

# Reading

# for

# Pleasure...

The  
Reader

CONNECT  
REALISE  
CHANGE



## ... extends life-span.

A recent study of 3,635 participants over 50 years-old, found that people who read books live up to 23 months longer than people who don't.

Yale University, 2016

## ... reduces stress and improves well-being.

Even six minutes of reading is enough to reduce stress levels by 68% - working better and faster than other activities such as listening to music or walking.

University of Sussex, 2009

A social return on investment (SROI) report found that for every £1 invested in *Shared Reading*, an average of £6.47 was generated to users' health and well-being.

Liverpool John Moores University,  
Centre for Public Health, 2013

## ... increases empathy.

Researchers in the Netherlands showed that people who were 'emotionally transported' by a work of fiction experienced boosts in empathy.

Public Library of Science,  
PLOS, 2013

## ... increases the rate of learning.

Reading for pleasure is more important for children's cognitive development than their parents' level of education - children who read frequently make more progress in maths, as well as vocabulary and spelling than those who rarely read.

UCL, Centre of Longitudinal Studies, 2013

Reading for pleasure is a more important indicator of future success than any socio-economic factors.

OECD, 2002

Reading for pleasure is the single most important thing that will make a child successful in life.

UNESCO, 2011

## ... increases and maintains cognitive ability.

A study of elderly participants found that those who engage in mentally stimulating activities such as reading, earlier and later on in life, experienced slower memory decline compared to those who didn't.

The Official Journal of the  
American Academy of Neurology,  
2013

## CRILS Research

This external research echoes the findings of our own research and clinical data, carried out in collaboration with CRILS – Centre for Research into Literature, Reading and Society, University of Liverpool, which found:

- A significant improvement in the mental health of depressed patients during the 12-month period in which they were attending reading groups.
- A positive effect in alleviation of pain symptoms and psychological well-being for those living with chronic pain.
- Improved mood and less agitation for 86% of those living with dementia.
- Improvement in Quality of Life across wide-ranging adult populations – community library groups, psychosis, elderly care and dementia, and substance mis-use.
- Improvement in purpose in life, self development, and individual's sense of value and meaning in life after just six weeks of *Shared Reading*.