Spirituality, Religiousness and Mental Health: Scientific ...
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Recent findings suggest that religious and spiritual beliefs can promote mental health through positive religious coping, community and support, and positive beliefs.
Religiousness and mental health: a review
Objective: The relationship between religiosity and mental health has been a perennial source of controversy. This paper reviews the scientific evidence available for the relationship between religion and mental health. Method: The authors present the main studies and conclusions of a larger systematic review of 850 studies on the religion-mental health relationship published during the 20th...
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Sep 04, 2019 - This chapter reviews the main and most robust scientific evidence on the relationship between Religiousness/Spirituality (R/S) and mental health. We discuss the proposed mechanisms involved in this relationship, such as purpose and meaning in life, optimism, gratitude, social support, self-esteem, cognitive framework (involving, for example, a sense of coherence), healthier lifestyle, etc.
Cited by: 2  Author: Alexandre de Rezende-Pinto, Cristiane Si...
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Are there any studies on spirituality and mental health?
Are there any studies on religion and health?
How does religion affect people's mental health?
Is there a link between religion and spirituality?

Religiousness and Mental Health: Systematic Review Study ...
https://link.springer.com/article/10.1007/s10943-014-9896-1
Jun 28, 2014 - While some articles made comparison between non-religious and religious individuals, the majority of outcomes revealed significant relationship between religion and mental health.
Name of Journal: World Journal of Clinical Cases
Manuscript NO: 65944
Manuscript Type: REVIEW

Spirituality, religiousness and mental health: A review of the current scientific evidence

Giancarlo Lucchetti, Harold G Koenig, Alessandra Lamas Cunado Lucchetti

Abstract
Research in the field of “Spirituality and Health” has been growing, with spirituality/religiousness (S/R) being consistently related to both physical and mental
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Jun 28, 2014 - While some articles made comparison between non-religious and religious individuals, the majority of outcomes revealed significant relationship between religion and mental health, specifically depression and anxiety symptoms, and substances abuse and suicide behavior and idea.