

# Biblioterapija, samopomoć i subjektivna dobrobit u otvorenom pristupu u Hrvatskoj

## */ Bibliotherapy, Self-Help and Subjective Well-Being in Open Access in Croatia*

Iva Žurić Jakovina<sup>1</sup>, Dolores Mumelaš<sup>2</sup>

<sup>1</sup>Sveučilište u Rijeci, Filozofski fakultet, Odsjek za kulturalne studije, Rijeka, Hrvatska; <sup>2</sup>Nacionalna i sveučilišna knjižnica u Zagrebu, Zagreb, Hrvatska

<sup>1</sup>University of Rijeka, Faculty of Humanities and Social Sciences, Department of Cultural Studies, Rijeka, Croatia;

<sup>2</sup>National and University Library in Zagreb, Zagreb, Croatia

Samopomoć, biblioterapija i subjektivna dobrobit teme su koje su sve više prisutne u javnom diskursu u Hrvatskoj. U radu će se objasniti pojmovi samopomoći najčešće vezani uz knjige za samopomoć, biblioterapija kao jedna od terapijskih tehnika, te pojam subjektivne dobrobiti kao težnja za ostvarivanjem sreće i osobnog zadovoljstva životom. Svi ti pojmovi vezani su uz destigmatizaciju psihoterapije s ciljem povećane svjesnosti važnosti mentalnog zdravlja. S obzirom na sve veću prisutnost ovih tema u znanstvenom i stručnom diskursu, rad će prikazati rezultate istraživanja o tome koliko su one zastupljene u hrvatskim znanstvenim publikacijama u otvorenom pristupu. Istraživanje je provedeno u okviru aktivnosti građanske znanosti *Samopomoć i dobrobit u akademskom mrežnom okruženju*, koja se fokusira na stručne i znanstvene izvore u otvorenom pristupu. Aktivnost je povezana s jednim od UN-ovih ciljeva održivog razvoja (Cilj 3: zdravlje i dobrobit) te ujedno naglašava važnost otvorenog pristupa i otvorene znanosti te neovisnog pretraživanja informacija. Ideja o održavanju ove aktivnosti proizašla je iz mota Mjeseca hrvatske knjige 2022. „Misli o sebi – čitaj“ koji je bio usmjeren na mentalno zdravlje mladih. Studenti Odsjeka za informacijske i komunikacijske djelatnosti Filozofskog fakulteta Sveučilišta u Zagrebu (n=20) sudjelovali su u aktivnosti i pretraživali Portal hrvatskih znanstvenih i stručnih časopisa Hrčak koristeći ključne riječi *samopomoć*, *subjektivna dobrobit* i *biblioterapija*. Rezultati istraživanja su pokazali da je na Portalu hrvatskih znanstvenih i stručnih časopisa Hrčak najzastupljenija tema subjektivna dobrobit, dok se nešto manje piše o biblioterapiji i samopomoći. Sve tri teme povezane su s ključnim pojmovima kao što su psihologija, mladi, kvaliteta života i mentalno zdravlje. Osim rezultata istraživanja, prepoznato je da građanska znanost može pomoći u prikupljanju podataka i znanstvenom istraživanju, jer, osim što olakšava širenje znanja, pridonosi i izgradnji novih partnerstava i daljnjoj popularizaciji znanosti i širenju svjesnosti o mentalnom zdravlju.

*/ Self-help, bibliotherapy and subjective well-being are topics that are becoming increasingly present in public discourse in Croatia. This paper will explain the concepts of self-help most often associated with self-help books, bibliotherapy as one of the therapeutic techniques, and the concept of subjective well-being as the pursuit of happiness and personal satisfaction in life. All these terms relate to the destigmatization of psychotherapy with the aim of increasing awareness of the importance of mental health. Given the increasing presence of these topics in the scientific and professional discourse, this paper will present the results of research on the extent to which these topics are represented in the Croatian open access scientific publications. The research was conducted as part of the citizen science activity "Self-Help and Well-Being in an Academic Online Environment", which focuses on professional and scientific resources in open access. The activity is connected with one of the UN Sustainable Development Goals (Goal 3: health and well-being) and at the same time emphasizes the importance of open access and open science, as well as independent information search. The idea of implementing this activity originated from the motto of the 2022 Croatian Book Month, "Think about yourself – read", which focused on the mental health of young people. Students of the Department of Information and Communication Sciences, University of Zagreb Faculty of Humanities and Social Sciences (n=20) participated in the activity and searched the Portal of Croatian scientific and professional journals - Hrčak using the key words self-help, subjective well-being and*

*bibliotherapy. The results of the research showed that subjective well-being is the most represented topic on the Portal of Croatian scientific and professional journals - Hrčak, while the topics of bibliotherapy and self-help are discussed to a somewhat lesser extent. All three topics are associated with key terms such as psychology, youth, quality of life and mental health. In addition to research results, it has been observed that citizen science can assist in data collection and scientific research, because in addition to facilitating the dissemination of knowledge, it also contributes to building new partnerships, as well as a further popularization of science and spreading awareness about mental health.*

#### ADRESA ZA DOPISIVANJE /

##### CORRESPONDENCE:

Doc. dr. sc. Iva Žurić Jakovina  
 Filozofski fakultet  
 Odsjek za kulturalne studije  
 Sveučilišna avenija 4  
 51000 Rijeka, Hrvatska  
 E-pošta: izuric@ffri.uniri.hr

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## UVOD

Rad je posvećen teorijskom i empirijskom istraživanju odabranih pojmova iz područja mentalnog zdravlja i kvalitete života, a odnosi se na samopomoć, biblioterapiju i subjektivnu dobrobit. Ti pojmovi su sve više prisutni u javnom i znanstvenom diskursu u Hrvatskoj, a odabrani su jer se tiču zaštite mentalnog zdravlja, posebice mladih, što je bio moto Mjeseca hrvatske knjige 2022. „Misli o sebi – čitaj“ koji je bio usmjeren upravo na mentalno zdravlje mladih. U radu se polazi od pretpostavke da je za brigu o mentalnom zdravlju važno stvoriti preduvjete u javnom prostoru. Zato se i analizira pojam samopomoći koji je usko vezan uz sve popularnije knjige za samopomoć, a uz njega i pojam biblioterapije kao jedne od terapijskih tehnika koji tek, prodorom knjiga za samopomoć i naglašavanjem čitanja kao terapijskog učinka, postaje sve značajniji čimbenik u zaštiti mentalnog zdravlja, te naposljetku pojam dobrobiti koji zaokružuje oba pojma te se odnosi na ukupno zadovoljstvo životom. Teorijski dio rada će se shodno tome baviti objašnjenjem i

## INTRODUCTION

This paper addresses the theoretical and empirical research of selected concepts from the field of mental health and quality of life, and refers to self-help, bibliotherapy and subjective well-being. These concepts are increasingly present in the public and scientific discourse in Croatia and were selected because they relate to the preservation of mental health, specifically among young people, which was the motto of the 2022 Croatian Book Month: “Think about yourself - read”, that was aimed precisely at the mental health of young people. This paper is based on the assumption that it is important to create prerequisites in the public space for mental health care. That is why the concept of self-help, which is closely related to the increasingly popular self-help books, is analyzed, along with the concept of bibliotherapy as one of the therapeutic techniques that is only now, along with the dissemination of self-help books and the emphasis on reading as a therapeutic effect, becoming an increasingly significant factor in the protection of mental health. Finally, there is the concept of well-being, which encompasses both aforementioned concepts and refers

analizom pojmova biblioterapija, samopomoć i subjektivna dobrobit kako bi se objasnila njihova važnost i veza s brigom o mentalnom zdravlju.

Što se tiče empirijskog dijela rada, a s obzirom na sve veću prisutnost ovih tema u znanstvenom i stručnom diskursu, rad će prikazati i rezultate istraživanja o tome koliko su teme poput samopomoći, subjektivne dobrobiti i biblioterapije zastupljene u hrvatskim znanstvenim publikacijama u otvorenom pristupu. Istraživanje je provedeno u okviru aktivnosti građanske znanosti *Samopomoć i dobrobit u akademskom mrežnom okruženju*, koja se fokusira na stručne i znanstvene izvore u otvorenom pristupu. Aktivnost je povezana s jednim od UN-ovih ciljeva održivog razvoja (Cilj 3: zdravlje i dobrobit) te ujedno naglašava važnost otvorenog pristupa i otvorene znanosti te neovisnog pretraživanja informacija.

S obzirom na gore navedeno, ciljevi ovoga rada su sljedeći: 1) ukazati na važnost svjesnosti o mentalnom zdravlju u društvu općenito; 2) provedenim istraživanjem specifično istražiti koliko su odabrani ključni pojmovi povezani s mentalnim zdravljem zastupljeni u hrvatskim znanstvenim publikacijama u otvorenom pristupu; 3) ukazati na utjecaj otvorene građanske znanosti za širenje svjesnosti o mentalnom zdravlju.

Pregledom literature utvrđeno je da dosad nije provedeno istraživanje koje istovremeno obuhvaća radove u otvorenom pristupu na tematiku samopomoći, biblioterapije i subjektivne dobrobiti. Zato je ovaj rad iskorak u znanstvenom istraživanju ovih tema.

Ipak, uočeno je nekoliko istraživanja u obliku sustavnih pregleda literature koja su izrađena zasebno za svaku od tri navedene teme.

Muna Ahmed i Peter Bower su 2008. godine objavili istraživanje na temelju pregleda literature pod nazivom „*The effectiveness of self help technologies for emotional problems in adoles-*

to the overall satisfaction with life. Consequently, the theoretical part of the paper will address the explanation and analysis of the concepts of bibliotherapy, self-help and subjective well-being in order to explain their importance and connection with mental health care.

As for the empirical part of the paper, and considering the increasing presence of these topics in the scientific and professional discourse, the paper will also present the results of research on the extent to which topics such as self-help, subjective well-being and bibliotherapy are represented in the Croatian open access scientific publications. The research was conducted as part of the citizen science activity “Self-Help and Well-Being in an Academic Online Environment”, which focuses on professional and scientific resources in open access. The activity is connected with one of the UN Sustainable Development Goals (Goal 3: health and well-being) and at the same time emphasizes the importance of open access and open science, as well as independent information search.

In accordance with the above, the objectives of this paper are as follows: 1) to highlight the importance of mental health awareness in the society in general; 2) to examine, by means of the conducted research, to what extent the selected key terms are present in the Croatian open access scientific publications; 3) to highlight the influence of open citizen science when it comes to spreading awareness about mental health.

A review of the literature revealed that no studies have yet been conducted that simultaneously include papers in open access addressing the subjects of self-help, bibliotherapy and subjective well-being. Therefore, this paper represents a step forward in the scientific research of these topics.

However, several studies in the form of systematic reviews of the literature were found, and these were carried out separately for each of the three mentioned topics.

Authors Muna Ahmed and Peter Bower published a study in 2008 based on a literature re-

*cents: a systematic review*" (1). Cilj istraživanja bio je ispitati učinkovitost tehnologije samopomoći u liječenju emocionalnih problema adolescenata provedbom sustavnog pregleda randomiziranih i kvaziekperimentalnih dokaza. Na temelju pregleda zaključeno je da se trenutačno (2008. godine) ne može preporučiti uvođenje tehnologije samopomoći za adolescente s emocionalnim problemima u redovnu kliničku praksu. Autorice Lisa Beatty i Sylvie Lambert su 2013. objavile rad „*A systematic review of internet-based self-help therapeutic interventions to improve distress and disease-control among adults with chronic health conditions*“ (2). Cilj istraživanja na kojem je rad temeljen bio je procjena učinkovitosti internetskih intervencija za samopomoć u smanjenju stresa i kontroli bolesti među odraslim pacijentima s kroničnim bolestima. Dokazi su pokazali da internetske intervencije za samopomoć mogu biti obećavajuće u poboljšanju emocionalnog stanja i kontrole bolesti među odraslim pacijentima s kroničnim bolestima. Pregled literature na temu samopomoći istražili su i autori Harriet Mills, Nadine Mulfinger, Sophie Reader, Nicolas Rüschi, Henry Clements i Katrina Scior 2020., na temelju čega su objavili članak „*Self-help interventions to reduce self-stigma in people with mental health problems: a systematic literature review*“ (3). U fokusu istraživanja bila je kritička procjena literature o intervencijama samopomoći koje ciljaju samostigmatizaciju vezanu uz mentalne zdravstvene probleme. Ustanovljeno je da većina takvih intervencija čini grupne ili vršnjačke intervencije, uz mali broj terapijski vođenih individualiziranih intervencija. Utvrđene su jasne prednosti intervencija samopomoći koje su dostupne svakome, uključujući osobe koje bi inače izbjegavale ili odbacivale individualne ili grupne intervencije zbog strahova o objavi. Autori Anna Frokjaer Holsting, Mette Trøllund Rask, Lisbeth Frostholt, Marianne Rosendal i Charlotte Ulrikka Rask su 2021 objavili rad „*Self-help interventions for young people with*

*view, entitled “The Effectiveness of Self Help Technologies for Emotional Problems in Adolescents: a Systematic Review”* (1). The aim of the study was to examine the effectiveness of self-help technology in the treatment of adolescent emotional problems by conducting a systematic review of randomized and quasi-experimental evidence. Based on the review, it was concluded that at the moment (in 2008) the introduction of self-help technology for adolescents with emotional problems could not be recommended in regular clinical practice. In 2013, authors Lisa Beatty and Sylvie Lambert published the paper entitled “*A Systematic Review of Internet-Based Self-Help Therapeutic Interventions to Improve Distress and Disease-Control Among Adults with Chronic Health Conditions*” (2). The aim of the study that served as the basis for the paper was to evaluate the effectiveness of internet self-help interventions in stress reduction and disease control among adult patients with chronic diseases. Evidence has shown that Internet-based self-help interventions could show promise when it comes to improving emotional well-being and disease control among adult patients with chronic diseases. A literature review on the topic of self-help was also investigated by authors Harriet Mills, Nadine Mulfinger, Sophie Reader, Nicolas Rüschi, Henry Clements and Katrina Scior in 2020, on the basis of which they published the article “*Self-help Interventions to Reduce Self-Stigma in People with Mental Health Problems: a Systematic Literature Review*” (3). The focus of the study was a critical evaluation of the literature on self-help interventions which target self-stigma associated with mental health problems. It was found that the majority of such interventions are group or peer interventions, with a small number of therapeutically guided individualized interventions. Clear benefits of self-help interventions available to anyone were confirmed, which includes individuals who would otherwise avoid or reject individual or group interventions due to fears of their disclosure. Authors Anna Frokjaer Holsting, Mette Trøllund Rask, Lisbeth Frostholt, Marianne Rosendal and Charlotte Ulrikka Rask

*persistent physical symptoms*“ (4). U radu su predstavili istraživanje kojim su nastojali sustavno pregledati randomizirane kontrolirane pokuse o intervencijama samopomoći za mlade ljude s trajnim fizičkim simptomima u usporedbi s aktivnim ili pasivnim kontrolnim skupinama. Utvrđeno je kako je učinak intervencija samopomoći u ublažavanju opterećenja simptomima bio slab, a potencijalni učinci nisu se mogli povezati s jednim specifičnim teorijskim pristupom.

Pregled sličnih istraživanja literature u tematici biblioterapije istražili su Paul Montgomery i Kathryn Maunders u svom radu „*The effectiveness of creative bibliotherapy for internalizing, externalizing, and prosocial behaviors in children: a systematic review*“ objavljenom 2015. godine (5). Svrha istraživanja bila je procjena učinkovitosti i djelotvornosti kreativne biblioterapije u prevenciji i liječenju internalizirajućih i eksternalizirajućih ponašanja te jačanju prosocijalnih ponašanja kod djece u dobi od 5 do 16 godina. Iz istraživanja je proizašlo da kreativna biblioterapija može imati blagi do umjereni pozitivan utjecaj na ponašanje djece. Maria R. Gualano, Fabrizio Bert, Gianluca Voglino, Marco Martorana, Violetta Andriolo, Roberta Siliquini i drugi su 2017. godine objavili rad „*The long-term effects of bibliotherapy in depression treatment: systematic review of randomized clinical trials*“ (6). Cilj njihova istraživanja bio je provjeriti dugoročne učinke biblioterapije. Rezultati su sugerirali da biblioterapija ima važnu ulogu u liječenju ozbiljnih problema s mentalnim zdravljem. Astarani Kili i Richard Selvia David su 2020. godine objavili rad „*The influence of bibliotherapy on children’s psychological response during hospitalization: a systematic review*“ u kojem su proveli sustavni pregled literature (7). Cilj istraživanja bio je određivanje učinka biblioterapije na stres, i anksioznost kod djece koja su hospitalizirana. Zaključeno je da biblioterapija može smanjiti stres hospitalizacije i anksioznost kod djece tako da imaju psiho-

published the paper entitled “Self-help Interventions for Young People with Persistent Physical Symptoms” in 2021 (4). In the paper, they presented their research in which they attempted to systematically review randomized controlled trials of self-help interventions for young people with persistent physical symptoms compared to active or passive control groups. It was found that the effect of self-help interventions in alleviating the burden of symptoms was weak, and the potential effects could not be linked to one specific theoretical approach.

A review of similar literature research on the topic of bibliotherapy was conducted by authors Paul Montgomery and Kathryn Maunders in their paper “The Effectiveness of Creative Bibliotherapy for Internalizing, Externalizing, and Prosocial Behaviors in Children: A Systematic Review”, published in 2015 (5). The purpose of the study was to assess the efficiency and effectiveness of creative bibliotherapy in the prevention and treatment of internalizing and externalizing behaviors and the strengthening of prosocial behaviors in children between 5 and 16 years of age. The study showed that creative bibliotherapy can have a mild to moderate positive impact on children’s behavior. In 2017, authors Maria R. Gualano, Fabrizio Bert, Gianluca Voglino, Marco Martorana, Violetta Andriolo, Roberta Siliquini et al. published the paper entitled “The Long-Term Effects of Bibliotherapy in Depression Treatment: Systematic Review of Randomized Clinical Trials” (6). The aim of their study was to explore the long-term effects of bibliotherapy. The results suggested that bibliotherapy has an important role in the treatment of serious mental health problems. In 2020, authors Astarani Kili and Richard Selvia David published the paper entitled “The Influence of Bibliotherapy on Children’s Psychological Response During Hospitalization: a Systematic Review” (7), in which they conducted a systematic review of the literature. The aim of the study was to determine the effects of bibliotherapy on the stress and anxiety of hospitalized children. It was concluded that bibliotherapy can reduce the stress of hospitalization and anxiety in children

loški odgovor suočavanjem, koji je prilagodljiv i suradnički u medicinskoj i sestrinskoj primjeni. Godine 2021. Monroy-Fraustro i drugi izradili su istraživanje na temelju pregleda članaka o učinkovitosti biblioterapije u različitim problemima mentalnog zdravlja, objavljeno u radu „*Bibliotherapy as a non-pharmaceutical intervention to enhance mental health in response to the COVID-19 pandemic: a mixed-methods systematic review and bioethical meta-analysis*“ (8). Rezultati istraživanja pokazali su da su pacijenti biblioterapijom razvili nekoliko sposobnosti uključujući preoblikovanje vlastitih aktivnosti putem novog stajališta prema njihovom moralnom horizontu.

Što se tiče subjektivne dobrobiti, godine 2017. Kayonda H. Ngamaba, Maria Panagiotti i Christopher J. Armitage objavili su rad „*How strongly related are health status and subjective well-being? Systematic review and meta-analysis*“ na temelju sustavnog pregleda literature (9). Cilj istraživanja bio je ispitati povezanost između zdravstvenog statusa i subjektivne dobrobiti te testirati utjecaj ključnih operativnih i metodoloških faktora na tu povezanost. Zaključeno je da poboljšanje zdravstvenog statusa ljudi može biti jedan od načina putem kojeg vlade mogu unaprijediti subjektivni osjećaj dobrobiti svojih građana. Godinu dana kasnije objavljeno je istraživanje Nurula H. Azizana i Zamalie Mahmuda, „*Determinants of subjective well-being: a systematic review*“ (10). Iz pregleda je utvrđeno da su, osim osobnih faktora poput osobnosti, zdravlja, vjerske predanosti i duhovnosti, socijalno-ekonomske karakteristike poput prihoda, financijskog statusa i zaposlenja najviše usredotočene odrednice subjektivne dobrobiti među istraživačima. Slično istraživanje proveli su i Kirti V. Das, Carla Jones-Harrell, Yingling Fan, Anu Ramaswami, Ben Orlove i Nisha Botchwey 2020. koje su opisali u radu „*Understanding subjective well-being: perspectives from psychology and public health*“ (11). Naime, autori su željeli sa-

in such manner that they develop a psychological response through coping, which is adaptable and collaborative in medical and nursing applications. In 2021, Monroy-Fraustro et al. conducted a study based on a review of articles addressing the effectiveness of bibliotherapy in the treatment of various mental health problems, which was published in the paper “Bibliotherapy as a Non-Pharmaceutical Intervention to Enhance Mental Health in Response to the COVID-19 Pandemic: a Mixed-Methods Systematic Review and Bioethical Meta-Analysis” (8). The results of the study showed that patients developed several abilities through bibliotherapy, including the reshaping of their own activities by adopting a new point of view based on their moral horizon.

As for subjective well-being, in 2017, the authors Kayonda H. Ngamaba, Maria Panagiotti and Christopher J. Armitage published the paper entitled “How Strongly Related Are Health Status and Subjective Well-Being? Systematic Review and Meta-Analysis” (9), which was based on a systematic literature review. The aim of this study was to examine the connection between the health status and subjective wellbeing, as well as to test the impact of key operational and methodological factors on this connection. It was concluded that improving the health status of people can be one of the ways in which governments can improve the subjective sense of well-being of their citizens. A year later, a study conducted by the authors Nurul H. Azizan and Zamalia Mahmud was published, entitled “Determinants of Subjective Well-Being: a Systematic Review” (10). It was concluded in the review that, in addition to personal factors such as personality, health, religious commitment and spirituality, socioeconomic characteristics such as income, financial status and employment represent the most focused determinants of subjective well-being among researchers. A similar study was conducted by the authors Kirti V. Das, Carla Jones-Harrell, Yingling Fan, Anu Ramaswami, Ben Orlove and Nisha Botchwey in 2020, which was then described in the paper entitled “Understanding Subjective Well-Being: Perspectives from Psychology and

žeti teorijske i empirijske temelje literature o subjektivnoj dobrobiti prema disciplinarnim područjima. Autori su otkrili da se teorije o subjektivnom osjećaju dobrobiti mogu klasificirati u četiri skupine: teorije ispunjenja i angažiranosti, subjektivne orijentacije, evaluativne teorije i emocionalne teorije. Godine 2021. objavljen je rad Deborah Webster, Laura Dunne, i Ruth Hunter naslovljen „*Association between social networks and subjective well-being in adolescents: a systematic review*“ (12). Cilj ovog istraživanja bio je sustavan pregled postojeće literature koja istražuje odnos između društvenih mreža i subjektivne dobrobiti adolescenata. Ustanovljeno je da su potrebni programi intervencije i edukacije za mlade ljude, edukatore i roditelje kako bi se suočili s rizicima za subjektivnu dobrobit koje donose društvene mreže.

Sintetizirajući dosadašnja istraživanja u području samopomoći, biblioterapije i subjektivne dobrobiti, moguće je uočiti značajan napredak u razumijevanju i primjeni ovih koncepta u kontekstu mentalnog zdravlja. Istraživanja su istaknula važnost samopomoći kao pristupa koji može biti koristan za različite dobne skupine, iako je potrebno daljnje istraživanje kako bi se bolje razumjeli njegovi specifični učinci i najbolje prakse primjene. Biblioterapija je također dobila sve veću pažnju kao terapijska tehnika, posebno u kontekstu poboljšanja mentalnog zdravlja kod djece i adolescenata. Utvrđeno je da može imati pozitivan utjecaj na emocionalno stanje i ponašanje. Što se tiče subjektivne dobrobiti, istraživanja su pokazala da je povezanost između zdravstvenog statusa i subjektivne dobrobiti složena, s mnogim faktorima koji doprinose osjećaju dobrobiti. Dosađnja istraživanja ukazuju na važnost samopomoći, biblioterapije i subjektivne dobrobiti u kontekstu mentalnog zdravlja, što dodatno potvrđuje važnost analize njihove prisutnosti u hrvatskim znanstvenim i stručnim časopisima u otvorenom pristupu.

Public Health” (11). More precisely, the authors aimed to summarize the theoretical and empirical foundations of the literature on subjective well-being according to disciplinary areas. The authors observed that theories about subjective well-being can be classified into four groups: fulfillment and engagement theories, subjective orientations, evaluative theories and emotional theories. A paper by Deborah Webster, Laura Dunne and Ruth Hunter entitled “Association Between Social Networks and Subjective Well-Being in Adolescents: a Systematic Review” was published in 2021 (12). The aim of this study was to conduct a systematic review of the existing literature that investigates the relationship between social networks and the subjective well-being of adolescents. It was found that intervention and education programs for young people, educators and parents are necessary in order to face the risks to subjective well-being brought about by social networks.

By synthesizing the previous studies in the field of self-help, bibliotherapy and subjective well-being, a significant progress in the understanding and application of these concepts in the context of mental health can be observed. The studies have highlighted the importance of self-help as an approach that can be beneficial for various age groups, although further research is necessary in order to better understand its specific effects and best application practices. Bibliotherapy has also gained increasing attention as a therapeutic technique, particularly in the context of improving mental health among children and adolescents. It has been observed that it can have a positive impact on the emotional state and behavior. In terms of subjective well-being, studies have shown that the relationship between health status and subjective well-being is complex, with many factors contributing to the sense of well-being. The studies conducted so far emphasize the importance of self-help, bibliotherapy and subjective well-being in the context of mental health, thus further affirming the importance of analyzing their presence in the Croatian open access scientific and professional journals.

## KONCEPTUALIZACIJA POJMOVA BIBLIOTERAPIJE, SAMOPOMOĆI I SUBJEKTIVNE DOBROBITI

Kada govorimo o pojmovima biblioterapije, samopomoći i subjektivne dobrobiti, važno se ponajprije osvrnuti na značenje tih pojmova te potom i na njihovu upotrebu. Zbog toga će se u ovom teorijskom dijelu rada pažnja obratiti objašnjenju i kontekstualnim uvjetima nastanka pojmova i fenomena odabranih pojmova.

Biblioterapija, engl. *bibliotherapy*, grč. *biblion* — knjiga, knjižnica, grč. *therape-ia* — služenje, liječenje = „liječenje“ knjigama, terapija knjigama, jedna od grana art terapije, tj. jedan od načina terapije umjetnošću, odnosno književnošću, gdje je književno djelo medij kojim se postiže psihoterapijski učinak. Neki od ciljeva biblioterapije su da omogući pomoć pacijentu da bolje shvati svoje psihološke i fiziološke reakcije kod frustracija ili pak sukoba; da mu omogući da razgovara o svojim problemima; da mu pomogne u smanjivanju sukoba radom na stjecanju samopoštovanja kako bi pojedinac uočio da su njegove probleme drugi već proživjeli, te da mu pomogne u raščlambi njegova ponašanja, a da on ne prođe kroz stvarne opasnosti (13). Korištenje knjiga u svrhu liječenja metoda je biblioterapije gdje u terapijskom odnosu postoje tri glavna elementa — terapeut, klijent (pacijent) i knjiga kao medij koji inicira terapijski rad (14). Postoje i dvije škole biblioterapije: kognitivna i afektivna. Kognitivna biblioterapija promatra proces učenja kao glavni mehanizam terapijske promjene pa u tu svrhu rabi nefikcionalna djela<sup>1</sup> kao model za učenje kojim klijenti usvajaju nove vještine. Afektivna biblioterapija vuče podrijetlo iz psihodinamskih terapija te koristi fikcionalna djela kako bi se otkrile potisnute emocije, misli i iskustva. Pritom je jak naglasak na emocionalnim doživljajima čitatelja (klijenta) identifikacijom s

<sup>1</sup> Primjerice knjige za samopomoć koje vežemo uz pojam samopomoći koji je jedan od tri ključna pojma ovog rada.

## CONCEPTUALIZATION OF THE TERMS OF BIBLIOTHERAPY, SELF-HELP AND SUBJECTIVE WELL-BEING

When referring to the concepts of bibliotherapy, self-help and subjective well-being, it is important to primarily address the meaning of these concepts, and then their use. For this reason, in this theoretical part of the paper attention will be paid to the explanation and contextual conditions of the creation of these concepts and their phenomena.

Bibliotherapy, Greek *biblion* — book, library, Greek *therape-ia* — service, treatment = “treatment” with books, book therapy, is one of the branches of art therapy, i.e. one of the methods of art or literature therapy, where a literary work represents the medium through which a psychotherapeutic effect is achieved. Some of the aims of bibliotherapy include helping the patient to better understand their psychological and physiological reactions to frustrations or conflicts; allowing them to talk about their problems; helping them reduce conflicts by working on gaining self-esteem so that they can realize that others have already experienced their problems; and helping them analyze their behavior without them going through real dangers (13). The use of books for the purpose of treatment is a method of bibliotherapy in which there are three main elements in the therapeutic relationship — the therapist, the client (patient) and the book as a medium that initiates the therapeutic work (14). There are also two schools of bibliotherapy: cognitive and affective. Cognitive bibliotherapy observes the learning process as the main mechanism of therapeutic change, and for this purpose it uses non-fictional works<sup>1</sup> as a learning model through which clients acquire new skills. Affective bibliotherapy has its origins in psychodynamic therapies and uses fictional works to reveal repressed emotions, thoughts and experiences. In so doing, it puts great emphasis

<sup>1</sup> For example, self-help books that we associate with the concept of self-help, which is one of the three key concepts of this paper.



iskustvima likova. U stranoj literaturi posebnu pažnju razvoju biblioterapije kao terapijske metode obratili su Rhea J. Rubin (15), John T. Pardeck i Jean A. Pardeck (16, 17), Dale-Elizabeth Pehrsson i Paula McMillen (18), Zipora Shechtman (19), Biri Rottenberg (20) i dr. U domaćoj literaturi postoji manjak radova iz područja biblioterapije, no treba izdvojiti prvi hrvatski priručnik iz područja biblioterapije *Biblioterapija i poetska terapija – priručnik za početnike* Ivane Bašić (21) te *Literarna biblioterapija u nastavi književnosti* Rone Bušljete i Davora Piskača (22).

Uz pojam biblioterapije veže se pojam samopomoći. Razvoj fenomena samopomoći promatrat ćemo utjecajem religije, popularizacije znanosti i popularizacije psihoanalize te ćemo time pokazati liniju razvitka tog fenomena. Krenuvši s utjecajem religije, a vezano za povijesne dokumente koji bi poslužili kao začetak razvoja fenomena samopomoći, postoji mnogo metodoloških meandara. Ako se krene gledati daleko u prošlost, pogled može dosegnuti sve do Biblije, pa i prije, do egipatskih dokumenata o interpretaciji snova (23). Međutim, konture začetaka fenomena jasnije se vide tek kasnije, u tradiciji protestantizma u ranim danima osnivanja SAD-a. Takva polazišna točka direktnije i cjelovitije ukazuje na začetke onoga što će se dogoditi u 20. st., kada se zbiva procvat fenomena samopomoći i pratećih knjiga za samopomoć. Idejne začetke onoga što će se kasnije nazvati fenomenom samopomoći nalazimo u jakoj tradiciji protestantizma kod prvih doseljenika u Ameriku tijekom 15. i 16. st., o čemu i Steven Starker raspravlja u knjizi *Oracle at the Supermarket: the American preoccupation of self-help books* (23). On navodi da je 85 % crkava u prvih 13 kolonija bilo puritansko. Gajile su uvjerenje da će ljudi koji žive u skladu s Božjim očekivanjima primiti njegovu milost. Teoretičar Tom Butler-Bowdon (24) smatra da je preteča knjiga za samopomoć *Autobiografija* Benjamina Franklina, američkog državnika i

on the emotional experiences of the reader (client) through identification with the experiences of the characters. In foreign literature, authors Rhea J. Rubin (15), John T. Pardeck and Jean A. Pardeck (16, 17), Dale-Elizabeth Pehrsson and Paula McMillen (18), Zipora Shechtman (19), Biri Rottenberg (20) and others paid special attention to the development of bibliotherapy as a therapeutic method. There is a lack of studies addressing bibliotherapy in domestic literature, however, the first Croatian manual in the field of bibliotherapy, entitled “Bibliotherapy and Poetic Therapy - a Manual for Beginners” written by Ivana Bašić (21), as well as “Literary Bibliotherapy in the Teaching of Literature” by Rona Bušljeta and Davor Piskač, should be singled out (22).

The concept of bibliotherapy is associated with the concept of self-help. We will observe the development of the self-help phenomenon through the influence of religion, the popularization of science and the popularization of psychoanalysis, and the line of development of this phenomenon will thus be evident. Starting with the influence of religion, and with reference to the historical documents that would serve as the beginning of development of the self-help phenomenon, there are many methodological meanders. If one should look far into the past, they could reach all the way to the Bible and even earlier, to the Egyptian documents discussing the interpretation of dreams (23). However, the contours of the beginnings of the phenomenon can be seen more clearly only later, in the tradition of Protestantism in the early days of the founding of the USA. Such a starting point provides a more direct and comprehensive indication of the beginnings of what would happen in the 20th century, when the self-help phenomenon and the accompanying self-help books flourished. The conceptual beginnings of what would later be called the self-help phenomenon can be found in the strong tradition of Protestantism among the first settlers in America during the 15th and 16th centuries, which Steven Starker also discusses in the book “Oracle at the Supermarket: the American Preoccupation of Self-Help Books” (23). He states that 85% of the churches in the first 13 colonies

jednog od autora Deklaracije neovisnosti. On u knjizi svojim čitateljima daje savjete i upute za postizanje zadanih ciljeva svakodnevnim praćenjem osobnog napretka. Odatle i korijeni ideje o samopomoći kojoj je temelj u oslanjanju na vlastite snage i „rad na sebi“. Ideja samopomoći konkretizirana je otprilike u isto vrijeme kada su puritanski ideali teškog rada, samopropitivanja i discipline bili nerazdvojni pojmovi na putu za osobni napredak. To je osobito vidljivo u knjizi *Self-Help* Samuela Smilesa (25) u kojoj je autor među prvima upotrijebio pojam samopomoći. Početkom 20. st. dolazi do zaokreta. Više se ne naglašava težak rad i trud oko izgradnje sebstva. Samodisciplinu i težak posao zamijenila je „snaga uma“. Religijski utjecaj slabi, a koncentracija na „prave misli“ i „pozitivno mišljenje“ dolazi u prvi plan (14). Krajem stoljeća možemo uočiti pojavu stručnijih popularno-znanstvenih psihologijskih knjiga koje nude istraživanja i upute ne samo akademski obrazovanim građanima, već i širem puku. U njima se navode istraživanja i studije kojima se potkrjepljuju savjeti iz područja samopomoći kako bi se potvrdila znanstvenost pristupa kao legitimacija diskursa samopomoći i terapijskog učinka koji se u takvim knjigama najavljuje.<sup>2</sup> Odnos znanosti i popularne znanosti tema je koja, uz analizu utjecaja religije na razvitak kulture samopomoći, također pridonosi istraživanju konteksta nastanka fenomena samopomoći. Ovdje se razmatra uloga znanosti u 19. i 20. st. te uvjeti koji su doveli do njene popularizacije, kako bi se rastući trend popularizacije znanosti doveo u vezu s procvatom popularne psihologije, odnosno knjiga za samopomoć. U knjizi *Understanding popular science* Peter Broks (28) iz kulturno-teorijske perspektive promatra načine na koje su se tijekom povijesti konstruirali diskurs o znanosti i onaj o popularnoj znanosti. Tvrdi kako su se kulturalna značenja popularne znanosti jasnije počela uspostavljati

were Puritan. They believed that people who lived according to God's expectations would receive his grace. Theorist Tom Butler-Bowdon (24) believes that the forerunner of self-help books is the "Autobiography" of Benjamin Franklin, American statesman and one of the authors of the Declaration of Independence. In the book, he gives his readers advice and instructions on how to achieve their set goals through daily monitoring of their personal progress. Hence the roots of the idea of self-help, which is based on relying on one's own strengths and "working on oneself". The idea of self-help was concretized around the same time when the Puritan ideals of hard work, self-examination and discipline represented inseparable concepts on the path to personal advancement. This is particularly evident in the book "Self-Help" by Samuel Smiles (25), in which the author was one of the first to use the term self-help. A turning point occurred at the beginning of the 20th century. The emphasis was no longer on hard work and efforts to build oneself. Self-discipline and hard work were replaced by the "power of the mind". The religious influence weakened, and the concentration on "right thoughts" and "positive thinking" came to the fore (14). By the end of the century, the appearance of more professional popular-scientific psychology books that offered research and instructions not only to academically educated citizens, but also to the general public, can be observed. They cited research and studies that supported self-help advice in order to confirm the scientific nature of the approach as a legitimization of self-help discourse and the therapeutic effect which is announced in such books.<sup>2</sup> The relationship between science and popular science is a topic that, along with the analysis of the influence of religion on the development of self-help culture, also contributes to the research addressing the context of the emergence of the self-help phenomenon. The role of science in the 19th and 20th centuries and the conditions that led to its popularization were considered here, in order to connect the growing trend of popularization of

<sup>2</sup> Primjeri takvih knjiga su: *Motivation and Personality* (26) i *Emocionalna inteligencija* (27).

<sup>2</sup> Examples of such books are: "Motivation and Personality" (26) and "Emotional Intelligence" (27).

u prvoj polovici 19. st., kada i nastaje pojam „znanstvenik“ i moderna upotreba pojma „popularizacija“ (28). Broks smješta jak i jasan kulturalni zaokret prema popularizaciji znanosti na kraj 1970-ih i početak 1980-ih godina, što dokazuju mnoge knjižare koje su uvele novo područje popularne znanosti na svoje police (28). Godine 1988. objavljeno je djelo Stephe-  
na Hawkinga *A brief history of time* (29) koja je četiri i pol godine bila najprodavanija knjiga s prodanih više od 9 milijuna primjeraka (14). U 20. st. su značenja znanosti i popularne znanosti dovođena u vezu s kontra-kulturalnim kritikama tehnokracije te s potragom za mističnim iskustvima. Popularizacija znanosti utjecala je na razvitak popularne psihologije. Tek je popularizacija znanosti omogućila popularizaciju psihologije, odnosno proces popularizacije znanosti doveo je do sličnih promjena i unutar znanosti psihologije, što je u konačnici rezultiralo pojavom novog etosa promišljanja o ovom mikrosvijetu kroz diskurs samopomoći. Psihologijski diskurs se u 20. st. institucionalizirao u različitim društvenim praksama. On je, s jedne strane, prisutan kroz tekstove i teorije koje stvaraju stručnjaci u institucijama (sveučilišta, instituti, stručni časopisi, strukovne udruge i dr.), a s druge strane prisutan je i u svakodnevicu u raznim mehanizmima kulturalne industrije (knjige za samopomoć, radionice za „rad na sebi“, grupe podrške, talk show, radio programe, tribine, filmove, serije, romane, časopise i dr.). Prema tomu, psihologijski diskurs ima dvostruki status — profesionalni i popularni — te se može vidjeti kako se zbiva difuzija profesionalnog psihologijskog diskursa od institucija prema popularnoj kulturi i natrag (14). Psihologija je u to vrijeme bila ključan element za otvaranje prostora prodoru u područje popularne kulture i time popularizaciji novog i drugačijeg pogleda na čovjeka. Ona je to činila, smatra Eva Illouz, sociologinja i kulturalna teoretičarka u svojoj knjizi *Saving the Modern Soul: Therapy, Emotions, and the Culture of Self-Help* (30) putem triju ključnih mehanizama: u

science with the flourishing of popular psychology, i.e. self-help books. In his book “Understanding popular science”, Peter Broks (28) observes from a cultural-theoretical perspective the ways in which the discourse on science and popular science was constructed throughout history. He claims that the cultural meanings of popular science began to be more clearly established in the first half of the 19th century, when the term “scientist” and the modern use of the term “popularization” were born (28). Broks places a strong and clear cultural turn towards the popularization of science at the end of the 1970s and the beginning of the 1980s, as evidenced by the many bookstores that introduced the new field of popular science to their shelves (28). Stephen Hawking’s work “A brief history of time” (29) was published in 1988, and it was the best-selling book for four and a half years, with more than nine million copies sold (14). In the 20th century, the meanings of science and popular science were linked to counter-cultural criticisms of technocracy and the search for mystical experiences. The popularization of science influenced the development of popular psychology. It was only the popularization of science that enabled the popularization of psychology, that is, the process of popularization of science led to similar changes within the science of psychology, thus ultimately resulting in the emergence of a new ethos of thinking about this microworld through the discourse of self-help. In the 20th century, psychological discourse became institutionalized in various social practices. On the one hand, it is present through texts and theories created by experts working in institutions (universities, institutes, professional journals, professional associations, etc.), and on the other hand, it is also present in everyday life through various mechanisms of the cultural industry (self-help books, workshops for “working on oneself”, support groups, talk shows, radio programs, panels, films, series, novels, magazines, etc.). The psychological discourse, therefore, has a dual status — professional and popular — and one can see how the diffusion of the professional psychological discourse from institutions to popular culture and back takes place (14). At that time, psychology was

savjetodavnoj literaturi, filmu i reklamiranju. Kada spominje savjetodavnu literaturu, Illouz tvrdi da su psiholozi dobili autoritet davati savjete o gotovo svim aspektima ljudskog života što je rezultiralo njihovim okupiranjem dviju sfera društva — institucionalne i popularne. Savjetodavna je literatura postala rastuća kulturna industrija 1920-ih, što je omogućilo difuziju psihologijskih znanja na širu publiku. Na taj su način stvoreni uvjeti za ono što u 20. st. nazivamo kulturom samopomoći koja je svakako plodonosan prostor i prilika za širenje javnog diskursa o važnosti mentalnog zdravlja. U okviru ovog rada će se pokazati kako upravo popularizacija znanosti može odigrati bitnu ulogu u širenju svjesnosti o važnosti mentalnog zdravlja.

Treći pojam iz područja mentalnog zdravlja odabran za analizu jest pojam subjektivne dobrobiti. Pojam dobrobiti je dinamičan koncept i možemo ga definirati kao poželjno stanje sreće, zdravlja ili prosperiteta (31). Dobrobit uključuje subjektivne i objektivne aspekte života, gdje će subjektivna komponenta obuhvaćati kvalitetu života pojedinca s obzirom na primjerice životni standard, zdravlje, mogućnost ostvarivanja bliskih kontakata, sigurnost, pripadanje zajednici i dr. Subjektivna dobrobit se može razumjeti samo iz perspektive pojedinca, dok se objektivna komponenta dobrobiti odnosi na kulturno blagostanje (32). S obzirom da se naše istraživanje bavilo ključnim pojmom subjektivne dobrobiti, u radu ćemo se pažljivije obratiti elaboraciji koncepta subjektivne dobrobiti i njegovoj vezi s pojmovima samopomoć i biblioterapija. Autori Jonathan Bradshaw, Antonia Keung, Gwyther Rees i Haridhan Goswami (33) navode da subjektivna dobrobit obuhvaća zadovoljenje spoznajnih i emocionalnih potreba pojedinaca te navode tri glavne karakteristike subjektivne dobrobiti: procjene pojedinca i njegova iskustva o vlastitom životu, njegovo iskustvo pozitivnih i negativnih emocija te opće zadovoljstvo životom. Sarah C. White u

a key element for creating an opportunity for the emergence of popular culture, and thereby popularization of a new and different view of the mankind. According to Eva Illouz, sociologist and cultural theorist who wrote the book "Saving the Modern Soul: Therapy, Emotions, and the Culture of Self-Help" (30), psychology enabled this through three key mechanisms: counseling literature, film and advertising. When mentioning counseling literature, Illouz argues that psychologists have been given the authority to give advice on almost all aspects of human life, which has resulted in them occupying two spheres of society — the institutional and the popular. Counseling literature became a growing cultural industry in the 1920s, which enabled a diffusion of psychological knowledge to a wider audience. In this way, conditions were created for what we called "the culture of self-help" in the 20th century, and it certainly represents a fruitful space and an opportunity for expanding the public discourse on the importance of mental health. This work will further present how the popularization of science can play an important role in spreading awareness about the importance of mental health.

The third concept from the field of mental health that was selected for analysis in this paper is the concept of subjective well-being. The concept of well-being is a dynamic one, and can be defined as a desirable state of happiness, health or prosperity (31). Well-being includes subjective and objective aspects of life, where the subjective component will include the quality of an individual's life in terms of, for example, the living standard, health, ability to make close contacts, security, belonging to a community, etc. Subjective well-being can only be understood from the individual's perspective, while the objective component refers to cultural well-being (32). Given that our study addressed the key concept of subjective well-being, in our paper we will pay more attention to the elaboration of the concept of subjective well-being and its connection with the concepts of self-help and bibliotherapy. Authors Jonathan Bradshaw, Antonia Keung, Gwyther Rees and Haridhan Goswami (33) state that subjective well-being encompasses the satisfaction of cognitive and emotional needs

članku „But what is well-being?“ (34) navodi tri dimenzije koncepta blagostanja, a to je materijalna, odnosna i subjektivna, gdje subjektivna dimenzija uključuje vrijednosti, percepciju i iskustvo, a specifičnije se odnosi na samopoznavanje, osobnost, nadanja, strahove i želje, doživljaj smisla/besmisla, razinu (ne)zadovoljstva, povjerenje i samopouzdanje.

Iz navedene relevantne literature je vidljivo kako se koncept subjektivne dobrobiti u kontekstu ovog članka može shvatiti kao krovni pojam među ključnim pojmovima koje ovaj rad istražuje. Subjektivna dobrobit se ovdje promatra kao subjektivno stanje pojedinca koje on/ona doživljava kao poželjno i kojem stremi. S obzirom da je motivacija za provedeno istraživanje bilo stavljanje fokusa na mentalno zdravlje mladih i njegovu poveznicu s čitanjem, možemo tvrditi kako su pojmovi samopomoći i biblioterapije pojmovi integrirani u koncept subjektivne dobrobiti. Konkretno, samopomoć idejom savjetodavne literature te biblioterapija kao tehnika koja se koristi u psihoterapiji, doprinose ostvarivanju subjektivne dobrobiti kod pojedinca i mogu se promatrati kao dobrodošli alati za ostvarivanje i održavanje kvalitete mentalnog zdravlja općenito.

Nakon spomenute teorijske elaboracije ključnih pojmova samopomoći, biblioterapije i subjektivne dobrobiti, osvrnut ćemo se na provedeno istraživanje o zastupljenosti spomenutih ključnih pojmova u otvorenoj znanosti u Hrvatskoj.

## METODOLOGIJA ISTRAŽIVANJA

### Kontekst istraživanja

Istraživanje je provedeno na inicijativu Nacionalne i sveučilišne knjižnice u Zagrebu (u daljnjem tekstu NSK) u sklopu „Mjeseca hrvatske knjige“, nacionalne manifestacije čije su vođenje 1995. godine od Nacionalne i sveučilišne knjižnice u Zagrebu preuzele Knjižnice grada Zagre-

of individuals, and they point out three main characteristics of subjective well-being: the individual's evaluations and their experiences of their own life, their experience of positive and negative emotions and general life satisfaction. In the article “But What is Well-Being?” (34) Sarah C. White lists three dimensions of the concept of well-being, and these are material, relational and subjective, where the subjective dimension includes values, perception and experience, and more specifically refers to self-concept, personality, hopes, fears and desires, experience of meaning/meaninglessness, level of (dis)satisfaction, trust and self-confidence.

It is evident from the relevant literature mentioned above that the concept of subjective well-being in the context of this article can be understood as an umbrella term among the key terms that this paper explores. Subjective well-being is seen here as the subjective state of an individual, which he/she perceives as desirable and strives for. Given that the motivation for the conducted research was to focus on the mental health of young people and its link with reading, we can claim that the concepts of self-help and bibliotherapy are concepts integrated into the concept of subjective well-being. In particular, self-help through the idea of advisory literature and bibliotherapy as a technique used in psychotherapy, both contribute to the achievement of subjective well-being in an individual, and can be viewed as welcome tools for achieving and maintaining the quality of mental health in general.

After the aforementioned theoretical elaboration of the key concepts of self-help, bibliotherapy and subjective well-being, we will further refer to the conducted research on the representation of the subject key concepts in open science in Croatia.

## RESEARCH METHODOLOGY

### Research context

The research was carried out at the initiative of the National and University Library in Zagreb (hereafter NUL) as part of the “Croatian Book Month”, a national event the management of which was

ba. Već godinama Mjesec hrvatske knjige, koji se tradicionalno održava punih mjesec dana, postao je izuzetno važan događaj za poticanje čitanja u Hrvatskoj. Unatoč kontinuiranim naporama knjižnica u promicanju knjiga i čitanja, ova manifestacija posebno se ističe jer od 15. listopada do 15. studenog intenzivira svoje aktivnosti, privlačeći pozornost čitatelja diljem zemlje. Jedna od manifestacija koju je NSK organizirala na lokalnoj razini odnosila se i na aktivnost građanske znanosti „Samopomoć i dobrobit u akademskom mrežnom okruženju“ koja se održala 14. listopada 2022. godine. Aktivnost je održana u sklopu Mjeseca hrvatske knjige koji je 2022. godine imao moto „Misli na sebe – čitaj“.

Dodatno značenje ovog istraživanja jest da je izvedeno prema modelu građanske znanosti. Građanska znanost (engl. *citizen science*) podrazumijeva pristup u kojem neprofesionalni sudionici doprinose prikupljanju podataka u znanstvenim istraživanjima (35). Takvi neprofesionalni sudionici u relevantnoj literaturi se nazivaju građanima znanstvenicima (engl. *citizen scientists*), a svojim uključivanjem u znanstvena istraživanja mogu pomoći profesionalcima i znanstvenicima u prikupljanju, analizi i/ili objavi znanstvenih podataka. Godine 2015. proglašeno je 10 smjernica građanske znanosti koje pojašnjavaju da uključivanje građana znanstvenika u znanstvena istraživanja rezultira novim znanjem i ima originalan znanstveni ishod od kojeg korist imaju i znanstvenici i građani znanstvenici (36). Aktivnosti građanske znanosti obuhvaćaju različita znanstvena područja i znatno variraju u pogledu potrebnog znanja, vremenskog angažmana, putovanja i upotrebe tehnologije sudionika aktivnosti (37). U ovom istraživanju model građanske znanosti primijenjen je s obzirom na to da je NSK od siječnja 2022. sudjelovala u međunarodnom projektu *Citizen-enhanced open science in southeastern europe higher education knowledge hubs* (u daljnjem tekstu CeOS\_SE). Cilj projekta je populariziranje otvorene znanosti i građanske znanosti u jugoistočnoj Europi (38). Aktivnost građanske

taken over from the National and University Library in Zagreb by the Zagreb City Libraries in 1995. For years, the Croatian Book Month, which is traditionally held for a full month, has been an extremely important event aimed at encouraging reading in Croatia. Despite the continuous efforts of libraries to promote books and reading, this event stands out because it intensifies its activities from October 15 to November 15, attracting the attention of readers across the country. One of the events organized by the NUL at the local level referred to the citizen science activity “Self-Help and Well-Being in an Academic Online Environment”, which took place on October 14, 2022. The activity was held as part of the Croatian Book Month, which in 2022 had the motto “Think about yourself – read”.

An additional significance of this research lies in the fact that it was carried out according to the citizen science model. Citizen science implies an approach in which non-professional participants contribute to the collection of data in scientific research (35). Such non-professional participants are called citizen scientists in the relevant literature, and through their involvement in scientific research they can help professionals and scientists in collecting, analyzing and/or publishing scientific data. Ten guidelines for citizen science were announced in 2015, clarifying that the involvement of citizen scientists in scientific research results in new knowledge and has an original scientific outcome that benefits both scientists and citizen scientists (36). Citizen science activities encompass different scientific fields and vary considerably in terms of required knowledge, time commitment, travel and technology use of those participating in the activity (37). In this research, the citizen science model was applied due to the fact that NUL has participated in the international project “Citizen-Enhanced Open Science in Southeastern Europe Higher Education Knowledge Hubs” (hereinafter CeOS\_SE) since January 2022. The goal of the project is to popularize open science and citizen science in Southeastern Europe (38). The citizen science activity “Self-Help and Well-Being in an Academic Environment” was

znanosti „Samopomoć i dobrobit u akademskom okruženju“ provedeno je u sklopu projekta CeOS\_SE, ali i unutar Mjeseca hrvatske knjige. S obzirom na spomenuti moto Mjeseca hrvatske knjige, kao i želju za popularizacijom građanske znanosti i promicanjem otvorenog pristupa, ključne istraživačke teme odnosile su se na: samopomoć, subjektivnu dobrobit i biblioterapiju.

## Predmet istraživanja

Predmet ovog istraživanja fokusira se na analizu zastupljenosti ključnih tema, konkretno samopomoći, subjektivne dobrobiti i biblioterapije, u znanstvenim i stručnim časopisima Republike Hrvatske koji su dostupni u otvorenom pristupu. Otvoreni pristup je pristup koji omogućava besplatno dostupno čitanje, preuzimanje, kopiranje, distribuiranje, tiskanje, pretraživanje ili povezivanje s punim tekstom tih članaka, analizira ih za indeksiranje, pretraživanje, kopiranje, koristi ih u svrhu bilo koje zakonite svrhe, bez financijskih, pravnih ili tehničkih prepreka, osim onih koje nisu ništa nužne za postizanje pristupa, distribucije, upotrebe, kopiranja ili indeksiranja (39).

Valja istaknuti da se navedene teme istražuju iz perspektive mentalnog zdravlja. Ovaj pristup omogućava proučavanje dostupnih izvora koje šira javnost može koristiti za stjecanje znanja i razumijevanja ovih ključnih tema. Istraživanjem se nastoji dublje razumjeti i kvantificirati prisutnost tih tema u hrvatskoj znanstvenoj i stručnoj literaturi. Nadalje, istraživanje će se usredotočiti na identifikaciju mogućih razlika u međusobnoj zastupljenosti ovih tema.

## Cilj istraživanja

Cilj ovog istraživanja jest dublje razumjeti i kvantificirati prisutnost ključnih tema samopomoći, biblioterapije i subjektivne dobrobiti u znanstvenim i stručnim časopisima Republike Hrvatske koji su dostupni u otvorenom pristupu.

carried out as part of the CeOS\_SE project, but also within the Croatian Book Month. Considering the aforementioned Croatian Book Month motto, as well as the desire to popularize citizen science and promote open access, the key research topics addressed the concepts of self-help, subjective well-being and bibliotherapy.

## Research subject

The subject of this research focuses on an analysis of the representation of key topics, specifically self-help, subjective well-being and bibliotherapy, in scientific and professional journals in the Republic of Croatia that are available in open access. Open access is access that enables freely available reading, downloading, copying, distributing, printing, searching or linking to the full text of these papers, analyzing them for indexing, searching, copying, using them for any lawful purpose, without financial, legal or technical barriers, except for those that are not absolutely necessary to achieve access, distribution, use, copying or indexing (39).

It should be noted that the aforementioned topics are investigated from the perspective of mental health. This approach allows the study of available resources that the general public can use to gain knowledge and understanding of these key topics. The aim of the research is to enable a better understanding and quantification of the presence of these topics in Croatian scientific and professional literature. Furthermore, focus will be placed on identifying the possible differences in the mutual representation of these topics.

## Aim

The aim of this research is to better understand and quantify the presence of the key topics of self-help, bibliotherapy and subjective well-being in scientific and professional journals in the Republic of Croatia that are available in open access.

Based on this aim, the research will address the following research questions:

Na temelju postavljenog cilja, istraživanje će se baviti sljedećim istraživačkim pitanjima:

1. Koliko često se teme samopomoći, biblioterapije i subjektivne dobrobiti pojavljuju u znanstvenim i stručnim časopisima Republike Hrvatske koji su dostupni u otvorenom pristupu?
2. Postoje li razlike u zastupljenosti tema samopomoći, biblioterapije i subjektivne dobrobiti u analiziranim člancima, te koje su moguće interpretacije tih razlika?
3. Koje druge ključne riječi se pojavljuju u člancima koji obrađuju teme samopomoći, biblioterapije i subjektivne dobrobiti?

Prvo istraživačko pitanje učestalosti pojavljivanja proučenih tematika usmjereno je na kvantitativnu analizu učestalosti pojavljivanja tema samopomoći, biblioterapije i subjektivne dobrobiti u znanstvenim i stručnim časopisima Republike Hrvatske koji su slobodno dostupni na mreži. Cilj ovog istraživanja je stvoriti jasnu sliku o tome koliko često se ove teme pojavljuju u dostupnoj literaturi te utvrditi postoji li trend u njihovoj učestalosti tijekom vremena. Analiza će omogućiti uvid u važnost tih tema unutar znanstvene zajednice Republike Hrvatske. Ovo pitanje pomaže istraživačima da razumiju opću dinamiku istraživanja u području samopomoći, biblioterapije i subjektivne dobrobiti u lokalnom kontekstu.

Drugo istraživačko pitanje razlike u međusobnoj zastupljenosti istraživanih tema usmjereno je na utvrđivanje postoje li značajne razlike u učestalosti pojavljivanja tema samopomoći, biblioterapije i subjektivne dobrobiti u analiziranim člancima. Cilj je razumjeti varijacije u zastupljenosti ovih tema te pokušati interpretirati razlike kako bi se bolje razumjela njihova važnost i kontekst unutar znanstvenih i stručnih časopisa Republike Hrvatske.

Treće istraživačko pitanje analize ostalih ključnih riječi ima za cilj istražiti širu lepezu ključnih riječi i pojmova koji se pojavljuju u

1. How often do the topics of self-help, bibliotherapy and subjective well-being appear in scientific and professional journals in the Republic of Croatia that are available in open access?
2. Are there differences in the frequency of occurrence of the topics of self-help, bibliotherapy and subjective well-being in the analyzed articles, and what are the possible interpretations of these differences?
3. What other keywords appear in articles addressing the topics of self-help, bibliotherapy, and subjective well-being?

The first research question addressing the frequency of occurrence of the studied topics is focused on the quantitative analysis of the frequency of occurrence of the topics of self-help, bibliotherapy and subjective well-being in scientific and professional journals in the Republic of Croatia that are freely available online. The aim of this research is to create a clear picture of how often these topics appear in the available literature and to determine whether there is a trend in their frequency over time. The analysis will provide insight into the importance of these topics within the scientific community of the Republic of Croatia. This question helps researchers understand the general dynamics of research in the field of self-help, bibliotherapy and subjective well-being in local contexts.

The second research question regarding the difference in the mutual representation of the researched topics is aimed at determining whether there are significant differences in the frequency of occurrence of the topics of self-help, bibliotherapy and subjective well-being in the analyzed articles. The aim is to understand the variations in the representation of these topics and try to interpret the differences in order to better understand their importance and the context within the scientific and professional journals in the Republic of Croatia.

The third research question on the analysis of other keywords aims to explore a wider range of keywords and terms that appear in articles deal-



člancima koji se bave samopomoći, biblioterapiji i subjektivnoj dobrobiti. Analiza dodatnih ključnih riječi može pružiti dodatnu dubinu u razumijevanju konteksta i specifičnih područja interesa unutar ovih tema.

## Instrumenti istraživanja

U početnom dijelu istraživanja podatke su putem modela građanske znanosti prikupljali studenti Informacijskih i komunikacijskih znanosti pri Filozofskom fakultetu Sveučilišta u Zagrebu, polaznici kolegija Digitalna knjižnica 2 koji vodi prof. dr. sc. Tomislav Ivanjko. Studenti su imali predznanje o pretraživanju, no prije prikupljanja podataka održana je i edukacija u trajanju od jednog sata koje podatke birati za potrebe istraživanja. Također, podatci su pretraživani uz nadzor stručnjaka. Alat kojim su se studenti služili za pretraživanje je Portal hrvatskih znanstvenih i stručnih časopisa Hrčak. Hrčak je odabran s obzirom na to da je on središnje mjesto za pohranu znanstvenih i stručnih časopisa u otvorenom pristupu. Prikupili su se podatci od članaka koji su objavljeni na hrvatskom i engleskom jeziku.

Prikupljeni podaci su pregledani, a dodano je i nekoliko novijih rezultata kako bi zaključna godina bila 2022. Primijenjen je model PRISMA za svaku od tri ključne teme: samopomoć, biblioterapija i subjektivna dobrobit kako bi se odabrao konačni uzorak članaka. Kriteriji uključivanja obuhvatili su radove napisane na hrvatskom i engleskom jeziku, radove objavljene do kraja prosinca 2022. godine, vrstu rada (stručni rad, pregledni rad, prethodno priopćenje i izvorni znanstveni rad), fokus rada vezan je uz tematiku samopomoći, biblioterapije i/ili subjektivne dobrobiti aspekta mentalnog zdravlja. Kriteriji isključenja obuhvaćaju duplicirane radove, radove na jezicima koji nisu hrvatski i engleski, radove objavljene nakon 2022. godine, vrste radova kao što su recenzije, eseji, sažeci s konferencija, kratka priopćenja,

ing with self-help, bibliotherapy and subjective well-being. An analysis of additional keywords can provide additional depth in terms of understanding the context and specific areas of interest within these topics.

## Research instruments

In the initial part of the research, data were collected through the citizen science model by the students of the Department of Information and Communication Sciences, University of Zagreb Faculty of Humanities and Social Sciences, who were participants of the Digital Library 2 course led by professor Tomislav Ivanjko, PhD. The students had prior knowledge of the search, but an hour-long training session was also held before the data collection in order to explain which data should be selected for research purposes. Furthermore, the data search was carried out under the supervision of experts. The tool used by the students for searching purposes was the Portal of Croatian scientific and Professional Journals – Hrčak. Hrčak was chosen since it is the central place for storing scientific and professional journals in open access. Data were collected from articles published in Croatian and English.

The collected data were reviewed and several recent results were also added so that the final year would be 2022. The PRISMA model was applied to each of the three key topics: self-help, bibliotherapy and subjective well-being, in order to select the final sample of the articles. The inclusion criteria included papers written in Croatian and English, papers published by the end of December 2022, types of papers (professional papers and review articles, preliminary communication and original scientific paper), the focus of the paper being associated with the topic of self-help, bibliotherapy and/or subjective well-being aspects of mental health. Exclusion criteria included duplicate papers, papers in languages other than Croatian and English, papers published after 2022, types of papers such as reviews, essays, conference abstracts, short reports, editorials, etc., and papers not focused on mental health (but rather, for

uvodnici i sl, te radove čiji fokus nije vezan uz mentalno zdravlje (nego npr. pravni aspekt, ekonomski aspekt, fizikalna terapija i sl). Svakom sudioniku dodijeljena je jedna ključna riječ za pretraživanje, a s obzirom na to da se radilo o šest ključnih riječi („samopomoć“, „biblioterapija“, „subjektivna dobrobit“, „self-help“, „bibliotherapy“ i „subjective well-being“), više sudionika pretraživalo je iste ključne riječi što je omogućilo prikupljanje većeg broja podataka za istu ključnu riječ. Metapodatkovno polje Hrčka korišteno za pretraživanje bilo je „Predmet pretraživanja“. Za pretraživanje višestrukih izraza korišteni su navodni znakovi. Isključivanje prema vrsti rada vršeno je uz pomoć filtera koji su implementirani na portal Hrčka. S obzirom na to da su sudionici pretraživali iste ključne riječi, dijelu sudionika savjetovano je da pokušaju učiniti isključivanje prema temi kako bi se obuhvatili članci koji promatraju traženu tematiku s aspekta psihologije i mentalnog zdravlja. Provjeru i krajnje isključivanje prema temi obavile su autorice ovog rada. Na temelju prikupljenih podataka izrađen je PRISMA model, a kao predložak korišten je „*The PRISMA 2020 statement: an updated guideline for reporting systematic reviews*“, Page i suradnika iz 2021. godine (40). Predložak je prilagođen za potrebe ovog istraživanja.

### a) Samopomoć

Pojam „samopomoć“ pretražen je upisom u tražilicu Hrčka, a pretraga je ponudila ukupno 24 rezultata. Nakon probira prema vrsti rada u kojima su prema kriterijima uključivanja preostali znanstveni, pregledni i stručni radovi, preostao je 21 rad. Potom je učinjen probir na temelju teme rada, a uključeni su oni radovi koji se bave samopomoći s aspekta mentalnog zdravlja, u smislu korištenja literature za samopomoć. Isključeni su radovi koji se bave grupama za podršku u samopomoći za liječenje ovisnosti, samopomoći u smislu samostalnog davanja lijekova, samopomoći s pravnog aspekta i sl.

example, on the legal aspect, economic aspect, physical therapy, etc.). Each participant was assigned one keyword to search for, and given that there were six keywords (Croatian “samopomoć”, “biblioterapija”, “subjektivna dobrobit”, and English “self-help”, “bibliotherapy” and “subjective well-being”), multiple participants searched for the same keywords, which enabled more data to be collected for the same keyword. The metadata field of Hrčak used for search purposes was “Predmet pretraživanja” (“Search subject”). Quotation marks were used to search for multi-term expressions. Exclusion according to the type of work was done using filters implemented on the Hrčak portal. Taking into account that the participants were searching for the same keywords, some of the participants were advised to try excluding according to topic in order to encompass articles addressing the requested topic from the aspect of psychology and mental health. Verification and final exclusion according to the topic was carried out by the authors of this paper. The PRISMA model was created based on the collected data, while “The PRISMA 2020 Statement: an Updated Guideline for Reporting Systematic Reviews”, created by Page et al. in 2021, was used as a template (40). The template was adapted for the purposes of this research.

### a) Self-help

The term “samopomoć” (Croatian for “self-help”) was searched by typing the term into the search engine of Hrčak, and the search yielded a total of 24 results. After screening according to the type of paper in which, according to the inclusion criteria, the remaining papers were scientific, review and professional papers, 21 papers remained. Screening was then done based on the subject matter, and the works addressing self-help from the aspect of mental health, in terms of using literature for self-help, were included. Papers addressing self-help support groups for addiction treatment, self-help in terms of self-administration of medication, self-help from the legal aspect, etc. were excluded. The remaining number of papers was three. Considering that

Preostali broj radova bio je 3. S obzirom na to da se u Hrčku objavljuju i radovi na engleskom jeziku, a većina časopisa traži i pisanje sažetka na engleskom jeziku, pojam je pretražen i na engleskom jeziku („*self-help*“). Ova ključna riječ učestalija je od „samopomoći“ pa je tako izvorno pronađeno 328 rezultata. Nakon primjene kriterija isključivanja prema vrsti rada, preostalo je 280 radova. Od toga je bio i jedan duplikat čija je hrvatska verzija već uzeta u obzir, pa je preostalo 279 radova. Na kraju je proveden probir prema temi čime su izdvojen 4 rada. Zbrojem radova pronađenih prema ključnoj riječi „samopomoć“ i prema ključnoj riječi „*self-help*“ dobiven je broj od 7 radova za potrebe ovog istraživanja. Proces pretraživanja prikazan je u na slici 1.

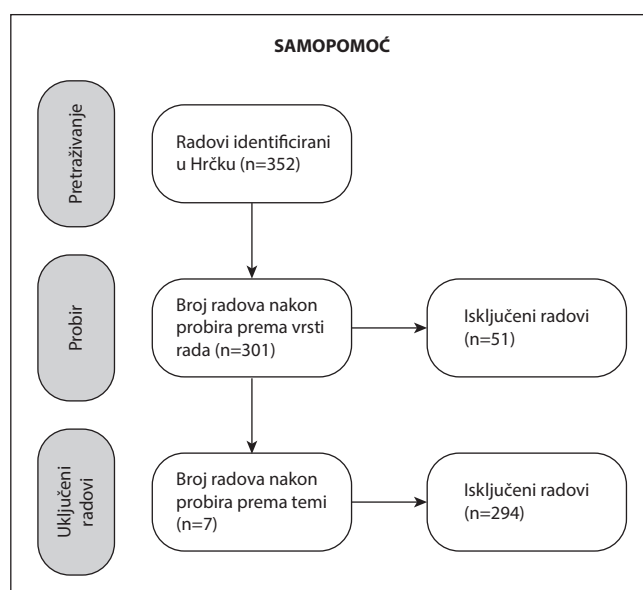
## b) Biblioterapija

Upisom u tražilicu Hrčka pretražen je pojam „biblioterapija“ za koji je ponuđeno 24 rezultata. Probirom prema vrsti rada preostalo je 19 rezultata s obzirom da su isključeni radovi kategorija recenzija, prikaz, esej i ostalo. Pregledom prema temi koja je u fokusu trebala imati biblioterapiju preostalo je 18 rezultata (jedan rad spomenuo je biblioterapiju, no u fokusu je

papers in English are also published in Hrčak, and most journals also demand abstracts written in English, the term was also searched in English (“self-help”). This keyword appeared in more results than “samopomoć” in Croatian, therefore 328 results were originally found. After applying the exclusion criteria according to the type of work, 280 papers remained. One of these papers was a duplicate the Croatian version of which had already been taken into account, thus 279 works remained. Finally, selection was carried out according to the subject matter, and four papers remained. The total number of papers found under the keywords “samopomoć” and “self-help” resulted in a total of seven papers being used for the purposes of this research. The search process is presented in Figure 1.

## b) Bibliotherapy

Entering the term “*biblioterapija*” (Croatian for “bibliotherapy”) into the Hrčak search engine yielded 24 results. After screening according to the type of paper, 19 results remained given that the categories of review, essay and other were excluded. After selection according to the subject matter which should focus on bibliotherapy, 18 results remained (bibliotherapy was mentioned in one paper, but the focus was on another type



SLIKA 1. Model PRISMA za pojam „samopomoć“  
FIGURE 1. PRISMA model for the concept of “self-help”

bila druga vrsta terapije). Također, pretražen je i pojam na engleskom jeziku: „bibliotherapy“. Pretraga je ponudila ukupno 20 rezultata od kojih je 10 bilo duplicirano. Prema kriterijima uključenosti vrste rada preostalo je 6 radova, a probirom prema temi naposljetku su ostala 3. Zbrojem preostalih radova pretragom na hrvatskom i engleskom jeziku pronađen je ukupno 21 rad koji se odnosi na temu biblioterapije. Pretraga je prikazana modelom PRISMA na slici 2.

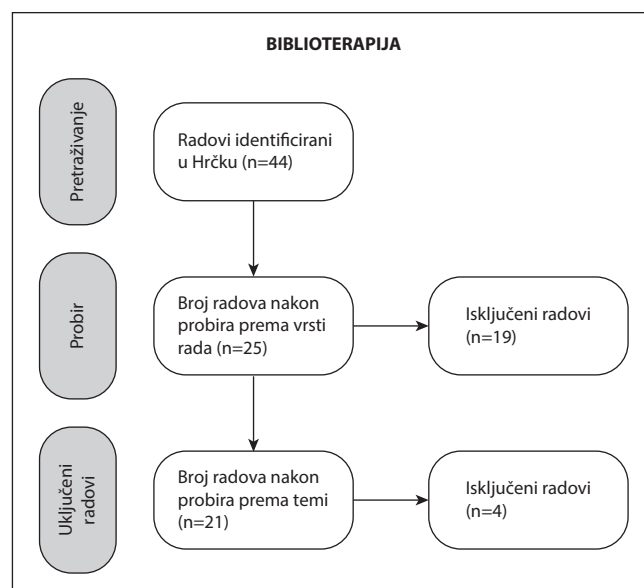
### c) Subjektivna dobrobit

U prvom dijelu pretraživanja tražena je ključna riječ „subjektivna dobrobit“ koja je upisana u tražilicu Hrčka. Za hrvatsku verziju ove riječi dobivena su 42 rada. Nakon što su isključeni rezultati s obzirom na vrstu rada preostalo je 40 radova (izbačeni su radovi u kategoriji „ostalo“ i „vijest“). Zatim su radovi pregledani prema temi i odabrano je 36 radova. Potom je pretražena ključna riječ „*subjective well-being*“ koja je ponudila 75 rezultata pretraživanja. Odabrano je 66 radova s obzirom na njihovu vrstu, odnosno zadržani su radovi koji se odnose na izvorni znanstveni članak, pregledni

of therapy). Furthermore, a search was made for the term in English: “bibliotherapy”. The search yielded a total of 20 results, 10 of which were duplicates. According to the inclusion criteria for the type of work, six papers remained, and after screening according to the subject matter, the final result included three papers. After summing up the remaining papers, the search in both Croatian and English yielded a total of 21 papers addressing the topic of bibliotherapy. The search is presented in the PRISMA model in Figure 2.

### c) Subjective well-being

In the first part of the search, the key word “*subjektivna dobrobit*” (Croatian for “subjective well-being”) was entered into the Hrčak search engine. A total of 42 results were found for the Croatian version of this word. After excluding the results based on the type of paper, 40 papers remained (papers in the categories “other” and “news” were excluded). The papers were then reviewed according to the subject matter and 36 papers were selected. The keyword “subjective well-being” in English was then searched, yielding 75 search results. A total of 66 papers was selected based on their type, i.e. papers referring to an original scientific paper, review article and pre-



SLIKA 2. Model PRISMA za pojam „biblioterapija“  
 FIGURE 2. PRISMA model for the concept of “bibliotherapy”

rad i prethodno preopćenje. Od toga je 20 radova bilo duplikat, odnosno pronađeni su u pretrazi ključne riječi na hrvatskome jeziku. Od 46 preostalih radova 42 rada je odabrano s obzirom na temu koja je bila usmjerena na subjektivnu dobrobit s aspekta psihologije. Zajedno s prethodnom pretragom, sveukupno je odabrano 78 radova koji se odnose na subjektivnu dobrobit, što je prikazano modelom PRISMA na slici 3.

liminary communication were retained. Of these, 20 papers were duplicates, that is, they were already found during the search for keywords in the Croatian language. Of the 46 remaining papers, 42 papers were selected with regard to the subject matter that focused on subjective well-being from the aspect of psychology. Together with the previous search, a total of 78 papers addressing subjective well-being were selected, which is presented in the PRISMA model in Figure 3.

## REZULTATI I RASPRAVA

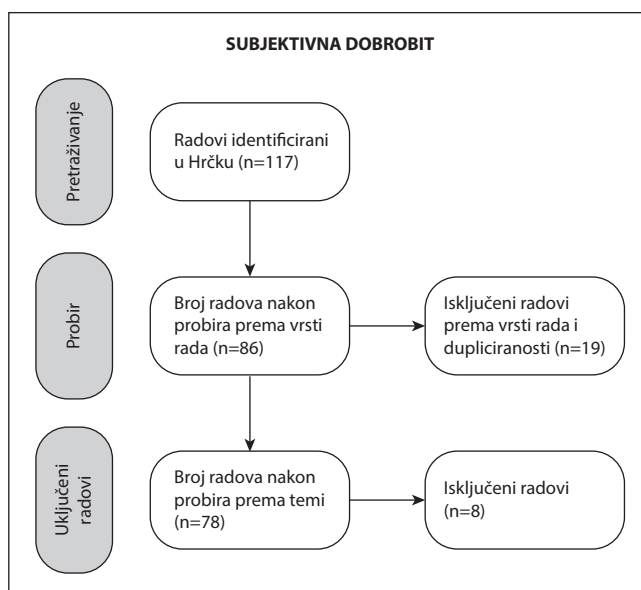
Model PRISMA je pomogao u odabiru radova za analizu koji su prikazani u tablici 1. (prilog).

Samopomoć, promatrana iz perspektive korištenja literature za samopomoć tema je koja je u manjoj mjeri zastupljena u hrvatskim znanstvenim i stručnim časopisima. Prema vrsti rada dobivena su 4 izvorna znanstvena rada i 3 pregledna rada. Prvi rad na tu temu objavljen je 2006. godine, no najviše se o njoj piše u razdoblju između 2014. i 2017. godine. Svi radovi dostupni su na hrvatskom jeziku, a jedan je preveden i na engleski i njemački jezik.

## RESULTS AND DISCUSSION

The PRISMA model assisted in the selection of papers for analysis, which are presented in Table 1 (in the Appendix).

Self-help, viewed from the perspective of the use of self-help literature, is a topic that is less frequently addressed in Croatian scientific and professional journals. According to the type of paper, four original scientific papers and three review articles were found. The first paper on this topic was published in 2006, but it was mostly written about in the period between 2014 and 2017. All papers are available in Croatian, and one has been translated into English and German.



**SLIKA 3.** Model PRISMA za pojam „subjektivna dobrobit“  
**FIGURE 3.** The PRISMA model for the concept of “subjective well-being”

**TABLICA 1.** Radovi odabrani modelom PRISMA  
**TABLE 1.** Papers selected using the PRISMA model

SAMOPOMOĆ/SELF-HELP / SELF-HELP				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Pojam identiteta i njegov odnos prema društvenom poretku u knjigama za samopomoć / The Notion of Identity and its Relation to Social Order in Self-Help Books</i> Žurić Jakovina, I.; Jakovina, T.	Revija za sociologiju, Vol. 46, No. 3, 2016.	Pregledni rad / Review article	Hrv. / Cro.	knjige za samopomoć; identitet; Eriksonova teorija identiteta; samoaktualizacija; kognitivno-biheviorna terapija; društvena promjena / self-help books; identity; Erikson's theory of identity; self-actualisation; cognitive-behavioural therapy; social change
<i>Projekcije na terapiji: o medijskoj reprezentaciji psihoterapije u Hrvatskoj / Projections in Treatment: on Media Representation of Psychotherapy in Croatia</i> Žurić Jakovina, I.	Medijska istraživanja : znanstveno-stručni časopis za novinarstvo i medije, Vol. 21, No. 1, 2015.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	medijska reprezentacija psihoterapije; psihoterapija; diskurs samopomoći; psihoterapijski diskurs; knjige za samopomoć; dekonstrukcija psihoterapije; serija <i>Na terapiji</i> ; film <i>Projekcije</i> / media representation of psychotherapy; psychotherapy; self-help discourse; psychotherapeutic discourse; self-help books; deconstruction of psychotherapy; series <i>In treatment</i> ; film <i>Projection</i>
<i>Samopomoć kao kulturalni fenomen: kontekstualni aspekti nastanka i razvoja knjiga za samopomoć i psihoterapijskog diskursa / Self-help as a Cultural Phenomenon: Contextual Aspects of Birth and Development of Self-Help Books and Psychotherapeutic Discourse</i> Žurić Jakovina, I.	Holon : postdisciplinarni znanstveno-stručni časopis, Vol. 4, No. 1, 2014.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	knjige za samopomoć; popularna kultura; protestantizam; psihoanaliza; psihološki diskurs; psihoterapijski diskurs / self-help books; popular culture; Protestantism; psychoanalysis; psychological discourse; psychotherapeutic discourse
<i>Odgoj u Modroj lasti između izgradnje socijalističkoga čovjeka i tinejdžerske self-help literature (1966. – 1976.) / Education in Modra lasta between Building a Socialist Human and Teenage Self-Help Literature (1966–1976)</i> Lončar, M.	Anali za povijest odgoja, Vol. 17, No. 17, 2019.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	„Modra lasta”; socijalistički čovjek; tinejdžerski prilozi; 1966. – 1976. / <i>Modra lasta</i> (magazine); socialist man; teenage materials; 1966–1976
<i>Psihoterapijski romani: učenje na kauču / The Psychotherapy Novel: Learning on the Couch</i> Žurić Jakovina, I.	Književna smotra : Časopis za svjetsku književnost, Vol. 49, No. 183(1), 2017.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	psihoterapijski roman; psihoterapija; knjige za samopomoć; didaktički roman; psihologija književnosti / the psychotherapy novel; psychotherapy; self-help books; the didactic novel; psychology of literature
<i>Savjetodavna (ne)moć self-help literature / Advisory Power(lessness) of the Self-Help Literature</i> Klemenčić Rozman, M.M.	Školski vjesnik : časopis za pedagošku teoriju i praksu, Vol. 63, No. 1-2, 2014.	Pregledni rad / Review article	Hrv. / Cro.	grupe za samopomoć; grupe za podršku; članstvo; koristi / self-help groups; support groups; membership; benefits
<i>Savjeti u self literaturi – časopisu za mlade / Advice Found in Self-Help Literature – a Teenage Magazine</i> Vrcelj, S.; Zloković, J.	Pedagoški istraživanja, Vol. 3, No. 2, 2006.	Pregledni rad / Review article	Hrv., eng., njem. / Cro., Eng., Germ.	savjeti za mlade; self literatura; odgoj; mediji / advice for teenagers; self-help literature; education; media
BIBLIOTERAPIJA / BIBLIOTHERAPY				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Utjecaj kreativnog pisanja na prevenciju emocionalnih teškoća kod mladih / The Impact of Creative Writing on the Prevention of Emotional Difficulties in Young People</i> Jarebić, I.	Bjelovarski učitelj : časopis za odgoj i obrazovanje, Vol. 27, No. 1-3, 2022.	Prethodno priopćenje / Preliminary communication	Hrv. / Cro.	pisanje; mladi; kreativnost; emocionalne teškoće; biblioterapija / writing; youth; creativity; emotional difficulties; bibliotherapy
<i>Biblioterapija i psihoanalitička kritika u kontekstu teorije sustava / Bibliotherapy and the Psychoanalytic Criticism in the Context of the System Theory</i> Piskač, D.	Kroatologija, Vol. 7, No. 2, 2016.	Pregledni rad / Review article	Hrv., eng. / Cro., Eng.	biblioterapija; MED ciklus; teorija sustava; psihoanalitička kritika / bibliotherapy; MED cycle; system theory; psychoanalytic criticism
<i>Razlika između biblioterapije i literarne biblioterapije / The Difference Between the Bibliotherapy and the Literature Bibliotherapy</i> Piskač, D.	Kroatologija, Vol. 12, No. 2. – 3, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	biblioterapija; literarna biblioterapija; emocionalni paralelizam; komunikacijska komplementarnost; estetske funkcije / bibliotherapy; literary bibliotherapy; emotional parallelism; communicative complementarity; aesthetic functions
<i>Biblioterapijske kompetencije u nastavi književnosti / Bibliotherapeutic Competencies in Teaching Literature</i> Lekić, N.; Piskač, D.; Košćec Bjelajac, A.	Kroatologija, Vol. 12, No. 2. – 3, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	biblioterapija; emocije; emocionalni doživljaj; prepoznavanje emocija / bibliotherapy; emotions; emotions perceived; emotion detection
<i>Interes za biblioterapiju kod studenata nastavničkoga smjera diplomskih studija na Odsjeku za kroatistiku u Rijeci / Students' Interest for Bibliotherapy in Graduate Study Programme (Teaching Track) at Department of Croatian Language and Literature in Rijeka</i> Banov, E.; Rogina, T.; Sokač, M.	Kroatologija, Vol. 12, No. 2. – 3, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	obrazovanje nastavnika Hrvatskoga jezika; metodičko osposobljavanje; ishodi učenja; biblioterapija; izdavačka djelatnost; studentske aktivnosti / Croatian language teacher education; methodical training; learning outcomes, bibliotherapy; publishing; student activities
<i>Uloga biblioterapije u narodnoj knjižnici / The Role of Bibliotherapy in Public Libraries</i> Klak Mršić, I.; Krpan, K.; Pisičić, J.	Kroatologija, Vol. 12, No. 2. – 3, 2021.	Stručni rad / Professional paper	Hrv. / Cro.	biblioterapija; knjižnica; knjižničari; čitanje / bibliotherapy, library, librarians, reading
<i>Vrijeme za bajku u 1. razredu / Fairy Tale Time in 1st Grade</i> Debeljak, M.	Varaždinski učitelj : digitalni stručni časopis za odgoj i obrazovanje, Vol. 4, No. 6, 2021.	Stručni rad / Professional paper	Hrv. / Cro.	čitanje; djeca; emocije; školska biblioterapija / reading; children; emotions; school bibliotherapy

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SAMOPOMOĆ/SELF-HELP / SELF-HELP				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Knjiga kao sredstvo za razgovor o različitim problemima učenika / The Book as a Means to Discuss Various Student Issues</i> Šraml, N.	Varaždinski učitelj : digitalni stručni časopis za odgoj i obrazovanje, Vol. 5, No. 8, 2022.	Stručni rad / Professional paper	Hrv. / Cro.	razgovor o knjizi; lektira; problemi mladih; biblioterapija / book discussion; literature; youth issues; bibliotherapy
<i>Utjecaj kreativnog pisanja na prevenciju emocionalnih teškoća kod mladih / The Impact of Creative Writing on the Prevention of Emotional Difficulties in Young People</i> Jarebić, I.	Varaždinski učitelj : digitalni stručni časopis za odgoj i obrazovanje, Vol. 5, No. 10, 2022.	Stručni rad / Professional paper	Hrv. / Cro.	pisanje; mladi; kreativnost; emocionalne teškoće; biblioterapija / writing; youth; creativity; emotional difficulties; bibliotherapy
<i>Primjena razvojne biblioterapije u radu s djecom i mladima u narodnoj knjižnici / The Implementation of Developmental Bibliotherapy in Working with Children and Young Adults in Public Libraries</i> Krupan, K.; Klak Mršić, I.; Cej, V.	Vjesnik bibliotekara Hrvatske, Vol. 61, No. 1, 2018.	Stručni rad / Professional paper	Hrv. / Cro.	biblioterapija; grupna dinamika; komunikacija; socijalni odgoj / bibliotherapy; group dynamic; communication; social education
<i>Uloga knjižnice u biblioterapiji (s osvrtom na sveučilišne knjižnice) / The Role of Libraries in Bibliotherapy (with Reference to University Libraries)</i> Antulov, Z.	Vjesnik bibliotekara Hrvatske, Vol. 62, No. 1, 2019.	Pregledni rad / Review article	Hrv. / Cro.	biblioterapija; knjižnice; sveučilišne knjižnice; studenti / bibliotherapy; academic libraries; libraries; students
<i>Evaluacija utjecaja primjene ekspresivnog pripovijedanja terapijske priče na socijalnu pažnju učenika s poremećajima iz spektra autizma / Impact Evaluation of Expressive-Therapeutic Storytelling on the Social Attention of Students with Autism Spectrum Disorders</i> Skočić Mihić, S.; Pejčić, I.	Magistra ladertina, Vol. 14, No. 1, 2019.	Stručni rad / Professional paper	Hrv. / Cro.	poremećaji iz spektra autizma; terapijska priča; biblioterapija; kreativno-ekspresivna tehnika; evaluacija; socijalna pažnja / autism spectrum disorders; therapeutic story; bibliotherapy; expressive therapies; evaluation; social attention
<i>Stručni i specijalni rad knjižničarke s pokretno ograničenom i dugotrajno bolesnom djecom i omladinom Zavoda za osposobljavanje omladine s invaliditetom Kamnik / Professional and Special Librarian's Work with Physically Handicapped and Chronically Ill Children and Adolescents in the Centre for Training of the Physically Handicapped Young People Kamnik</i> Perko, M.	Vjesnik bibliotekara Hrvatske, Vol. 53, No. 2, 2010.	Stručni rad / Professional paper	Hrv. / Cro.	školska knjižnica; školska mladež; čitanje knjiga; biblioterapija; razgovor o knjizi / school library; secondary school; reading; bibliotherapy; book discussion
<i>Knjižnične usluge za osobe s posebnim potrebama kao dio Nacionalne strategije jedinstvene politike za osobe s invaliditetom od 2003. do 2006. godine / Library Services for Persons with Special Needs and Disabilities as Part of the National Strategy of the Unique Policy for the Disadvantaged from 2003 to 2006</i> Čelić-Tica, V.; Gabriel, D.	Vjesnik bibliotekara Hrvatske, Vol. 49, No. 1, 2006.	Stručni rad / Professional paper	Hrv. / Cro.	knjižnične usluge za osobe s posebnim potrebama; narodne knjižnice; školske knjižnice; knjižnice odgojnih domova i kaznenih ustanova; Nacionalna strategija jedinstvene politike za osobe s invaliditetom; disleksija; biblioterapija; logo-biblioterapija; Hrvatska / library services for persons with special needs and disabilities; public libraries; school libraries; libraries of the young offenders institutions and penal institutions; National strategy of the unique policy for the disadvantaged; dyslexia; bibliotherapy; logo-bibliotherapy; Croatia
<i>Pričom do emocionalne stabilnosti / Through Storytelling to Emotional Stability</i> Šimunović, D.	Dijete, vrtić, obitelj : Časopis za odgoj i naobrazbu predškolske djece namijenjen stručnjacima i roditeljima, Vol. 7, No. 25, 2001.	Stručni rad / Professional paper	Hrv. / Cro.	dijete; vrtić; obitelj; kreativnost; emocionalna stabilnost; biblioterapija / child; kindergarten; family; creativity; emotional stability; bibliotherapy
<i>Psihodinamski aspekti biblioterapije i prevencija suicida / Psychodynamic Aspects of Bibliotherapy and Prevention of Suicide</i> Lecher-Švarc, V.; Radovančević, Lj.	Socijalna psihijatrija, Vol. 43, No. 1, 2015.	Pregledni rad / Review article	Hrv. / Cro.	biblioterapija; psihodinamika; suicid / bibliotherapy; psychodynamics; suicide
<i>Biblioterapijski ili katarzični učinci kroz recepciju drame „Izlazak sunca na Campobellu“ Dorea Scharya / Bibliotherapeutical or Cathartic Effects Through Reception of Drama “Sunrise at Campobello” by Dore Schary</i> Puškar Mustafić, N.	Socijalne teme : Časopis za pitanja socijalnog rada i srodnih znanosti, Vol. 1, No. 4, 2017.	Izvorni znanstveni članak / Original scientific paper	Hrv, eng. / Cro., Eng.	biblioterapija; katarza; američka drama; recipijenti; čitatelji/gledatelji / bibliotherapy; catharsis; American drama; recipients; readers/viewers
<i>Biblioterapijske radionice u knjižnicama Primorsko-goranske županije / Bibliotherapy Workshops in the Libraries of the Primorje-Gorski Kotar County</i> Kučan Buterin, A.	Knjižničar/Knjižničarka : e-časopis Knjižničarskog društva Rijeka, Vol. 13, No. 13, 2022.	Stručni rad / Professional paper	Hrv. / Cro.	biblioterapijske radionice; knjižnice Primorsko-goranske županije; razvojna biblioterapija / bibliotherapy workshops; libraries of the Primorje-Gorski Kotar County; developmental bibliotherapy
<i>Various aspects of using bibliotherapy in the field of education and rehabilitation / Various Aspects of Using Bibliotherapy in the Field of Education and Rehabilitation</i> Martinec, R.; Šimunović, D.; Kos Jerković, V.	Hrvatska revija za rehabilitacijska istraživanja, Vol. 58, No. 1, 2022.	Pregledni rad / Review article	Eng.	bibliotherapy; education; rehabilitation; efficiency; limitations / bibliotherapy; education; rehabilitation; efficiency; limitations
<i>Uloga kreativnih metoda u radu s oboljelima od Alzheimerove demencije / The Role of Creative Methods in Working with Alzheimer's Patients</i> Vidučić, M.; Rusac, S.	Hrvatska revija za rehabilitacijska istraživanja, Vol. 54, No. 2, 2018.	Pregledni rad / Review article	Hrv. / Cro.	Alzheimerova demencija; kreativne metode; nefarmakološke intervencije / demencija; Alzheimer's disease; creative methods; nonpharmacological interventions
<i>Biblioterapija u školskoj knjižnici ili razgovor o knjizi / The Bibliotherapy in School Library or Book Discussion</i> Mikuletić, N.	Vjesnik bibliotekara Hrvatskem Vol. 53, No. 2, 2010.	Stručni rad / Professional paper	Hrv. / Cro.	školska knjižnica; školska mladež; čitanje knjiga; biblioterapija; razgovor o knjizi / school library; secondary school; reading; bibliotherapy; book discussions

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>„Je kako je, bit će bolje“: Subjektivna dobrobit nezaposlenih korisnika zajamčene minimalne naknade / “That’s the Way It Is, It Will Get Better”: Subjective Well-Being of Unemployed beneficiaries of the Guaranteed Minimum Benefit</i> Kletečki Radović, M.; Tutić Grokša, I.	Jahr : Europski časopis za bioetiku, Vol. 12, No. 2, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	subjektivna dobrobit; nezaposlenost; zajamčena minimalna naknada; životna situacija; percepcija budućnosti; uloga socijalnog rada / subjective well-being; unemployment; welfare; life situation; the image of the future; the role of the social work
<i>Subjektivna dobrobit i osobine ličnosti: Povezanost na fenotipskoj i etiološkoj razini / Subjective Well-Being and Personality Traits: Association at the Phenotypic and Aetiological Level</i> Pocnić, M.; Bratko, D.	Psihologijske teme, Vol. 30, No. 3, 2021.	Pregledni rad / Review article	Hrv. / Cro.	subjektivna dobrobit; ličnost; Velikih pet; heritabilnost; zadovoljstvo životom; genetika ponašanja / subjective well-being; personality; Big Five; heritability; life-satisfaction; behavioral genetics
<i>Čimbenici prilagodbe ključnih radnika za vrijeme krize uzrokovane Covid-19 / Adaptation Factors of Essential Workers During the COVID-19 Crisis</i> Žderić, L.	Psychè : Časopis studenata psihologije, Vol. 4, No. 1, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	Covid-19; ključni radnici; osobine ličnosti; subjektivna dobrobit; zadovoljstvo poslom / COVID-19; essential workers; job satisfaction; personality traits; well-being
<i>Životni ciljevi, orijentacije prema sreći i psihološke potrebe adolescenata: Koji je najbolji put do sreće? / Adolescents’ Life Goals, Orientations to Happiness and Psychological Needs: Which is The Best Path to Happiness?</i> Brdar, I.; Anić, P.	Psihologijske teme, Vol. 19, No. 1, 2010.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	subjektivna dobrobit; životni ciljevi; osnovne psihološke potrebe; orijentacije prema sreći; zadovoljstvo životom; pozitivne i negativne emocije / subjective well-being; life goals; basic psychological needs; orientations to happiness; satisfaction with life; positive and negative emotions
<i>Povezanost subjektivne dobrobiti i rizičnoga ponašanja studenata: Medijatorska uloga socijalnih faktora / The Association Between Subjective Well-Being and Risky Behaviours in University Students: the Mediating Role of Social Factors</i> Alves, R. F.	Psihologijske teme, Vol. 31, No. 3, 2022.	Izvorni znanstveni članak / Original scientific paper	Eng.	zdravstvena ponašanja; subjektivna dobrobit; društveni čimbenici; zdravstveni odgoj; strukturalno modeliranje / health behavior; subjective well-being; social factors; health education; structural equations model
<i>Povezanost nacionalnog identiteta, subjektivna dobrobit i smisao života / The Relationship Between National Identity, Subjective Well-Being and Meaning in Life</i> Groždanovska, E.	Suvremena psihologija, Vol. 19, No. 1, 2016.	Prethodno priopćenje / Preliminary communication	Eng.	nacionalni identitet; subjektivna dobrobit; smisao života / national identity; subjective well-being; meaning in life
<i>Zdravlje i subjektivna dobrobit / Health and Subjective Welfare</i> Miljković, D.	Radovi Zavoda za znanstvenoistraživački i umjetnički rad u Bjelovaru, No. 7, 2013.	Pregledni rad / Review article	Hrv. / Cro.	zdravlje; subjektivna dobrobit; Bjelovarsko-bilogorska županija / health; subjective welfare; the Bjelovar-Bilogora County
<i>Pregled nekih istraživanja u kontekstu subjektivne dobrobiti / A Survey of Research on Subjective Well-Being</i> Tadić, M.	Društvena istraživanja : časopis za opća društvena pitanja, Vol. 19, No. 1-2 (105-106), 2010.	Pregledni rad / Review article	Hrv. / Cro.	subjektivna dobrobit; sreća; kvaliteta življenja / subjective well-being; happiness; quality of life
<i>Genetski doprinos individualnim razlikama u subjektivnoj dobrobiti: metaanaliza / Genetic Contribution to the Individual Differences in Subjective Well-Being: a Meta-Analysis</i> Vukasović, T.; Bratko, D.; Butković, A.	Društvena istraživanja : časopis za opća društvena pitanja, Vol. 21, No. 1 (115), 2012.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	metaanaliza; heritabilnost; subjektivna dobrobit; zadovoljstvo životom; genetika ponašanja / meta-analysis; heritability; subjective well-being; life-satisfaction; behavioral genetics
<i>Vremenske perspektive i subjektivna dobrobit srednjoškolaca / Time Perspectives and Subjective Well-Being of Secondary School Students</i> Anić, P.	Napredak : Časopis za interdisciplinarna istraživanja u odgoju i obrazovanju, Vol. 154, No. 1-2, 2014.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	vremenske perspektive; subjektivna dobrobit; adolescencija; srednjoškoli / time perspectives; subjective well-being; adolescence; secondary school students
<i>Stil vodstva ravnatelja i subjektivna dobrobit učitelja: posredujuća uloga školske kulture / Leadership Styles of Principals and Subjective Well-Being of Teachers: Mediating Role of school culture</i> Slavić, A.; Rijavec, M.; Matić, D.	Napredak : Časopis za interdisciplinarna istraživanja u odgoju i obrazovanju, Vol. 160, No. 1-2, 2019.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	subjektivna dobrobit; suradnička školska kultura; stil vodstva; učitelji / subjective well-being; collaborative school culture; leadership styles; teachers
<i>Iskustvo zanesenosti kod budućih nastavnika tijekom studija / Flow Experience Among Future Teachers During Studies</i> Kopačević, D.; Rogulja, N.; Tomić, M.K.	Croatian Journal of Education, Vol. 13, No. 4, 2011.	Prethodno priopćenje / Preliminary communication	Hrv., eng. / Cro., Eng.	flow; optimalno iskustvo; informatika; računarstvo; subjektivna dobrobit / flow; optimal experience; informatics; computing science; subjective well-being
<i>Dobrobit – pojmovno utemeljenje i istraživačke prakse / Wellbeing – Conceptual Background and research practices</i> Džužewska, A.	Društvena istraživanja, Vol. 25, No. 4, 2016.	Pregledni rad / Review article	Eng.	dobrobit; subjektivna dobrobit; metodologije; istraživačka praksa / wellbeing; subjective wellbeing; methodologies; research practice
<i>Odnos nekih odrednica subjektivne dobrobiti s brigom zbog novog vala Covid-19 pandemije / The Relationship of Some Determinants of Subjective Well-Being and the Concern Over a New Wave of COVID-19</i> Kopilaš, V.	Zdravstveni glasnik, Vol. 8, No. 1, 2022.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	subjektivna dobrobit; briga; COVID-19 pandemija; novi val / subjective well-being; concern; COVID-19 pandemic; new wave
<i>Kognitivni trening kod starijih osoba: utječe li kognitivna vježba na neke osobine ličnosti i subjektivnu dobrobit? / Cognitive Training in the Elderly: the Effect of Cognitive Training on Dispositional Variables and Subjective Well-Being</i> Bekavac, J.; Vranić, A.	Društvena istraživanja, Vol. 24, No. 2, 2015.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	kognitivno starenje; trening pamćenja; optimizam; mjesto kontrole; subjektivna dobrobit / cognitive aging; memory training; optimism; locus of control; subjective well-being
<i>Školska kultura, stres i dobrobit učitelja / School Culture, Stress and Well-Being of Teachers</i> Slavić, A.; Rijavec, M.	Napredak, Vol. 156, No. 1-2, 2015.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	psihološka dobrobit; stres; subjektivna dobrobit; školska kultura; učitelji / psychological well-being; stress; subjective well-being; school culture; teachers



**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Kvaliteta života mladih s otoka Prvića / The Quality of Life of Young People From the Island of Prvić</i> Mikulandra, K.; Rajhvajn Bulat, L.	Socijalna ekologija, Vol. 31, No. 3, 2022.	Prethodno priopćenje / Preliminary communication	Hrv. / Cro.	život na otoku; kvaliteta života; subjektivna dobrobit; resursi zajednice; mladi; pandemija COVID-19 / life on the island; quality of life; subjective well-being; community resources; young people; COVID-19 pandemic
<i>Subjektivna dobrobit i životna očekivanja adolescenata / Adolescents' Subjective Well-Being and Their Life Expectations</i> Reić Ercegović, I.; Peričić, M.; Šiško, J.; Bilić, K.	Školski vjesnik, Vol. 60, No. 1., 2011.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	adolescencija; depresivnost; zadovoljstvo životom; samopoštovanje; očekivanja / adolescence; depressive symptoms; life satisfaction; self-respect; expectations
<i>Odnos subjektivne dobrobiti i tjelesnog zdravlja / The Relationship Between Subjective Wellbeing and Physical Health</i> Marčinko, I.	Klinička psihologija, Vol. 6, No. 1-2, 2013.	Pregledni rad / Review article	Hrv. / Cro.	subjektivna dobrobit; pozitivna afektivnost; negativna afektivnost; emocije; zdravlje / subjective well-being; positive affectivity; negative affectivity; emotions; health
<i>Odnos otvorenosti prema iskustvu i uspješnog starenja: Provjera posredujuće uloge životnih žaljenja / The Relationship Between Openness to Experience and Successful Aging: Testing the Mediation Role of the Life Regrets</i> Tucak Junaković, I.; Ambrosi-Randić, N.; Nekić, M.	Psihologijske teme, Vol. 27, No. 3, 2018.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	uspješno starenje; otvorenost prema iskustvu; životna žaljenja; starije osobe / successful ageing; openness to experience; life regrets; older people
<i>Uloga osamljenosti u odnosu socijalne anksioznosti i subjektivne dobrobiti: upotreba Inventara socijalne fobije (SPIN) kao mjere / The Role of Loneliness in the Relationship Between Social Anxiety and Subjective Well-Being: Using the Social Phobia Inventory (SPIN) as a Measure</i> Maričić, A.; Štambuk, M.	Društvena istraživanja, Vol. 24, No. 3, 2015.	Izvorni znanstveni članak / Original scientific paper	Eng.	socijalna anksioznost; SPIN; osamljenost; subjektivna dobrobit / social anxiety; SPIN; loneliness; subjective well-being
<i>Odnos socijalne podrške i subjektivne dobrobiti tijekom života / The Relationship Between Social Support and Subjective Well-Being Across the Lifespan</i> Brajša-Žganec, A.; Kaliterna Lipovčan, Lj.; Hanzec, I.	Društvena istraživanja, Vol. 27, No. 1, 2018.	Izvorni znanstveni članak / Original scientific paper	Eng.	socijalna podrška; subjektivna dobrobit; dobne razlike / social support; subjective well-being; age differences
<i>Zadovoljstvo životom u adolescentnoj i odrasloj dobi / Life Satisfaction at Adolescence and Adulthood</i> Penezić, Z.	Društvena istraživanja, Vol. 15, No. 4-5 (84-85), 2006.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	opće zadovoljstvo životom; temporalno zadovoljstvo životom; adolescencija; odrasla dob / general life satisfaction; temporal life satisfaction; adolescence; adulthood
<i>Zadovoljstvo životom: individualna i obiteljska perspektiva / Life Satisfaction: Individual and Family Perspective</i> Kovčič Vukadin, I.; Novak, M.; Križan, H.	Kriminologija & socijalna integracija, Vol. 24, No. 1, 2016.	Pregledni rad / Review article	Hrv. / Cro.	zadovoljstvo životom; mjere zadovoljstva životom; obiteljska perspektiva; FamResPlan / life satisfaction; measures of life satisfaction; family perspective; FamResPlan
<i>Uloga samopoštovanja u održavanju subjektivne dobrobiti u primjeni strategija suočavanja sa stresom / The Role of Self-Esteem in Maintaining Subjective Well-Being While Using Various Coping Strategies</i> Mirjanić, L.; Milas, G.	Društvena istraživanja, Vol. 20, No. 3 (113), 2011.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	suočavanje sa stresom; mjere zadovoljstva životom; subjektivna dobrobit; samopoštovanje / coping with stress; coping strategies; subjective well-being; self-esteem
<i>Subjektivna dobrobit bračnih partnera prilikom tranzicije u roditeljstvo / Subjective Well-Being of Spouses During the Transition to Parenthood</i> Reić Ercegović, I.; Penezić, Z.	Društvena istraživanja, Vol. 21, No. 2 (116), 2012.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	tranzicija u roditeljstvo; zadovoljstvo životom; zadovoljstvo brakom; roditeljska kompetentnost; osobine ličnosti / transition to parenthood; life satisfaction; satisfaction with marriage; parental competence; personality traits
<i>Nostalgija i mentalno zdravlje / Nostalgia and Mental Health</i> Gombar, G.	Psychè : Časopis studenata psihologije, Vol. 3, No. 1, 2020.	Pregledni rad / Review article	Hrv. / Cro.	emocije; mentalno zdravlje; nostalgija; subjektivna dobrobit / emotions; mental health; nostalgia; subjective well-being
<i>Povezanost pristupa sreći, motiva za volontiranje i subjektivne dobrobiti volontera / The Relationship Between Approaches to Happiness, Motives and Outcomes of Volunteering and Subjective Well-Being of Volunteers</i> Miljković, D.; Jurčec, L.	Napredak, Vol. 156, No. 1-2, 2015.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	volontiranje; motivi za volontiranje; subjektivna dobrobit; pristupi sreći / volunteering; motives for volunteering; subjective well-being; approaches to happiness
<i>Kako i zašto mjeriti zadovoljstvo učenika školom / How and Why to Measure Students' School Satisfaction</i> Vidić, T.	Napredak : Časopis za interdisciplinarna istraživanja u odgoju i obrazovanju, Vol. 163, No. 1 - 2, 2022.	Pregledni rad / Review article	Hrv. / Cro.	zadovoljstvo školom; subjektivna dobrobit; učenici / school satisfaction; subjective well-being; students
<i>Doprinos neprilagođenog dnevnog sanjarenja razini psihološkog distresa i suočavanju sa stresom / Contribution of Maladaptive Daydreaming to the Level of Psychological Distress and Coping Strategies</i> Dujčić, G.; Antičević, V.; Mišetić, I.	Socijalna psihijatrija Vol. 48, No. 1, 2020.	Izvorni znanstveni članak / Original scientific paper	Hrv, eng. / Cro, Eng.	neprilagođeno dnevno sanjarenje; strategije suočavanja sa stresovima; psihološki distres / maladaptive daydreaming; coping strategies; psychological distress
<i>Psihičko zdravlje geekova / Mental Health of Geeks</i> Mikac, U.	Socijalna psihijatrija, Vol. 50, No. 3, 2022.	Izvorni znanstveni članak / Original scientific paper	Hrv, eng. / Cro, Eng.	geek; dvojni model psihičkog zdravlja; subjektivna dobrobit; psihološka uznemirenost; geek uključenost / geek; dual factor model of mental health; subjective well-being; psychological distress; geek engagement
<i>Sindrom sagorijevanja kod zaposlenih u odnosima s javnošću u Hrvatskoj / Burnout Syndrome in Public Relations Employees in Croatia</i> Selimber, V.; Milković Šipek, S.	Communication Management Review, Vol. 7, No. 01, 2022.	Pregledni rad / Review article	Hrv. / Cro.	odnosi s javnošću; sindrom sagorijevanja; uvjeti rada; COVID-19 subjektivna dobrobit; konflikt rad – obitelj / public relations; burnout syndrome; working conditions; COVID-19 subjective well-being; work-family conflict

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>The Nexus between Welfare State and Subjective Well-Being: A Multi-Level Assessment / The Nexus Between Welfare State and Subjective Well-Being: a Multi-Level Assessment</i> Fassil, S.Y.	Interdisciplinary Description of Complex Systems, Vol. 18, No. 2-A, 2020.	Izvorni znanstveni članak / Original scientific paper	Eng.	welfare state; subjective well-being; SWB; life satisfaction / welfare state; subjective well-being; SWB; life satisfaction
<i>A phenomenological perspective on subjective well-being: from myth to science / A Phenomenological Perspective on Subjective Well-Being: from Myth to Science</i> Mindoljević Drakulić, A.	Psychiatria Danubina, Vol. 24., No. 1., 2012.	Pregledni rad / Review article	Eng.	subjective well-being; happiness; positive psychology / subjective well-being; happiness; positive psychology
<i>The sense of coherence and subjective well-being as resources of resilience in the time of stressful situations: covid-19 outbreak and earthquakes / The Sense of Coherence and Subjective Well-Being as Resources of Resilience in the Time of Stressful Situations: COVID-19 Outbreak and Earthquakes</i> Matić, I.; Takšić, I.; Božičević, M.	Psychiatria Danubina, Vol. 33, No. broj 4, 2021.	Izvorni znanstveni članak / Original scientific paper	Eng.	sense of coherence; psychological distress; COVID-19; earthquakes / sense of coherence; psychological distress; COVID-19; earthquakes
<i>Using a multilevel modelling approach to explain the influence of economic development on the subjective well-being of individuals / Using a Multilevel Modelling Approach to Explain the Influence of Economic Development on the Subjective Well-Being of Individuals</i> Novak, M.; Pahor, M.	Economic research - Ekonomska istraživanja, Vol. 30, No. 1, 2017.	Izvorni znanstveni članak / Original scientific paper	Eng.	subjective well-being; multilevel model; life satisfaction; income; contextual effects / subjective well-being; multilevel model; life satisfaction; income; contextual effects
<i>Personality Traits and Social Desirability as Predictors of Subjective Well-being / Personality Traits and Social Desirability as Predictors of Subjective Well-Being</i> Brajša-Zganec, A.; Ivanović, D.; Kaliterna Lipovčan, Lj.	Psihologijske teme, Vol. 20, No. 2, 2011.	Izvorni znanstveni članak / Original scientific paper	Eng.	subjective well-being; life satisfaction; positive and negative affects; the Big Five model of personality; social desirability / subjective well-being; life satisfaction; positive and negative affects; the Big Five model of personality; social desirability
<i>Orientations to happiness, subjective well-being and life goals / Orientations to Happiness, Subjective Well-Being and Life Goals</i> Anić, P.; Tončić, M.	Psihologijske teme, Vol. 22, No. 1, 2013.	Izvorni znanstveni članak / Original scientific paper	Eng.	orientations to happiness; subjective well-being; life goals; self-control; cluster analysis / orientations to happiness; subjective well-being; life goals; self-control; cluster analysis
<i>Odnos između usredotočene svjesnosti u roditeljstvu, kognitivne roditeljske svjesnosti i subjektivne dobrobiti adolescenata / The Relationship Between Mindful Parenting, Cognitive Parental Awareness, and the Subjective Well-Being of Adolescents</i> Ljubetić, M.; Reić Ercegović, I.	Metodički ogledi, Vol. 27, No. 1, 2020.	Prethodno priopćenje / Preliminary communication	Eng.	usredotočena svjesnost u roditeljstvu; kognitivna roditeljska svjesnost; adolescenti; zadovoljstvo životom; samopoštovanje; usamljenost / mindful parenting; cognitive parental awareness; adolescents; life satisfaction; self-esteem; loneliness
<i>Slobodne aktivnosti i zadovoljstvo osoba zaposlenih u sustavu zdravstvene skrbi / Off-the-Job Activities and Well-Being in Healthcare Professionals</i> Burušić, J.; Kaliterna Lipovčan, Lj.; Prizmić, Z.	Revija za socijalnu politiku, Vol. 16, No. 3, 2009.	Izvorni znanstveni članak / Original scientific paper	Eng.	slobodno vrijeme; životno zadovoljstvo; osjećaj sreće; zadovoljstvo poslom; ravnoteža života i rada / off-the-job activities; life satisfaction; happiness; job satisfaction; work-family balance
<i>Osjećaj koherentnosti i kvaliteta života adolescenata - uloga boravka u učeničkom domu u odnosu na život s obitelji / Sense of Coherence and Subjective Well-Being Among Adolescents - the Potential Impact of Living in a Dormitory Compared to Living with Family</i> Matić, I.; Jureša, V.	Acta clinica Croatica, Vol. 60., No. 4., 2021.	Izvorni znanstveni članak / Original scientific paper	Eng.	adolescencija; učenici; osjećaj koherentnosti; kvaliteta života / adolescence; students; sense of coherence; subjective well-being
<i>Well-Being on Planet Earth / Well-Being on Planet Earth</i> Diener, E.; Tov, W.	Psihologijske teme, Vol. 18, No. 2, 2009.	Izvorni znanstveni članak / Original scientific paper	Eng.	subjective well-being; income; money; quality of life; national well-being / subjective well-being; income; money; quality of life; national well-being
<i>Intergenerational Contacts Influence Health Related Quality of Life (HRQL) and Subjective Well Being among Austrian Elderly / Intergenerational Contacts Influence Health Related Quality of Life (HRQL) and Subjective Well Being Among Austrian Elderly</i> Kirchengast, S.; Haslinger, B.	Collegium antropologicum, Vol. 39, No. 3, 2015.	Izvorni znanstveni članak / Original scientific paper	Eng.	old age; health related quality of life; intergenerational contacts / old age; health related quality of life; intergenerational contacts
<i>Provjera dvaju modela subjektivne dobrobiti te povezanosti zadovoljstva životom, demografskih varijabli i osobina ličnosti / Examination of the two Models of Subjective Well-Being and Correlations Between Satisfaction With Life, Demographic Variables and Personality Traits</i> Lučev, I.; Tadinac, M.	Migracijske i etničke teme, Vol. 26, No. 3, 2010.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	zadovoljstvo životom; model opće pozitivnosti; model prosudbi; osobine ličnosti; demografske varijable / satisfaction with life; general positivity model; judgment model; personality traits; demographic variables
<i>Long-term Abstinence and Well-being of Alcohol-dependent Patients after Intensive Treatment and Aftercare Telephone Contacts / Long-term Abstinence and Well-Being of Alcohol-Dependent Patients After Intensive Treatment and Aftercare Telephone Contacts</i> Rus-Makovec, M.; Čebašek-Travnik, Z.	Croatian Medical Journal, Vol. 49, No. 6, 2008.	Izvorni znanstveni članak / Original scientific paper	Eng.	treatment outcome; alcohol dependency; well-being; aftercare; telephone intervention / treatment outcome; alcohol dependency; well-being; aftercare; telephone intervention
<i>Effects of exercise dependence on psychological health of Chinese college students / Effects of Exercise Dependence on Psychological Health of Chinese College Students</i> Li, M.; Nie, J.; Ren, Y.	Psychiatria Danubina, Vol. 27, No. 4, 2015.	Izvorni znanstveni članak / Original scientific paper	Eng.	exercise dependence; psychological health; depression; anxiety; college students / exercise dependence; psychological health; depression; anxiety; college students

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Nedostatak uvida kod oboljelih od shizofrenije: definicija, etiološki koncepti i terapijske implikacije / Lack of Insight Among Persons with Schizophrenia: Definition, Etiological Concepts and Implications for Treatment</i> Štrkalj-Ivezić, S.; Horvat, K.	Liječnički vjesnik, Vol. 139, No. 7-8, 2017.	Pregledni rad / Review article	Hrv. / Cro.	shizofrenija – dijagnoza, liječenje; psihologija shizofrenih bolesnika; svjesnost; skale za procjenu psihijatrijskog stanja; spoznajni poremećaji – psihologija; neuropsihološki testovi; samopoimanje; dijagnostička samoprocjena; depresija – psihologija; socijalna stigma; ishod liječenja / Schizophrenia – diagnosis, therapy; Schizophrenic psychology; awareness; psychiatric status rating scales; cognition disorders – psychology; neuropsychological tests; self concept; diagnostic self evaluation; depression – psychology; social stigma; treatment outcome
<i>The Contributions of Positive and Negative Affect to Emotional Well-Being / The Contributions of Positive and Negative Affect to Emotional Well-Being</i> Larsen, R.	Psihologijske teme, Vol. 18, No. 2, 2009.	Izvorni znanstveni članak / Original scientific paper	Eng.	emotinal well-being; positive affect; negative affect / emotinal well-being; positive affect; negative affect
<i>Providing the Scientific Backbone for Positive Psychology: A Multi-Level Conception of Human Thriving / Providing the Scientific Backbone for Positive Psychology: a Multi-Level Conception of Human Thriving</i> Sheldon, K.M.	Psihologijske teme, Vol. 18, No. 2, 2009.	Izvorni znanstveni članak / Original scientific paper	Eng.	psychological needs; personality structure; positive psychology; subjective well-being / psychological needs; personality structure; positive psychology; subjective well-being
<i>Importance of the Alternative Five and Trait Emotional Intelligence for Agentic and Communal Domains of Satisfaction / Importance of the Alternative Five and Trait Emotional Intelligence for Agentic and Communal Domains of Satisfaction</i> Avsec, A.; Kavčič, T.	Psihologijske teme, Vol. 20, No. 3, 2011.	Izvorni znanstveni članak / Original scientific paper	Eng.	alternative five personality traits; personality traits; emotional intelligence; life satisfaction; domains of life satisfaction / alternative five personality traits; personality traits; emotional intelligence; life satisfaction; domains of life satisfaction
<i>Narcissism and the Strategic Pursuit of Short-Term Mating: Universal Links across 11 World Regions of the International Sexuality Description Project-2 / Narcissism and the Strategic Pursuit of Short-Term Mating: Universal Links Across 11 World Regions of the International Sexuality Description Project-2</i> Schmitt, D.P. et al.	Psihologijske teme, Vol. 26, No. 1, 2017.	Izvorni znanstveni članak / Original scientific paper	Eng.	narcissism; sexuality; personality; cross-cultural psychology / narcissism; sexuality; personality; cross-cultural psychology
<i>Is there Anything Good about the COVID-19 Pandemic? Perceptions of the Positive Consequences at the Beginning of the Pandemic / Is There Anything Good About the COVID-19 Pandemic? Perceptions of the Positive Consequences at the Beginning of the Pandemic</i> Ajduković, M.; Rezo Bagarić, I.; Ajduković, D.	Psihologijske teme, Vol. 31, No. 1, 2022.	Izvorni znanstveni članak / Original scientific paper	Eng.	positive consequences; COVID-19 pandemic; mental health; well-being / positive consequences; COVID-19 pandemic; mental health; well-being
<i>Laičke definicije uspješnoga starenja i čimbenika koji mu doprinose u starijih osoba u Hrvatskoj: Tematska analiza kvalitativnih podataka / Lay Definitions of Successful Ageing and Contributing Factors among Croatian Older Adults: a Thematic Analysis of Qualitative Data</i> Tucak Junaković, I.; Ambrosi-Randić, N.	Psihologijske teme, Vol. 31, No. 3, 2022.	Izvorni znanstveni članak / Original scientific paper	Eng.	uspješno starenje; laičke koncepcije; kvalitativno istraživanje; starije osobe / successful ageing; lay conceptions; qualitative research; older people
<i>Živjeti u materijalnom blagostanju ili više vjerovati drugima? Životni standard i interpersonalno povjerenje kao prediktori subjektivne dobrobiti u različitim dobnim skupinama / To Live in Material Well-Being or to Trust Others More? Standard of Living and Interpersonal Trust as Predictors of Personal Well-Being in Different Age Groups</i> Burušić, J.; Ribar, M.; Rac, A.	Ljetopis socijalnog rada, Vol. 21 No. 2, 2014.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	subjektivna dobrobit; generalizirano interpersonalno povjerenje; životni standard; dobne razlike / personal well-being; generalised interpersonal trust; standard of living; age differences
<i>Životni ciljevi adolescenata sklonih kockanju / Life goals of Adolescents Prone to Gambling</i> Bilić, V.	Život i škola, Vol. 58, No. 27, 2012.	Prethodno priopćenje / Preliminary communication	Hrv., eng., njem. / Cro., Eng., Germ.	adolescenti; kockanje; životni ciljevi; školski uspjeh; srednje škole / adolescents; gambling; life goals; academic achievement; secondary schools
<i>Odnos nepovoljnih iskustava u djetinjstvu, zaštitnih čimbenika u sadašnjosti i zadovoljstva životom profesionalnih pomagača / Relationship Between Adverse Childhood Experiences, Currently Available Protective Factors, and Life Satisfaction of Professional Helpers</i> Maurović, I.	Hrvatska revija za rehabilitacijska istraživanja, Vol. 58, No. 2, 2022.	Izvorni znanstveni članak / Original scientific paper	Hrv., eng. / Cro., Eng.	nepovoljna iskustva u djetinjstvu; zadovoljstvo životom; zaštitni čimbenici; profesionalni pomagači / adverse childhood experiences; life satisfaction; protective factors; professional helpers
<i>Od rizika do sreće: otpornost adolescenata u odgojnim ustanovama / From Risk to Happiness: the Resilience of Adolescents in Residential Care</i> Maurović, I.; Križanić, V.; Klasić, P.	Kriminologija i socijalna integracija Vol. 22, No. 2, 2014.	Izvorni znanstveni članak / Original scientific paper	Hrv., eng. / Cro., Eng.	rizik; sreća; otpornost; adolescenti; odgojne ustanove / risk; happiness; resilience; adolescence; residential care
<i>Osuđeni na socijalnu isključenost? Životni uvjeti i kvaliteta življenja mladih bez završene srednje škole / Destined to Social Exclusion? Conditions and Quality of Life of High School Dropouts</i> Milas, G.; Ferić, I.; Šakić, V.	Društvena istraživanja, Vol. 19, No. 4-5 (108-109), 2010.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	rano prekidanje školovanja; mladi; socijalna isključenost; kvaliteta življenja / dropout; youth; social exclusion; quality of life
<i>Pozitivna psihologija – od ishodišta do prakse u školi u dijalogu s pedagogijom i logoterapijom / Positive Psychology – from its Origins to School Practice in Relation with Pedagogy and Logotherapy</i> Plaza Leutar, M.	Acta Iadertina, Vol. 18, No. 2, 2021.	Pregledni rad / Review article	Hrv. / Cro.	dobrobit; pozitivna psihologija; primjena pozitivne psihologije; smisao; škola / well-being; positive psychology; applied positive psychology; meaning; school

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Life satisfaction, optimism and social capital as predictors of mental health of the recipients of financial welfare from the state / Life Satisfaction, Optimism and Social Capital as Predictors of Mental Health of the Recipients of Financial Welfare from the State</i> Bilajac, L.; Vasiljev Marchesi, V.; Tešić, V.; Rukavina, T.	Psychiatria Danubina, Vol. 26, No. suppl 3, 2014.	Izvorni znanstveni članak / Original scientific paper	Eng.	optimism; life satisfaction; socioeconomic status; mental health; health inequalities / optimism; life satisfaction; socioeconomic status; mental health; health inequalities
<i>Intervention effect of time management training on nurses mental health during the covid-19 epidemic / Intervention effect of Time Management Training on Nurses Mental Health During the COVID-19 Epidemic</i> Sun, L.	Psychiatria Danubina, Vol. 33, No. broj 4, 2021.	Izvorni znanstveni članak / Original scientific paper	Eng.	mental health; time management training; Balint group intervention; medical nurses / mental health; time management training; Balint group intervention; medical nurses
<i>Cjeloživotno učenje i osobe starije životne dobi u kontekstu IKT-a / Lifelong Learning and Older People in the Context of ICT</i> Možanić, R.; Bukvić, Z.	Croatian Journal of Education, Vol. 23., No. 4., 2021.	Pregledni rad / Review article	Eng., hrv. / Eng., Cro.	aktivno starenje; cjeloživotno učenje; IKT, kvaliteta života / active aging; lifelong learning; ICT; quality of life
<i>Doživljaj zanesenosti kod adolescenata: razlike između glazbeno obrazovanih, sportaša i ostalih adolescenata / Flow Experiences in Adolescents: Comparison of Musically Educated, Athletically Active, and Other Adolescents</i> Šimunović, Z.; Vidulin, S.; Miljković, D.	Croatian Journal of Education, Vol. 24., No. 4., 2022.	Izvorni znanstveni članak / Original scientific paper	Eng., hrv. / Eng., Cro.	izvanškolske aktivnosti; pozitivni razvoj; psihološka dobrobit / extracurricular activities; positive development; psychological well-being
<i>Istraživanje višedimenzionalnog životnog zadovoljstva kao prediktora usamljenosti i samopoštovanja / Examining Multi-Dimensional Life Satisfaction as a Predictor of Loneliness and Self-Esteem</i> Isiklar, A.	Croatian Journal of Education, Vol. 15, No. 4, 2013.	Izvorni znanstveni članak / Original scientific paper	Eng., hrv. / Eng., Cro.	adolescenti; pretilost; subjektivno blagostanje; životno zadovoljstvo / adolescents; obesity; subjective well-being; life satisfaction
<i>Application of the Principles and Techniques of Psychodrama in Social Work with Different Groups of Users / Application of the Principles and Techniques of Psychodrama in Social Work with Different Groups of Users</i> Andrić, D.; Blažeka Kokorić, S.	Socijalne teme, Vol. 1, No. 8, 2021.	Pregledni rad / Review article	Eng.	psychodrama; social work; different groups of users; positive changes / psychodrama; social work; different groups of users; positive changes
<i>Pozitivna psihologija: psihologija čije je vrijeme (ponovno) došlo / Positive Psychology: the Psychology Whose Time Has Come (Again)</i> Rijavec, M.; Miljković, D.	Društvena istraživanja : časopis za opća društvena pitanja, Vol. 15, No. 4-5 (84-85), 2006.	Pregledni rad / Review article	Hrv. / Cro.	pozitivna psihologija; psihološka dobrobit; optimalno funkcioniranje; primijenjena pozitivna psihologija / positive psychology; psychological well-being; optimal functioning; applied positive psychology
<i>Visokoobrazovane migrantice iz Hrvatske u državama Europske unije. Iskustva integracije i subjektivne dobrobiti / Highly Educated Migrant Women from the Republic of Croatia in European Countries. Experiences of Integration and Well-Being</i> Lučan, L.; Rajković Iveta, M.; Klasnić, K.	Etnološka tribina : Godišnjak Hrvatskog etnološkog društva, Vol. 52, No. 45, 2022.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	suвременe migracije; visokoobrazovane migrantice; integracija; subjektivna dobrobit / contemporary migrations; highly educated migrant women; integration; wellbeing
<i>Što filozofi znaju o dobrom životu? / What Do Philosophers Know about the Good Life?</i> Gavran Miloš, A.	Prolegomena : Časopis za filozofiju, Vol. 20, No. 1, 2021.	Pregledni rad / Review article	Hrv. / Cro.	dobrobit; hedonizam; teorija ispunjenja želja; objektivna lista; subjektivna dobrobit; objektivna dobrobit; normativna adekvatnost; deskriptivna adekvatnost / well-being; hedonism; desire fulfillment theory; objective list; subjective well-being; objective well-being; normative adequacy; descriptive adequacy
<i>Imidž u javnosti i subjektivna dobrobit hrvatskih branitelja / Public Image and Subjective Welfare of Croatian Veterans</i> Rihtar, S.; Šakic, V.; Plenković, A.	Pilar : časopis za društvene i humanističke studije, Vol. 18, No. 32(1), 2022.	Izvorni znanstveni članak / Original scientific paper	Hrv., eng. / Cro., Eng.	Hrvatska; branitelji; javno raspoloženje; stigma; doprinos; kompenzacija / Croatia; defenders; public opinion; stigma; contribution; compensation
<i>Economics and happiness – key insights and latest findings / Economics and Happiness – Key Insights and Latest Findings</i> Andrijić, M.	Ekonomska misao i praksa, Vol. 31, No. 1, 2022.	Pregledni rad / Review article	Eng.	happiness; subjective well-being; life satisfaction; economics; economic policy / happiness; subjective well-being; life satisfaction; economics; economic policy
<i>Odnos zbornih aktivnosti i dobiti pjevača amatera / The Relationship Between Choirs' Activities and the Wellbeing of Amateur</i> Škojo, T.	Nova prisutnost : časopis za intelektualna i duhovna pitanja, Vol. 19, No. 3, 2021.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	zbornsko pjevanje; dobrobit; slobodno vrijeme / choral singing; wellbeing; leisure time
<i>Usporedba odnosa usamljenosti i preferirane samoće s nekim sociodemografskim varijablama i aspektima subjektivne i psihološke dobrobiti odraslih / Comparison between Relationships of Loneliness and Preference for Solitude with Some Socio-demographic Variables and Aspects of Subjective and Psychological Well-being of Adults</i> Tucak Junaković, I.	Socijalna psihijatrija, Vol. 47, No. 1, 2019.	Izvorni znanstveni članak / Original scientific paper	Hrv., eng. / Cro., Eng.	usamljenost; samoća; zadovoljstvo životom; samopoštovanje; smisao života; dobrobit / loneliness; solitude; life satisfaction; self-esteem; purpose in life; well-being
<i>The management of the accompanying administrative territories of the metropolitan: case of Latvia / The Management of the Accompanying Administrative Territories of the Metropolitan: Case of Latvia</i> Jekabsone, I.; Biruta S.; Grantins, A.	Ekonomska misao i praksa, Vol. 26, No. 2, 2017.	Pregledni rad / Review article	Eng.	well-being; accompanying administrative territories; objective and subjective well-being; citizens' engagement / well-being; accompanying administrative territories; objective and subjective well-being; citizens' engagement

**TABLICA 1. Nastavak**  
**TABLE 1. Continued**

SUBJEKTIVNA DOBROBIT/SUBJECTIVE WELL-BEING				
Naziv rada i autori / Title and authors	Naziv i broj časopisa / Journal title and number	Vrsta rada / Type of paper	Jezik / Language	Ključne riječi / Key words
<i>Čimbenici motivacije voditelja za rad u županijskom stručnom vijeću / Factors of Motivation of Leaders of Expert County Councils</i> Skupnjak, D.; Pahić, T.	Život i škola : časopis za teoriju i praksu odgoja i obrazovanja, Vol. 63, No. 1, 2017.	Prethodno priopćenje / Preliminary communication	Hrv. / Cro.	motivacijski čimbenici; učitelji; stručno usavršavanje; županijska stručna vijeća; voditelji / motivational factors; teachers; professional development; expert county councils; leaders
<i>Demokracija i vladavina u javnim službama: slučaj rezidencijalne skrbi u Litvi / Democracy and Governance in Public Services: The Case of Residential Care in Lithuania</i> Arvydas Guogis, I. R.; Urtė L.O.	Revija za socijalnu politiku, Vol. 23, No. 2, 2016.	Izvorni znanstveni članak / Original scientific paper	Hrv. / Cro.	demokracija; osnaživanje; sudjelovanje; koprodukcija; socijalne usluge; socijalna skrb / democracy; empowerment; co-participation; co-production; social services; social care
<i>Ličnost i samoprocjena fizičkoga i emocionalnoga zdravlja u studenata prve godine fakulteta / Personality and Self-Perception of Physical and Emotional Health among First-Year University Students</i> Bobić, J.; Cvijetić, S.; Macan, J.	Društvena istraživanja : časopis za opća društvena pitanja, Vol. 24, No. 2, 2015.	Izvorni znanstveni članak / Original scientific paper	Eng.	ličnost; osjećaj dobrobiti; ekstraverzija; neuroticizam; SF-36 / personality; well-being; extraversion; neuroticism; SF-36
<i>Long-term Abstinence and Well-being of Alcohol-dependent Patients after Intensive Treatment and Aftercare Telephone Contacts / Long-term Abstinence and Well-being of Alcohol-dependent Patients after Intensive Treatment and Aftercare Telephone Contacts</i> Rus-Makovec, M.; Čebašek-Travnik, Z.	Croatian Medical Journal, Vol. 49, No. 6, 2008.	Izvorni znanstveni članak / Original scientific paper	Eng.	treatment outcome; alcohol dependency; well-being; aftercare; telephone intervention / treatment outcome; alcohol dependency; well-being; aftercare; telephone intervention
<i>The Subjective Quality of Life (SQOL) in Gastroenterological Patients / The Subjective Quality of Life (SQOL) in Gastroenterological Patients</i> Jokić-Begić, N.; Tadinac, M.; Hromatko, I.; Lauri Korajlija, A.	Psiholojske teme, Vol. 16, No. 2, 2007.	Izvorni znanstveni članak / Original scientific paper	Eng.	subjective quality of life; gastroenterological patients; anxiety; depression; coping; social support / subjective quality of life; gastroenterological patients; anxiety; depression; coping; social support

U usporedbi s temom samopomoći, možemo reći da je tema biblioterapije zastupljenija u hrvatskim časopisima, a odabran je 21 rad. Prema vrsti rada ističe se količina stručnih radova kojih je 11, zatim slijede pregledni radovi od kojih je odabrano 5, potom znanstveni sa 4 istaknuta rada i jedno prethodno priopćenje. Dva rada dostupna su i na hrvatskom i na engleskom jeziku dok je jedan rad dostupan isključivo na engleskom jeziku. Prvi rad na tu temu objavljen je u otvorenom pristupu 2001. godine, a učestalije se o temi piše od 2018., s posebnim naglaskom na 2021. i 2022. godinu. Može se primijetiti da je tema jednog broja časopisa Kroatologija (Vol. 12 No. 2. – 3) bila posvećena upravo biblioterapiji s obzirom na to da su o toj temi bila 4 rada.

Tema subjektivne dobrobiti od triju istraženih najzastupljenija je u hrvatskim časopisima u otvorenom pristupu, a odabrano je 78 radova. Od toga je 54 rada izvornih znanstvenih članaka, 18 je preglednih radova i 6 prethodnih priopćenja. Na hrvatskom jeziku dostupno je 35 radova, na engleskom 32, a na istovremeno na oba spomenuta jezika objavljeno je 11 rado-

Compared to the topic of self-help, we could say that the topic of bibliotherapy is more discussed about in Croatian journals, and a total of 21 papers were selected. According to the type of paper, the number of professional papers stands out, of which there are 11. It is followed by review articles, five of which were selected, and scientific papers with four papers selected, as well as one preliminary communication. Two papers are available in both Croatian and English, while one paper is available exclusively in English. The first paper on this topic was published in open access in 2001, while the topic has been more frequently written about since 2018, with a special emphasis on 2021 and 2022. It can be observed that the topic of one issue of the journal "Croatology" (Vol. 12 No. 2. - 3) was dedicated to bibliotherapy, given that four papers were published on that topic.

The topic of subjective well-being is the most represented one among the three topics researched in open access Croatian journals, with 78 papers selected. These include as many as 54 original scientific papers, 18 review articles and 6 preliminary communications. A total of 35 papers are available in Croatian, 32 in English, and 11

va s time da je jedan od njih i na trećem jeziku – njemačkom. Prvi je rad na tu temu objavljen 2006. godine i otada do 2022. godine u prosjeku je objavljeno 5 članaka godišnje na tu temu (u otvorenom pristupu). Ipak ističe se godina 2015. u kojoj je objavljeno čak 8 članaka tematski vezanih uz subjektivnu dobrobit. Nakon pandemije COVID-19 primijećen je povećan broj radova o toj temi, pa je tako vidljivo da je 2021. objavljeno 11 radova, a 2022. čak 13 radova o subjektivnoj dobrobiti. Ova tema često je zastupljena u časopisima *Psihologijske teme* (14 radova) i *Društvena istraživanja* (12 radova).

Manja zastupljenost teme samopomoći može ukazivati na manji interes ili istraživanje u području samopomoći u znanstvenim i stručnim časopisima Republike Hrvatske. Razlozi za to mogu uključivati manju svijest o važnosti samopomoći u odnosu na druge teme ili ograničenja resursa za istraživanje, moguće zbog toga što je pojam samopomoći još uvijek manje prepoznatljiv kao vrijedan znanstveni predmet istraživanja u Hrvatskoj, a više je prepušten osobnom odabiru pojedinca u sigurnom privatnom prostoru zbog mogućeg straha od kritike i neodobravanja (11). Veća zastupljenost teme biblioterapije može ukazivati na povećanu prepoznatljivost i značenje ovog pristupa u istraživanjima, osobito jer postoji nekoliko biblioterapijskih grupa u Hrvatskoj. Moguće je da se biblioterapija smatra relevantnijom ili učinkovitijom u kontekstu hrvatske znanstvene i stručne zajednice, posebno što je direktnije od samopomoći vezana uz psihoterapiju općenito, što dovodi do većeg broja istraživanja i radova u tom području od teme samopomoći prema rezultatima na portalu Hrčak. Zastupljenost teme subjektivne dobrobiti u hrvatskim časopisima otvorenog pristupa, sa 78 odabranih radova, ukazuje na snažniji interes i angažman istraživačke zajednice u proučavanju aspekata subjektivne dobrobiti. Ova količina radova ukazuje na veću relevantnost teme te konstantan interes znanstvenika, osobito psihologa iz pod-

papers were published simultaneously in both languages, with one of them also in a third language - German. The first paper on the subject was published in 2006, and from then until 2022, an average of five articles per year were published on the subject (in open access). However, the year 2015 stands out, in which as many as eight articles addressing subjective well-being were published. After the COVID-19 pandemic, an increased number of papers on this topic was observed, therefore 11 papers were published in 2021, while 2022 included as many as 13 papers on the subject of subjective well-being. This topic is often represented in the journals "Psychological Topics" (14 papers) and "Social Research" (12 papers).

Lower prevalence of the topic of self-help may indicate less interest or less research in the field of self-help in scientific and professional journals of the Republic of Croatia. Reasons for this may include less awareness when it comes to the importance of self-help compared to other topics or limitations of resources for research, possibly due to the fact that the concept of self-help is still less recognized as a valuable scientific subject of research in Croatia, and is more left to the personal choice of the individual in a safe private space due to the possible fear of criticism and disapproval (11). Greater representation of the topic of bibliotherapy may indicate an increased recognition and significance of this approach in research, especially since there are several bibliotherapy groups in Croatia. It is possible that bibliotherapy is considered more relevant or effective in the context of the Croatian scientific and professional community, especially as it is more directly related to psychotherapy in Croatia than self-help, which leads to a greater number of studies and papers in that field compared to the topic of self-help according to the results on the Hrčak portal. The prevalence of the topic of subjective well-being in Croatian open access journals, with 78 selected papers, indicates a stronger interest and engagement of the research community in the study of aspects of subjective well-being. This amount of papers suggests a higher rel-

ručja pozitivne psihologije, za istraživanje faktora koji utječu na dobrobit pojedinaca. Može se zaključiti kako su teme poput samopomoći i biblioterapije manje prepoznate od strane znanstvene zajednice u Hrvatskoj i odražavaju tradicionalniji pristup temama koje su vezane uz mentalno zdravlje, za razliku od situacije u svijetu, posebice u Sjedinjenim Američkim Državama, gdje se osim subjektivne dobrobiti, sve veći znanstveni doprinos nalazi u istraživanju upravo samopomoći i biblioterapije koje su obje prepoznate teme vezane za održavanje mentalnog zdravlja, što je u skladu sa znanstvenim istraživanjem provedenim u Hrvatskoj (11). Naša znanstvena zajednica još uvijek suzdržano prihvaća takve potentne društveno-kulturalne koncepte kao što je fenomen literature samopomoći.

Analizirane su i ključne riječi koje se pojavljuju u sažetcima radova. Potrebno je istaknuti da ključne riječi dodjeljuju autori radova. Što se tiče teme samopomoći, ključne riječi dodijeljene u sažetcima radova pokrivaju širok spektar područja povezanih sa samopomoći, identitetom, terapijom, medijima te kulturnim i društvenim aspektima. Ključne riječi koje se ponavljaju u više navrata uključuju „knjige za samopomoć“, „psihoterapija“, „diskurs samopomoći“, „grupe za samopomoć“, „savjeti za mlade“, i „mediji“. Ostale ključne riječi ukazuju na raznolikost tema u istraživanjima. Istraživački naglasci usmjereni su na individualne aspekte (kao što su identitet i samoaktualizacija) te društvene i medijske dimenzije psihoterapije.

S druge strane, za temu biblioterapije najučestalije ključne riječi su „pisanje“, „mladi“, „kreativnost“, „emocionalne teškoće“, „biblioterapija“, „čitanje“ i „knjižnica“. U ključnim riječima vidi se obrazovni kontekst kao i kontekst knjižnica te psihološki aspekt.

Što se tiče zastupljenosti ključnih riječi u radovima o subjektivnoj dobrobiti može se primijetiti da se uz „subjektivnu dobrobit“ najčešće

evance of the topic and the constant interest of scientists, especially psychologists in the field of positive psychology, in researching factors that affect the well-being of individuals. It can be concluded that topics such as self-help and bibliotherapy are less recognized by the scientific community in Croatia and reflect a more traditional approach to topics relating to mental health, in contrast to the situation in the world, particularly in the United States of America, where apart from the concept of subjective well-being, an increasing scientific contribution can be found in the very research of self-help and bibliotherapy, which are both recognized topics associated with the maintenance of mental health, and that is in line with the scientific research conducted in Croatia (11). Our scientific community is still reluctant to embrace such potent social-cultural concepts such as the phenomenon of self-help literature.

Key words appearing in abstracts were also analyzed. It should be noted that keywords are assigned by the authors of the papers. Regarding the topic of self-help, the keywords assigned in the abstracts cover a wide range of areas related to self-help, identity, therapy, media, and cultural and social aspects. Recurring keywords include “self-help books”, “psychotherapy”, “self-help discourse”, “self-help groups”, “youth advice”, and “media”. Other keywords indicate the diversity of research topics. Research emphasis is on individual aspects (such as identity and self-actualization), as well as the social and media dimensions of psychotherapy.

On the other hand, for the topic of bibliotherapy, the most frequent keywords are “writing”, “youth”, “creativity”, “emotional difficulties”, “bibliotherapy”, “reading” and “library”. The key words show the educational context, as well as the context of libraries and the psychological aspect.

As for the representation of key words in papers addressing subjective well-being, it can be observed that in addition to “subjective well-being” the following key words most often appear: “life

pojavljaju ključne riječi: „životni ciljevi“, „zadovoljstvo životom“, „COVID-19“, „adolescencija“ i „kvaliteta života“. Prema ključnim riječima može se primijetiti da se subjektivna dobrobit veže uz psihološke aspekte, rad i zaposlenje, zdravlje, životne okolnosti i situacije te obrazovanje.

Analizom ključnih riječi u sažetcima radova primjećuju se značajne sličnosti između područja samopomoći, biblioterapije i subjektivne dobrobiti. Sva tri područja dijele interes za psihološke aspekte, identitet, te kulturne i društvene kontekste. Ključne riječi poput „identitet“, „psihoterapija“ te „emocionalne teškoće“ pojavljuju se u radovima na sva tri područja naglašavajući zajednički fokus na emocionalnim i psihološkim aspektima pojedinaca. Također, istraživanja u sva tri područja pokazuju interes za društveni i kulturni kontekst, iako je možda veći naglasak na povezanost tematike samopomoći s tematikom biblioterapije što potvrđuju ključne riječi poput „grupe za samopomoć“, „savjeti za mlade“, „kreativnost“, „obrazovni kontekst“ i „knjižnica“. Povezanost s pitanjima zdravlja također je prisutna u ključnim riječima poput „zdravlje“ i „COVID-19“. Osim toga, riječi koje opisuju životne okolnosti i kvalitetu života, poput „životni ciljevi“, „zadovoljstvo životom“ te „kvaliteta života“, pojavljuju se u kontekstu subjektivne dobrobiti, ali i u vezi s pojedinim aspektima samopomoći i biblioterapije. Iako svako područje ima svoje specifičnosti, ove sličnosti ukazuju na preklapanje interesa te naglašavaju kompleksnost pristupa proučavanju pojedinaca i njihovog dobrog stanja, potencijalno otvarajući prostor za integrirani pristup istraživanju ovih tema. Sva tri područja istraživanja dijele zajednički interes za unaprjeđenjem ljudskog blagostanja. Samopomoć se fokusira na individualni razvoj, biblioterapija koristi pristup knjižničnih resursa, dok se subjektivna dobrobit povezuje s različitim aspektima života. Sličnosti proizlaze iz prepoznavanja važnosti kreativnosti, emo-

goals”, “life satisfaction”, “COVID-19”, “adolescence” and “quality of life”. According to these key words, it can be observed that subjective well-being is associated with psychological aspects, work and employment, health, life circumstances and situations, and education.

Upon analyzing the keywords appearing in the abstracts of the papers, significant similarities between the areas of self-help, bibliotherapy and subjective well-being were observed. All three areas share an interest for psychological aspects, identity, and cultural and social contexts. Key words such as “identity”, “psychotherapy” and “emotional difficulties” appear in works in all three areas, emphasizing the common focus on the emotional and psychological aspects of individuals. Furthermore, research in all three areas has shown that there is interest in the social and cultural context, although there is perhaps a greater emphasis on the connection between the topic of self-help and the topic of bibliotherapy, which is confirmed by key words such as “self-help groups”, “advice for young people”, “creativity”, “educational context” and “library”. The connection to health issues is also present in the keywords such as “health” and “COVID-19”. In addition, words that describe life circumstances and quality of life, such as “life goals”, “life satisfaction” and “quality of life”, appear in the context of subjective well-being, but also in connection with certain aspects of self-help and bibliotherapy. Although each area has its own specificities, these similarities point to overlapping interests and highlight the complexity of approaches to the study of individuals and their well-being, potentially creating space for an integrated approach to research on these topics. All three areas of research share a common interest in improving human well-being. Self-help focuses on individual development, bibliotherapy uses a library resource approach, while subjective well-being relates to different aspects of life. The similarities stem from recognizing the importance of creativity,



cionalnog izraza te poticanja osobnog rasta i dobrobiti.<sup>3</sup>

## ZAKLJUČAK

Zaključak ovog rada naglašava zastupljenost tema samopomoći, biblioterapije i subjektivne dobrobiti u znanstvenim i stručnim časopisima Republike Hrvatske dostupnim u otvorenom pristupu. Ispitivanje je ukazalo na manju zastupljenost teme samopomoći u usporedbi s biblioterapijom i subjektivnom dobrobiti, što ukazuje na potrebu za povećanom pažnjom prema ovom području ili potencijalnim rastućim interesom. Biblioterapija se ističe kao značajno prisutna tema, posebice u stručnim radovima, s povećanim interesom u razdoblju nakon 2018. godine.

Značajan porast interesa za temu subjektivne dobrobiti primjećuje se nakon 2015. godine, a posebno intenziviran nakon pandemije COVID-19, i to 2021. i 2022. godine. S obzirom na brojnost radova, čini se da je ova tema od iznimne važnosti za istraživačku zajednicu, naglašavajući potrebu za proučavanjem faktora koji utječu na dobrobit pojedinaca. Ključne riječi u sažecima radova otkrivaju sličnosti među istraživanjima u sva tri područja, uključujući fokus na emocionalnim i psihološkim aspektima, društvenim i kulturnim kontekstima te povezanost s pitanjima zdravlja.

Ovim se radom namjeravala istaknuti važnost brige o mentalnom zdravlju i utjecaju na kvalitetu života. Knjige za samopomoć nastale u okviru fenomena samopomoći postaju sve više prisutne na tržištu prodaje knjiga (14). Njihova uloga bi s vremenom mogla naći sve jasnije mjesto u okviru brige o mentalnom zdravlju bi-

<sup>3</sup> Analiza ključnih riječi nije bila glavni fokus ovoga rada, već se navodi kao dodatna ilustracija osnovnih teza i ciljeva rada, pa sukladno tomu ovdje nisu navedeni brožani podaci o učestalosti pojavljivanja ključnih riječi u odabranim radovima.

emotional expression, and fostering personal growth and well-being.<sup>3</sup>

## CONCLUSION

The conclusion of this paper emphasizes the presence of the topics of self-help, bibliotherapy and subjective well-being in scientific and professional journals of the Republic of Croatia available in open access. The analysis indicated a lower prevalence of the topic of self-help compared to bibliotherapy and subjective well-being, suggesting a need for increased attention to this area or a potential growing interest. Bibliotherapy stands out as a significantly present topic, especially in professional papers, with increased interest in the period after 2018.

A significant increase in interest in the subject of subjective well-being is observed after 2015, and was especially intensified after the COVID-19 pandemic, namely in 2021 and 2022. Considering the number of papers, it seems that this topic is of exceptional importance for the research community, emphasizing the need to study the factors that influence the well-being of individuals. Keywords in the abstracts reveal similarities between research in all three areas, including a focus on emotional and psychological aspects, social and cultural contexts, and connections to health issues.

The aim of this paper was to highlight the importance of mental health care and its impact on the quality of life. Self-help books created within the framework of the self-help phenomenon are becoming increasingly present in the book sales market (14). Over time, their role could grow in importance within the framework of mental health care through bibliotherapy which uses the reading of fictional and non-fictional works for the purpose of treating mental disorders on the

<sup>3</sup> The analysis of keywords was not the main focus of this paper, but is presented as an additional illustration of the basic theses and objectives of the paper, so accordingly, numerical data on the frequency of occurrence of keywords in the selected papers are not provided here.

blioterapijom koja koristi čitanje fikcionalnih i nefikcionalnih djela u svrhu liječenja psihičkih smetnji s jedne, te obogaćivanje kvalitete života s druge strane, što sve zajedno utječe na percepciju subjektivne dobrobiti.

Sličnosti u istraživačkim naglascima upućuju na mogućnost integriranog pristupa proučavanju ovih tema. Konačno, istraživanje ukazuje na važnost kontinuiranog promicanja znanstvenih istraživanja koja doprinose razvoju strategija za poboljšanje mentalnog zdravlja i dobrobiti pojedinaca u hrvatskom društvu, osobito uzimajući u obzir otvoreni pristup znanstvenim i stručnim radovima kao ključni element širenja znanja i dostupnosti informacija relevantnih za širu javnost. Otvoreni pristup i građanska znanost mogli bi poslužiti kao dobrodošli alati u daljnjoj popularizaciji znanstvenih spoznaja o mentalnom zdravlju. U tom kontekstu je daljnja svrha ovoga rada upravo širenje svjesnosti o važnosti samopomoći i biblioterapije u postizanju subjektivne dobrobiti što dovodi u konačnici do očuvanja mentalnog zdravlja kako pojedinaca tako i šireg društva.

## ZAHVALA

Zahvaljujemo studentima Informacijskih i komunikacijskih znanosti pri Filozofskom fakultetu Sveučilišta u Zagrebu, polaznicima kolegija Digitalna knjižnica 2 koji su u akademskoj godini 2022/2023 sudjelovali u aktivnosti građanske znanosti „Samopomoć i dobrobit u akademskom mrežnom okruženju“ i svojim radom prikupili podatke potrebne za provedbu ovog istraživanja. Zahvaljujemo i izv. prof. dr. sc. Tomislavu Ivanjku koji je podržao provedbu istraživanja i osigurao za to potrebne prostor i alate.

one hand, and enriching the quality of life on the other hand, which altogether effects the perception of subjective well-being.

Similarities in research emphasis suggest the possibility of an integrated approach to the study of these topics. Finally, the research points to the importance of continuous promotion of scientific research that contributes to the development of strategies for improving the mental health and well-being of individuals in the Croatian society, especially taking into account open access to scientific and professional papers as a key element in the dissemination of knowledge and the availability of information relevant to the general public. Open access and citizen science could serve as welcome tools in the further popularization of scientific knowledge on mental health. In this context, the further purpose of this paper is to spread awareness about the importance of self-help and bibliotherapy in achieving subjective well-being, which ultimately leads to the preservation of mental health of both individuals and the wider society.

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