

Religiosity And Mental Health

Philippe Huguelet, Harold G. Koenig

Handbook of Religion and Mental Health David H. Rosmarin, Harold G. Koenig, 1998-09-18 The Handbook of Religion and Mental Health is a useful resource for mental health professionals, religious professionals, and counselors. The book describes how religious beliefs and practices relate to mental health and influence mental health care. It presents research on the association between religion and personality, coping behavior, anxiety, depression, psychoses, and successes in psychotherapy and includes discussions on specific religions and their perspectives on mental health. - Provides a useful resource for religious and mental health professionals - Describes the connections between spirituality, religion, and physical and mental health - Discusses specific religions and their perspectives on mental health - Presents research on the association between religion and personality, coping behavior, anxiety, depression, psychoses, and successes in psychotherapy

Religion and Mental Health John F. Schumaker, 1992 Some argue that religious beliefs foster security of mind and mental stability, maintaining that they offer a sense of hope, meaning, and purpose; provide a reassuring fatalism that enables the believer to better withstand suffering and pain; and give people a sense of power and control through association with an omnipotent force. Others assert, however, that religious beliefs can undermine mental health in ways that include generating excessive levels of guilt, encouraging the unhealthy repression of anger, and creating anxiety and fear with threats of punishment for sinful behavior. This interdisciplinary collection presents previously unpublished papers on the controversial relationship between religious behavior and mental health. Schumaker has assembled a distinguished international roster of contributors - sociologists and anthropologists as well as psychiatrists and psychologists of religion representing a wide range of opinions concerning the mental health implications of religious belief and practice. Taken together, the papers provide a comprehensive overview of theory and research in the field. Included are papers on the interaction of religion and self-esteem, life meaning and well-being, sexual and marital adjustment, anxiety, depression, suicide, psychoticism, rationality, self-actualization, and various patterns of anti-social behavior. Religion is also considered in relation to the mental health of women, the elderly, and children. Contributions addressing mental health in non-Western religious groups add an important cross-cultural dimension to the volume.

Religion and Mental Health John F. Schumaker, 1992-10-15 This is an interdisciplinary collection of previously

unpublished papers on the controversial relationship between religious behavior and mental health. Schumaker has assembled a distinguished international roster of contributors--sociologists and anthropologists as well as psychiatrists and psychologists of religion--representing a wide range of opinions concerning the mental health implications of religious belief and practice. Taken together, the papers provide a comprehensive overview of theory and research in the field. Included are papers on the interaction of religion and self-esteem, life meaning and well-being, sexual and marital adjustment, anxiety, depression, suicide, psychoticism, rationality, self-actualization, and various patterns of anti-social behavior. Religion is also dealt with in relation to mental health of women, the elderly, and children. Contributions dealing with mental health in non-Western religious groups add an important cross-cultural dimension to the volume.

Is Religion Good for Your Health? Harold G Koenig, 2013-10-23 *Is Religion Good for Your Health?* takes you deep into the heart of the ageless debate on the importance of religion and faith to physical and mental health. On the one hand, you will learn about important research findings from cross-sectional, longitudinal, and intervention studies that have demonstrated positive effects of religious belief on both mental and physical health. On the other hand, you will learn how the vast clinical experiences of leading health experts suggest that religion can have negative effects on health. Integral to the book's exploration of the relationship between health and religion are the trends that have occurred in society over the last century. You will learn about significant demographic changes, changes in health and health care, and shifts in values, attitudes, and religious conviction, all of which have direct implications for health care providers, the clergy, the "baby boomers," and older adults. From Author Harold Koenig, a leading expert on religion and health who has frequently been interviewed by major broadcasting networks such as ABC, National Public Radio, the British Broadcasting Corporation, NBC, CBS, and "Ivanhoe Broadcast News," you will also learn about: pathological uses of religion the need for cooperation and collaboration between health and religious professionals studies on the relationship of religious beliefs and practice to physical conditions such as blood pressure, heart disease, stroke, and cancer links between religious behavior and depression, anxiety, and drug use the waning of religion's influence in America first-hand accounts from patients who have faced painful and/or life-threatening illness As *Is Religion Good for Your Health?* analyzes the pathological aspects of religion, you will begin to understand how religious beliefs have the capacity to strongly influence people's lives and their health, whether positively or negatively. Health care providers, public policy experts, religious professionals, medical researchers, and medical students will find the book's overview of the issues at stake, particularly the implications for our public health care system, crucial to the advancement of health care practice into the next century.

Faith and Mental Health Harold G Koenig, 2005-09-01 Koenig opens a window on mental health, providing an unprecedented source of practical information about the relationship between religion and mental health. Dr. Koenig examines how Christianity and other world religions deliver mental health services today, and he makes recommendations,

based on research, expertise, and experience, for new programs to meet local needs.

Religion and Prevention in Mental Health Robert E Hess, Kenneth I Maton, Kenneth Pargament, 2014-06-23 Here is the first book which highlights the unique resource of religion in the field of prevention. Until now, religious systems have been a largely undertapped resource of talent, energy, care, and physical and financial assets. Religion and Prevention in Mental Health is a significant new volume that lays a general foundation for preventive work in the religious area. It presents a number of reasons for examining religion as a source for aiding prevention and well-being. The authors dispute the popular notion of religion as damaging to mental health, as well as the idea that religious affiliation is entirely predictive of better mental health. Instead they focus on the framework for living that religions provide which assists believers in anticipating, avoiding, or modifying problems before they develop. For the human service professional willing to build a collaborative relationship with religious systems, this vital book depicts the richness and diversity of religion and shows the interface of religion, well-being, and prevention. Important issues such as the impact of religion on American society and the ethos of mental health and prevention, the historical and contemporary role of the African-American church as an empowering agent and mediating structure for black citizens, the critical roles of theology in determining the attitude of religious systems toward prevention and well-being, the importance of community and personal narratives, and the limitations of religious settings due to their survival concerns and methods to increase their potential to heal are all discussed thoroughly. Through a better understanding of religious settings, programs, and processes, human service professionals can more effectively utilize religion and reach a neglected portion of the population in need of help. In addition, religious leaders, mental health professionals including counselors, social workers, program developers, evaluators, and administrators, and psychologists, sociologists, and anthropologists will benefit from the comprehensive material provided in this timely book.

Handbook of Spirituality, Religion, and Mental Health David H. Rosmarin, Harold G. Koenig, 2020-04-21 Research has indicated that spiritual and religious factors are strongly tied to a host of mental health characteristics, in both positive and negative ways. That body of research has significantly grown since publication of the first edition of this book 20 years ago. The second edition of the Handbook of Spirituality, Religion and Mental Health identifies not only whether religion and spirituality influence mental health and vice versa, but also how, why, and for whom. Hence 100% of the book is now revised with new chapters and new contributors. Contents address eight categories of mental disorders, as well as other key aspects of social, emotional, and behavioral health. - Provides an authoritative, comprehensive, and updated review of the research on positive and negative effects of spirituality/religion on mental health - Contains dedicated chapters focused on the relevance of spirituality/religion to mood, anxiety, obsessive-compulsive, psychotic, eating/feeding, alcohol/substance use, behavioral addictions, and pain-related disorders, as well as marriage/family life, suicidality, and end-of-life-care - Reviews the research on spiritually integrated psychotherapies, and provides basic clinical guidelines for how to effectively address

spiritual/religious life in treatment - Reviews the neurobiology of spiritual/religious experiences as they pertain to mental health - Covers all major world religions, as well as spiritual identities outside of a religious context

Religion and Spirituality in Psychiatry Philippe Huguelet, Harold G. Koenig, 2009-03-30 This book was the first to specifically address the impact of religion and spirituality on mental illness.

Handbook of Religion and Health Harold Koenig, Dana King, Verna B. Carson, 2012-02-29 The Handbook of Religion and Health has become the seminal research text on religion, spirituality, and health, outlining a rational argument for the connection between religion and health. The Second Edition completely revises and updates the first edition. Its authors are physicians: a psychiatrist and geriatrician, a primary care physician, and a professor of nursing and specialist in mental health nursing. The Second Edition surveys the historical connections between religion and health and grapples with the distinction between the terms "religion" and "spirituality" in research and clinical practice. It reviews research on religion and mental health, as well as extensive research literature on the mind-body relationship, and develops a model to explain how religious involvement may impact physical health through the mind-body mechanisms. It also explores the direct relationships between religion and physical health, covering such topics as immune and endocrine function, heart disease, hypertension and stroke, neurological disorders, cancer, and infectious diseases; and examines the consequences of illness including chronic pain, disability, and quality of life. Finally, the Handbook reviews research methods and addresses applications to clinical practice. Theological perspectives are interwoven throughout the chapters. The Handbook is the most insightful and authoritative resource available to anyone who wants to understand the relationship between religion and health.

Spirituality and Mental Health Across Cultures Alexander Moreira-Almeida, Bruno Paz Mosqueiro, Dinesh Bhugra, 2021-08-02 Religiosity and spirituality (R/S) represent a very important factor of daily life for many individuals across different cultures and contexts. It is associated with lower rates of depression, suicide, mortality, and substance abuse, and is positively correlated with well-being and quality of life. Despite growing academic recognition and scientific literature on these connections this knowledge has not been translated into clinical practice. Part of the expanding Oxford Cultural Psychiatry series, *Spirituality and Mental Health Across Cultures* is a timely exploration of the implications of R/S on mental health. Written and edited by 38 experts in the fields of spirituality and mental health from 11 countries, covering a wide range of cultural and geographical perspectives, this unique resource assesses how mental health relates to world religions, agnosticism, atheism, and spiritualism unaffiliated with organised religion, with a practical touch. Across 25 chapters, this resource provides readers with a succinct and trustworthy review of the latest research and how this can be applied to clinical care. The first section covers the principles and fundamental questions that relate science, history, philosophy, neuroscience, religion, and spirituality with mental health. The second section discusses the main beliefs and practices

related to world religions and their implications to mental health. The third reviews the impact of R/S on specific clinical situations and offers practical guidance on how to handle these appropriately, such as practical suggestions for assessing and integrating R/S in personal history anamnesis or psychotherapy.

Spirituality and Mental Health Gary W Hartz, 2005-08-10 Learn to conduct a client-centered assessment of spirituality—and use the findings to enhance your interventions as well as your clients' psychospiritual coping abilities Even to clinicians practiced in helping clients to manage their stress, the impact of clients' spirituality upon their mental health can be difficult to di

Religion and Mental Health ,1980 References to 1836 journal articles, dissertations, and books published since 1970. Also contains foreign-language titles. Focuses on literature dealing with the theoretical and practical relationships between religion and mental health. Classified arrangement. Each entry gives bibliographical information and abstract. Author, subject indexes.

Religion and Psychiatry Peter Verhagen, Herman M. Van Praag, Juan José Lopez-Ibor, John Cox, Driss Moussaoui, 2010-01-19 Religion (and spirituality) is very much alive and shapes the cultural values and aspirations of psychiatrist and patient alike, as does the choice of not identifying with a particular faith. Patients bring their beliefs and convictions into the doctor-patient relationship. The challenge for mental health professionals, whatever their own world view, is to develop and refine their vocabularies such that they truly understand what is communicated to them by their patients. Religion and Psychiatry provides psychiatrists with a framework for this understanding and highlights the importance of religion and spirituality in mental well-being. This book aims to inform and explain, as well as to be thought provoking and even controversial. Patiently and thoroughly, the authors consider why and how, when and where religion (and spirituality) are at stake in the life of psychiatric patients. The interface between psychiatry and religion is explored at different levels, varying from daily clinical practice to conceptual fieldwork. The book covers phenomenology, epidemiology, research data, explanatory models and theories. It also reviews the development of DSM V and its awareness of the importance of religion and spirituality in mental health. What can religious traditions learn from each other to assist the patient? Religion and Psychiatry discusses this, as well as the neurological basis of religious experiences. It describes training programmes that successfully incorporate aspects of religion and demonstrates how different religious and spiritual traditions can be brought together to improve psychiatric training and daily practice. Describes the relationship of the main world religions with psychiatry Considers training, policy and service delivery Provides powerful support for more effective partnerships between psychiatry and religion in day to day clinical care This is the first time that so many psychiatrists, psychologists and theologians from all parts of the world and from so many different religious and spiritual backgrounds have worked together to produce a book like this one. In that sense, it truly is a World Psychiatric Association publication. Religion

and Psychiatry is recommended reading for residents in psychiatry, postgraduates in theology, psychology and psychology of religion, researchers in psychiatric epidemiology and trans-cultural psychiatry, as well as professionals in theology, psychiatry and psychology of religion

Religion, Personality, and Mental Health Laurence B. Brown, 2012-12-06 LAURENCE B. BROWN Nearly all the papers in this collection were prepared initially by a group of psychologists interested in the social scientific study of religion. They included some working with the mentally ill in medical, religious, or secular contexts, as well as teachers and researchers in psychology or theology. Their papers aim to test, or to reflect on, common prejudices about the links between mental health and religion, especially when they are thought to be mediated by personality characteristics. All the papers have been revised for this collection. A clear consensus emerged that religion has many positive effects, despite Wulff's (1991 p. 307) unguarded assertion that, without question the mentally disturbed are frequently attracted by religion. Any assumption that religion is necessarily a danger to health, or closely related to mental illness, is not supported by the evidence from carefully controlled studies that follow a social science perspective. Malony's paper, page 16 in this collection, therefore emphasizes that we must take account of the ways in which anyone's religion is integrated into their life, the functions it serves for them and their acceptance by other members of the religious and other groups to which they belong.

Religion and Coping in Mental Health Care Joseph Pieper, Marinus van Uden, 2005-01-01 Joseph Pieper and Marinus van Uden have proposed a book consisting of previously published papers on the topics of religion, coping, and mental health care. It covers quite a bit of territory: the complex relationships between religion and mental health, surveys that present the views of therapists and patients about the interface between religion and mental health, a case study of a religious patient struggling with psychological problems, empirical studies of religious coping among various groups, and a method for teaching the clinical psychology of religion. Although the papers are diverse, they are unified by several themes. First, the papers convey a balanced approach to religion and psychology. They speak to the potentially positive and negative contributions religion can make to health and well-being. Second, several of the papers focus on the role of religious coping among patients in the Netherlands. This focus is noteworthy since the large majority of this theory and research has been limited to the USA. Third, they underscore the value of a cross-cultural approach to the field. Their surveys point to the importance of religious/worldview perspectives to many patients (and therapists) in the Netherlands, even though the culture is more secularised than the USA. However, their papers also suggest that the manifestation of these religious/worldview perspectives may take different shape in the Netherlands. Fourth, the papers have clinical relevance. The case history of the obsessive-compulsive patient by Van Uden (ch. 4) contains an excellent example of the way in which religious resources can be accessed to counter dysfunctional behaviours. This volume shows initial effort in a newly emerging area of study. It is encouraging to see a significant body of research and practice on the psychology of religion and coping coming out of the

Netherlands. It could stimulate further advances in a more cross-culturally sensitive, clinical psychology of religion. - Kenneth Pargament, Professor of Psychology, Bowling Green State University in Ohio, USA

Faith And Mental Health, 2009 Dr. Koenig opens a window on mental health, providing an unprecedented source of practical information about the relationship between religion and mental health. Dr. Koenig examines how Christianity and other world religions deliver mental health services today, and he makes recommendations, based on research, expertise, and experience, for new programs to meet local needs.

Religion and Mental Health Harold G. Koenig, 2018-03-13 Religion and Mental Health: Research and Clinical Applications summarizes research on how religion may help people better cope or exacerbate their stress, covering its relationship to depression, anxiety, suicide, substance abuse, well-being, happiness, life satisfaction, optimism, generosity, gratitude and meaning and purpose in life. The book looks across religions and specific faiths, as well as to spirituality for those who don't ascribe to a specific religion. It integrates research findings with best practices for treating mental health disorders for religious clients, also covering religious beliefs and practices as part of therapy to treat depression and posttraumatic stress disorder.

Religiosity, Superstitious Beliefs and Mental Health of Working and Non-Working Women Dr. Charulata Sitaram Pradhan, 2020-07-06 Introduction In the past years there has been a change from negative attitudes in psychology, concerning religion, to the identification of more positive relations between religion and different aspects of mental health. Recent research proves that some forms of religiosity are associated with low levels of depression (McCullough and Larson, 1999), a personal well-being (Koenig, 2001), positive social attitudes (Baton et. al, 1993), a low risk of divorce and an increase in the degree of marital functionality (Mahoney, Pargament, Tarakeshwar and Swank, 2001). Tsang and McCullough (2003) present religiosity as a relevant construct for positive psychology because some forms of religiosity correlate significantly with physical and mental health, tolerance, pro-social behaviour and positive interpersonal relationships.

Religion and Mental Health Harold G. Koenig, 2018-03-23 Religion and Mental Health: Research and Clinical Applications summarizes research on how religion may help people better cope or exacerbate their stress, covering its relationship to depression, anxiety, suicide, substance abuse, well-being, happiness, life satisfaction, optimism, generosity, gratitude and meaning and purpose in life. The book looks across religions and specific faiths, as well as to spirituality for those who don't ascribe to a specific religion. It integrates research findings with best practices for treating mental health disorders for religious clients, also covering religious beliefs and practices as part of therapy to treat depression and posttraumatic stress disorder. - Summarizes research findings on the relationship of religion to mental health - Investigates religion's positive and negative influence on coping - Presents common findings across religions and specific faiths - Identifies how these findings inform clinical practice interventions - Describes how to use religious practices and beliefs as part of therapy

Spirit & Mind Helene Basu, Roland Littlewood, Arne S. Steinforth, 2017 For more than a century, anthropologists and psychiatrists engage in conversations concerning relationships between embodied well-being and religion. Taking account of shifting meanings of 'religion' in global modernities, the included essays reveal how historically and culturally embedded local encounters between psychiatry, religious experience, and ritual healing contribute to an increasing diversification of 'mental health.' The multitude of theoretical perspectives and methodological approaches brought to the field in the global north and the global south introduce novel insights into current debates between clinical practitioners, ethnographic fieldworkers, and historians of psychiatry. (Series: Culture, Religion and Psychiatry, Vol. 1) [Subject: Psychiatry, Religious Studies, Ethnography, Sociology]

Unveiling the Magic of Words: A Overview of "**Religiosity And Mental Health**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Religiosity And Mental Health**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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