian.gov.uk

### Dalkeith Library

White Hart Street  
Dalkeith EH22 1AE  
Tel: 0131 663 2083  
dalkeith.library@midlothian.gov.uk

### Gorebridge Library

Hunterfield Road  
Gorebridge EH23 4TT  
Tel: 01875 820630  
gorebridge.library@midlothian.gov.uk

### Loanhead Library

George Avenue  
Loanhead EH20 9HD  
Tel: 0131 440 0824  
loanhead.library@midlothian.gov.uk

### Mayfield Library

Stone Avenue  
Mayfield  
Dalkeith EH22 5PB  
Tel: 0131 663 2126  
mayfield.library@midlothian.gov.uk

### Newtongrange Library

St Davids  
Newtongrange EH22 4LG  
Tel: 0131 663 1816  
newtongrange.library@midlothian.gov.uk

### Penicuik Library

The Penicuik Centre, Carlops Rd  
Penicuik EH26 9EP  
Tel: 01968 664050  
penicuik.library@midlothian.gov.uk

### Danderhall Library

1a Campview  
Danderhall EH22 1QD  
Tel: 0131 663 9293  
danderhall.library@midlothian.gov.uk

### Roslin Library

9 Main Street  
Roslin EH25 9LD  
Tel 0131 448 2781  
roslin.library@midlothian.gov.uk

### Woodburn Library

(Dalkeith Leisure Centre)  
6 Woodburn Road  
Dalkeith  
EH22 2AR  
0131 654 4323  
woodburn.library@midlothian.gov.uk

**The resources  
are available at all  
Midlothian  
libraries,  
including the  
mobile  
library.**

**You can also borrow the resources  
from:**

The Orchard Centre  
14 Lothian Street  
Bonnyrigg EH19 3AB  
0131 663 1616