Shared Reading as a source of power for people living with cancer

KEYWORDS: Shared Reading; quality of life; reading experiences; qualitative study; arts and health; psychosocial support

female cancer patients (N=12)  two SR groups (on-site + online)  16 weeks  Norway

**Balance of life and cancer:**
“We are in an illness process and then we do something that is not about that. And that actually gives me strength. Mmh.”

**Impact on life:**
“It is like that butterfly effect or ripple effect; you start doing something and then it becomes big in your life (…) it has done so much.”

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**Study 1**
How did the participants experience the group as a support in their lives with cancer? (scan to read the paper)

**Study 2**
Role of the text? (scan to read the abstract)

**Study 3**
Role of the medium? (on-site vs. online SR)

**Findings**
SR was experienced as a supportive environment that fulfilled basic psychological needs (Ryan & Deci, 2017) and elicited motivation and continued impact. The participants’ reading experiences showed how the texts continued to live in a participant’s mind after a session.

The online and on-site SR groups both ‘worked’, but differed in conversation structures, group dynamics, the role of the Reader Leader, and the experience of participating.

**Take home message**
Shared Reading has a potential as an alternative, low-cost psychosocial offer for cancer patients.