

THE TOPIC OF *BIBLIOTHERAPY*, *SELF-HELP* AND *WELL-BEING* IN OPEN SCIENCE IN CROATIA

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CITIZEN SCIENCE ACTIVITY ID:

Activity name: "Self-help and well-being in an academic online environment"

Main organizer: National and University Library in Zagreb

Collaborators: Faculty of Humanities and Social Sciences in Zagreb
Faculty of Humanities and Social Sciences in Rijeka

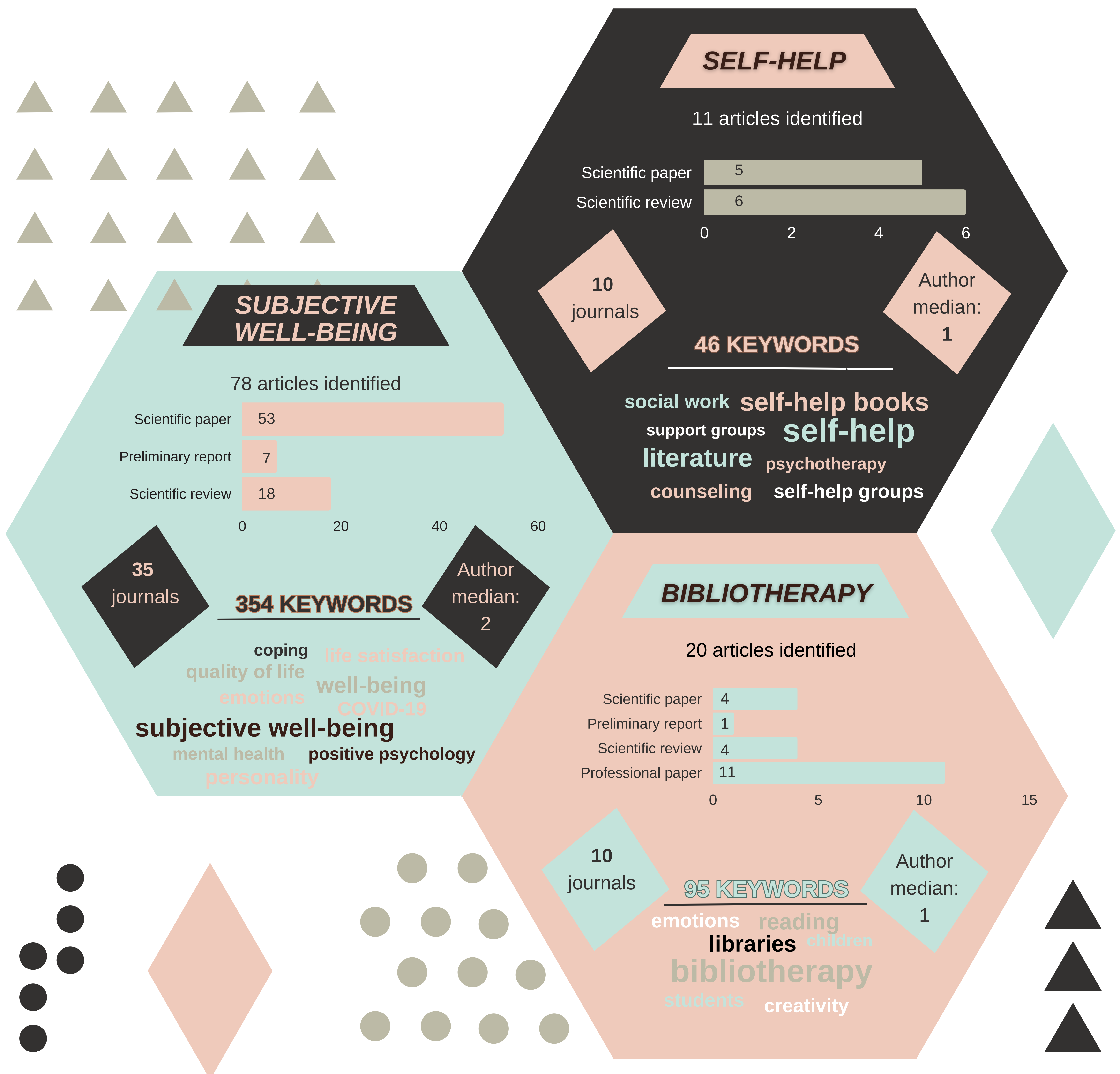
Occasion: Croatian Book Month

Goal: Research on the representation of topics of *self-help*, *subjective well-being*, and *bibliotherapy* in Croatian scientific journals in Open Access

Portal: Portal of Croatian Scientific and Professional Journals Hrčak

20
students

1,5
hour



WHAT HAVE WE LEARN

Open access provides the opportunity for all interested individuals to find information on topics that is important them. It can be said that in the Portal of Croatian Scientific and Professional Journals Hrčak, the most researched (of researched) topic is *subjective well-being*, while less is written about *bibliotherapy* and *self-help*. All three topics are related to key concepts such as psychology, youth, quality of life, and mental health. Besides the research results, it has been recognized that Citizen Science can aid in data collection and scientific research. In addition to facilitating knowledge dissemination, it also contributes to building new connections and popularizing science.