

AN EXAMINATION OF THE RELATIONSHIP BETWEEN SPIRITUALITY AND MENTAL HEALTH

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Abstract

The purpose of this literature review was to explore and observe the health benefits offered by spirituality on various aspects of life. The overarching theme of this literature review was to examine the positive relationship between religion/spirituality and mental health outcomes and treatment. The three subthemes included an overview of religion and its effect on an individual's overall well-being; the effect of religion on an individual's psychological well-being and quality of life, the relationship between religion and depression, and the relationship between religion/spirituality and substance abuse. This paper also includes a discussion of the theory of operant conditioning, a learning theory that explains how an individual's behaviors and actions are influenced through punishment or reinforcement, and in this case via religion/spirituality reinforcement. The results showed that the most common behavioral health disorder is depression. While the findings varied, most indicate that religiosity/spirituality offers significant benefits like hope, comfort, and meaning during times of vulnerability. This literature review contributes to the

field by promoting new forms of treatment that support the idea of using religion as it can diversify treatment to meet the needs of a diverse group of people, ensuring that mental health professionals consider incorporating religious beliefs and practices in therapy treatments.

Biography:

Kohinoor Ahmed FCPS graduated from Dhaka Medical College, the best medical college in Bangladesh. She completed fellowship in obstetrics and gynaecology from Bangladesh College of Physicians and Surgeons (BCPS). She is now working as assistant professor in Dhaka Medical College (DMC), Dhaka, Bangladesh. She had special training, interest and specialization in infertility. She is a life Member of Obstetrical and Gynecological Society of Bangladesh (OGSB) and Society of Laparoscopic Surgeons Bangladesh.

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