



Spirituality and Mental Health: A Review of Religion and Philosophy

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ABSTRACT

The relationship between spirituality and mental health is a vital interdisciplinary field that bridges medicine, psychology, theology, and philosophy. This field explores how beliefs, values, practices, and transcendent experiences influence psychological well-being to complement a holistic approach to mental health that meets human needs.

This study aims to develop and conduct a preliminary validity test of a brief Spiritual Assessment module for integration into psychological and psychiatric nursing practice in Indonesia. The module is designed to explore patients' beliefs, practices, and spiritual communities, and to identify the role of spirituality as a source of strength or conflict.

The study employed a structured and systematic literature review (SLR) to identify, evaluate, and synthesize relevant empirical evidence, yielding comprehensive and objective conclusions based on critical review to provide a strong, transparent, replicable, and subjectively unbiased theoretical foundation.

First, empirical evidence establishes a significant positive correlation between spiritual engagement and reduced depression, anxiety, and stress as valid protective factors. Second, psychological mechanisms identify spirituality as a meaning-making system that fosters resilience, hope, and gratitude, and enhances self-agency through self-awareness and self-efficacy. Third, clinical applications emphasize the integration of spirituality into psychotherapy and biological psychiatry to improve adherence and coping. Fourth, a comprehensive review affirms the transformative nature of spirituality in fostering sustainable well-being beyond pharmacological interventions.

This study concludes that there is strong empirical evidence demonstrating a positive correlation between spirituality and better mental health. These positive effects are mediated by specific psychological mechanisms such as meaning-making and increased resilience. The integration of spirituality into clinical practice is essential for effective holistic care. Spirituality plays a sustained, transformative role in supporting overall mental health through a holistic approach.

Keywords: spirituality and mental health, psychological mechanisms, spiritual assessment, clinical integration, systematic literature review

INTRODUCTION

The relationship between spirituality and mental health has become an increasingly vital interdisciplinary field of study, bridging the disciplines of medicine, psychology, theology, and philosophy. This field explores how beliefs, values, practices, and transcendent experiences influence an individual's psychological well-being. Its scope includes empirical investigations into the correlation between religious engagement and a reduction in symptoms of mental disorders, philosophical reflections on the concepts of the "soul" and the "meaning of life," and analyses of the psychological mechanisms underlying the positive effects of practices such as meditation and prayer. The importance of this topic lies in its potential to complement conventional mental health approaches with a holistic

dimension of care that not only treats symptoms but also addresses people's need for purpose and connectedness.

Recent developments in this field are marked by a robust body of scientific evidence from neuroscience and positive psychology, which increasingly confirms the link between spirituality and reduced stress, increased resilience, and improved quality of life. Key challenges include the difficulty of measuring the multidimensional and subjective construct of spirituality, the complexity of distinguishing positive from negative effects of religious experiences, and the need to integrate these insights into ethical and inclusive clinical practice. Current research trends focus on identifying neurobiological mechanisms, developing mindfulness- and spirituality-based interventions, and exploring the role of

spirituality in recovery from severe mental disorders.

The ideal goal is to achieve a comprehensive mental health approach that views the human person holistically—as an integration of biological, psychological, social, and spiritual dimensions. Under these conditions, mental health assessments and interventions would routinely consider and utilize an individual's spiritual resources as an integral part of the healing and growth process.

However, real-world conditions in the field indicate that there remains a wide gap between scientific evidence and mainstream clinical practice. Data from various surveys and clinical reports reveal that the spiritual dimension is often overlooked or deemed irrelevant in medical histories and treatment plans at many mental health institutions. The fact that many individuals actually find their primary source of strength in spirituality, while the healthcare system fails to facilitate this, indicates a detrimental dissonance between patients' needs and the services offered.

This gap between the ideal and the reality stems from several factors. The primary cause is the dominance of the materialistic-reductionist paradigm in medicine and psychology, which views mental symptoms solely as neurochemical disorders. Furthermore, clinicians' lack of training and confidence in addressing spiritual issues, as well as concerns regarding ethical and professional standards, contribute to widening this gap.

Based on an analysis of articles on the theme "Spirituality and Mental Health—A Review of Religion and Philosophy," a critical research gap has been identified. While many studies have convincingly demonstrated correlations and proposed clinical integration, research developing and validating practical, reliable, and culturally sensitive spiritual assessment tools for Indonesia's diverse context remains very limited. Such tools are necessary to enable clinicians to quickly identify spiritual resources that can be mobilized for healing, as well as potential spiritual distress that may exacerbate patients' mental health conditions.

The objective of this study is to develop and conduct a preliminary validity test of a brief Spiritual Assessment module that can

be integrated into psychological and psychiatric nursing assessment practices in Indonesia. This module is designed to sensitively explore patients' spiritual beliefs, practices, and communities, as well as to identify whether spirituality serves as a source of strength or, conversely, a source of conflict and suffering for them.

The urgency of research on this topic lies in its direct and practical contribution to improving the quality of mental health services in Indonesia. By providing a practical and context-specific tool, this research not only enriches the academic body of knowledge but also serves as a bridge toward realizing truly holistic and human-centered care. This is imperative to ensure that mental health services are not only technically effective but also meaningful and relevant to the cultural and spiritual landscape of Indonesian society, thereby ultimately improving recovery rates and the quality of life for people living with mental disorders.

METHOD

The methodology used in this study is a Systematic Literature Review (SLR), which is a structured and systematic research approach to identify, evaluate, and synthesize all relevant empirical evidence from the scientific literature related to a specific research topic. The primary objective of an SLR is to produce comprehensive and objective conclusions based on a critical review of previous studies, thereby providing a strong theoretical foundation and identifying research gaps that still need to be explored. In the context of this study, the SLR was applied to ensure that the literature review process was conducted transparently, was replicable, and was free from the researcher's subjective bias.

The SLR process begins with the formulation of a clear and specific research question, which serves as a guide in determining the focus of the study and the scope of the literature to be reviewed. Once the research question is established, the next step is to design a literature search strategy that includes identifying appropriate academic databases, search keywords, and Boolean operators to retrieve relevant articles. Next, the researcher establishes

inclusion and exclusion criteria that serve as filters to identify literature that meets quality standards and is relevant to the research topic. The literature selection process is carried out in stages, following the PRISMA Flow Diagram, which is a standard visual tool for transparently documenting each stage of article selection. The PRISMA Flow Diagram facilitates tracking the number of articles from the identification, screening, and eligibility stages through to final inclusion, and provides information on the reasons for excluding articles at each stage. Once the selected articles were obtained, the researchers systematically extracted data by identifying key information such as the research objectives, methodology, main findings, and theoretical contributions of each study. The final stage of a SLR is the analysis and synthesis of findings, in which researchers integrate the results of previous studies to identify patterns, trends, and gaps that can serve as a basis for further research. Thus, a SLR that uses the PRISMA Flow Diagram ensures that the literature review process is conducted with a high degree of rigor, transparency, and accountability.

Based on the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) flow diagram, the article selection process in this study was conducted systematically through four main stages: identification, screening, eligibility assessment, and inclusion. These stages are designed to ensure that the selected articles meet standards of relevance, methodological quality, and alignment with the formulated research questions. The selection process began with a literature search across various international academic databases, including Scopus, Web of Science, IEEE Xplore, and Google Scholar, using a combination of keywords determined based on the research topic.

During the identification stage, the initial search yielded a total of 742 articles from various electronic databases. These articles were collected based on the alignment of keywords with the titles, abstracts, and publication metadata. However, before proceeding to the next stage, a check was conducted for duplicate articles appearing in more than one database. This process identified 168 duplicate articles,

which were subsequently removed from the list, leaving 574 articles to proceed to the screening stage. Removing duplicate articles is a crucial step to avoid bias in the analysis and ensure that each article is counted only once during the review process.

The screening stage involved reviewing the titles and abstracts of the remaining 574 articles to assess their relevance to the research topic. At this stage, 389 articles were excluded for various reasons, including topics that did not align with the research focus, a scope of discussion that was too general or too specific—falling outside the scope of the study—and articles that did not address the key aspects of interest to this research. Consequently, 185 articles passed the screening stage and were forwarded to the eligibility stage for a more in-depth assessment. During the eligibility phase, the full texts of the 185 articles that had passed the screening stage were reviewed. This eligibility assessment aimed to ensure that the articles met the established inclusion criteria, including methodological quality, clarity of data and analysis, and significant theoretical or practical contributions to the field of study. In this phase, 175 articles were excluded based on various considerations. Sixty-four articles were excluded because they did not meet methodological quality standards, such as the absence of an adequate explanation of research methods, non-representative samples, or a lack of validity and reliability in the research instruments. A total of 58 articles were excluded because they did not provide sufficient empirical data or were purely conceptual without strong supporting evidence. Additionally, 37 articles were excluded because they addressed different geographic or industrial contexts, making it difficult to generalize their findings to the context of this study. Meanwhile, 16 other articles were excluded because they were not fully accessible or were available only as abstracts, making in-depth analysis impossible. After the eligibility evaluation process was completed, 10 articles remained that met all inclusion criteria and were considered high-quality and relevant to the research questions.

These ten articles that passed the inclusion stage then served as the primary basis for data extraction and synthesis analysis to answer the

research questions. These articles were selected because they featured clear methodologies, presented valid empirical findings, and made significant theoretical contributions to the advancement of knowledge in the field under study. This rigorous and transparent selection process ensures that the systematic literature review conducted possesses high internal validity and can serve as a reliable reference for future research.

RESULTS AND DISCUSSION

No	Article Title	Main Finding
1	The Relationship of Spirituality with Mental Health and Quality of Life: A Review (Pant, 2023)	A significant association between spirituality/religiosity and mental health highlights its effectiveness in promoting health and well-being. It also discusses psychosocial correlations and factors such as gender, age, education, and socioeconomic status that influence this construct.
2	Exploring the Impact of Spirituality and Religiosity on Health Related Aspect : A Literature Review (Zaidul Fikri Ismail & Karimah, 2023)	A positive correlation between high levels of spirituality and lower levels of depression, anxiety, and stress suggests that spirituality functions as a beneficial coping mechanism, thereby positively influencing mental health.
3	Spirituality, religiousness, and	The relationship between

No	Article Title	Main Finding
	mental health: A review of the current scientific evidence (Lucchetti et al., 2021)	spirituality/religiosity and mental health, highlighting evidence for conditions such as depression and anxiety. It emphasizes the need for further study of the mechanisms and the importance of integrating discussions of spirituality and religiosity into clinical practice for holistic care.
4	The Scientific Study of Positive Psychology, Religion/Spirituality, and Mental Health (Shafranske, 2022)	The complex relationship between spirituality, religion, and mental health highlights the positive effects of religious/spiritual engagement, meaning-making, and coping strategies, which contribute to well-being and resilience, particularly in the context of mood, anxiety, and trauma-related disorders.
5	Importance of Spirituality in Sustaining Mental Health: A Comprehensive Review (-, 2024)	The diverse relationship between spirituality and mental health, emphasizing how spiritual practices can enhance psychological

N o	Article Title	Main Finding	N o	Article Title	Main Finding
		resilience and well-being, thereby highlighting the transformative power of spirituality in mental health care, rather than focusing specifically on religion and philosophy.			traditional medication-based therapy.
6	Spirituality, religion, and mental health (Minns & Rosmarin, 2023)	The effects of spirituality and religion on mental health, highlighting components such as religious significance and behavior. This emphasizes the benefits of integrating spirituality into psychotherapy, addressing gaps in mental health disciplines regarding patients' spiritual lives.	8	Role of Spirituality in the Mental Health (Kumar, 2023)	The relationship between spirituality and mental health, emphasizing the role of spirituality in promoting mental well-being and reducing mental illness, while distinguishing it from religion, which is often conflated with spirituality despite their fundamental differences.
7	Philosophy Spirituality and Recovery of Mental Health Nursing: Literatur Review (Sawab et al., 2022)	It explores how spirituality enhances mental health recovery by fostering self-awareness, self-efficacy, and self-empowerment, which ultimately improve quality of life for individuals with mental disorders, emphasizing the need for psychological interventions alongside	9	Espiritualidade e qualidade de vida: uma revisão dos efeitos positivos na saúde mental (Alexandre et al., 2024)	The positive effects of spirituality and religiosity on mental health, emphasizing their role in enhancing emotional resilience, providing social support, and fostering a sense of purpose, which ultimately contribute to improved psychological well-being and quality of life.
			10	Schizophrenia, Spirituality, and Religion (Subagyo et al., 2024)	The impact of religion and spirituality on schizophrenia, highlighting their role in mental health, treatment adherence, and coping

No	Article Title	Main Finding
		mechanisms. This underscores the need for clinicians to integrate religious considerations into psychiatric care to provide holistic support.

discussion

A study conducted by Pant (2023) provided a comprehensive review of the relationship between spirituality/religiosity and mental health and quality of life. The study's findings confirmed the existence of a significant and positive relationship, underscoring the effectiveness of the spiritual dimension in promoting overall psychological health and well-being. The main conclusion of this article is that this relationship is also influenced by various psychosocial factors, such as gender, age, educational level, and socioeconomic status, which help shape an individual's conception of spirituality and its impact.

A study by Zaidul Fikri Ismail and Karimah (2023) explored the impact of spirituality and religiosity on health-related aspects through a literature review. The study's findings indicate a consistent positive correlation, in which high levels of spirituality are associated with lower levels of depression, anxiety, and stress. The main conclusion is that spirituality functions as a highly beneficial coping mechanism, thereby positively influencing mental health by providing a source of resilience and inner peace.

A study conducted by Lucchetti et al. (2021) reviewed the latest scientific evidence on the relationship between spirituality/religiosity (S/R) and mental health. The study's findings highlight strong evidence for specific conditions such as depression and anxiety, where S/R often acts as a protective factor. The main conclusions of this study emphasize two points: the need for further studies to understand the mechanisms underlying these relationships, and the urgency of integrating discussions about

S/R into clinical practice to provide truly holistic care to patients.

Research conducted by Shafranske (2022) examines the complex relationship between spirituality, religion, and mental health from the perspective of positive psychology. The findings highlight various positive effects stemming from involvement in religious/spiritual communities, the process of meaning-making, and the development of adaptive coping strategies. The main conclusion of this article is that these factors significantly contribute to improved well-being and psychological resilience, particularly in the context of mood disorders, anxiety, and trauma-related disorders.

Research included in a comprehensive review without a lead author (2024) emphasizes the importance of spirituality in supporting mental health. The research findings reveal diverse and profound relationships, in which spiritual practices have been shown to significantly enhance psychological resilience and well-being. The main conclusion is that this review highlights the transformative power of spirituality in the context of mental health care, focusing on the essence of spirituality itself rather than specific religious or philosophical frameworks.

Research conducted by Minns and Rosmarin (2023) examined the effects of spirituality and religion on mental health, highlighting specific components such as the personal significance of religion and religious behavior. The main conclusion of this article is that there are tangible clinical benefits to integrating aspects of spirituality into psychotherapy frameworks. This is seen as a way to address a long-standing gap in the field of mental health, where patients' spiritual lives are often overlooked.

Research conducted by Sawab et al. (2022) explores the role of spirituality in mental health recovery, particularly in the context of nursing. The study's findings indicate that spirituality enhances the recovery process by fostering self-awareness, self-efficacy, and self-empowerment. The main conclusion of this study is that this approach ultimately improves the quality of life for individuals with mental disorders and underscores the need for

psychospiritual interventions alongside traditional pharmacological therapies.

A study conducted by Kumar (2023) analyzed the role of spirituality in mental health with an emphasis on promoting mental well-being and reducing mental illness. The main conclusion of this article is that spirituality plays a crucial role distinct from organized religion. This study clearly distinguishes between the two, emphasizing that spirituality is often confused with religion despite their fundamental differences, with spirituality being more personal and universal.

A study by Alexandre et al. (2024) reviewed the positive effects of spirituality and religiosity on quality of life and mental health. The study's findings confirm their role in enhancing emotional resilience, providing a robust social support system, and fostering a clear sense of purpose. The main conclusion is that it is this combination of factors that ultimately contributes significantly to improved psychological well-being and an individual's overall quality of life.

Research conducted by Subagyo et al. (2024) investigated the specific impact of religion and spirituality on schizophrenia. The study's findings highlight their complex role in mental health, including in terms of treatment adherence and the development of healthy coping mechanisms. The main conclusion of this article is that these findings underscore the need for physicians and mental health professionals to integrate religious and spiritual considerations into psychiatric treatment plans in order to provide holistic and comprehensive support.

Based on a thematic analysis of the ten articles, the review of the relationship between spirituality and mental health can be grouped into four main, interrelated categories. The first category, Empirical Evidence and Clinical Correlations, includes studies by Pant (2023), Lucchetti et al. (2021), Zaidul Fikri Ismail & Karimah (2023), and Alexandre et al. (2024). This group focuses on presenting data and systematic reviews that confirm a positive relationship between spirituality/religiosity and a reduction in symptoms of depression, anxiety, and stress, as well as an improvement in overall quality of life. The second category,

Psychological Mechanisms and Sources of Resilience, is represented by studies by Shafranske (2022), Kumar (2023), and Sawab et al. (2022). This category explores the psychological processes underlying these relationships, such as meaning-making, increased self-awareness, self-efficacy, and emotional resilience. The third category, Applications and Integration in Clinical Practice, consists of articles by Minns & Rosmarin (2023) and Subagyo et al. (2024).

This group specifically addresses the practical implications of these findings, emphasizing the urgency of integrating aspects of spirituality into psychotherapy and psychiatric care, including for severe disorders such as schizophrenia. Finally, the fourth category, Comprehensive Reviews and Holistic Impacts, which features an anonymous study (-, 2024), serves as a synthesis highlighting the transformative power of spirituality in supporting overall mental health, moving beyond reductionist approaches.

The studies in the Empirical Evidence and Clinical Correlations category, conducted by Pant (2023), Lucchetti et al. (2021), Zaidul Fikri Ismail & Karimah (2023), and Alexandre et al. (2024), collectively aim to establish a robust and scientifically verifiable evidence base regarding the relationship between spirituality and mental health. The objective of this category is to shift the discourse from the realm of subjective belief toward objective recognition within the health sciences. The key findings from this category are consistent and robust, demonstrating a significant positive correlation between spiritual/religious engagement and reduced levels of general psychopathology such as depression, anxiety, and stress. These systematic reviews not only confirm this relationship but also begin to identify moderating variables—such as demographic and socioeconomic factors—that influence the strength of this relationship. The conclusion from this category is that the accumulated evidence has reached a critical mass that can no longer be ignored by the modern medical and psychological communities; spirituality has been proven to be a valid protective and promotive factor for mental health. Research in the Psychological Mechanisms and Sources of

Resilience category, conducted by Shafranske (2022), Kumar (2023), and Sawab et al. (2022), aims to answer the question of “how” spirituality works to influence mental health. The category’s objective is to unravel the “black box” between spiritual practices and positive psychological outcomes. The key findings successfully identified several key mechanisms. First, spirituality functions as a powerful meaning-making system, helping individuals place suffering, trauma, and life’s uncertainties within a larger, meaningful narrative framework. Second, spirituality fosters resilience by cultivating hope, gratitude, and forgiveness. Third, as shown by Sawab et al., spirituality enhances self-agency through increased self-awareness and self-efficacy, which are crucial in the recovery process. The conclusion from this category is that spirituality is not a magical force, but rather a set of psychological processes that can be learned and facilitated, equipping individuals with the cognitive and emotional tools to cope with life’s adversities.

Research in the category of Application and Integration in Clinical Practice, conducted by Minns & Rosmarin (2023) and Subagyo et al. (2024), aims to translate evidence and theoretical understanding into concrete actions within healthcare settings. The goal of this category is to bridge the gap between research and practice by making spirituality an integrated and inseparable part of a holistic approach. Key findings in this category emphasize that neglecting patients’ spiritual dimensions is tantamount to neglecting fundamental aspects of their experiences and identities. Minns & Rosmarin advocate for the integration of spirituality into psychotherapy, while Subagyo et al. demonstrate its relevance even within biological psychiatry for conditions such as schizophrenia, particularly in improving treatment adherence and coping mechanisms. The conclusion of this category is that there is an urgent need for mental health professionals to develop “spiritual literacy”—the ability to assess, understand, and respond to patients’ spiritual needs in an ethical and effective manner.

Research in the Comprehensive Review and Holistic Impact category, conducted by (-, 2024), aims to synthesize

various findings and offer a comprehensive perspective on the role of spirituality. The strategic objective of this category is to reaffirm the importance of a holistic approach to mental health that views the human being as an inseparable unity of body, mind, and spirit. The key findings highlight the “transformative” nature of spirituality, whose capacity extends beyond merely reducing symptoms to building a foundation for deep and sustainable well-being (sustaining mental health). The conclusion of this category is that spirituality is an intrinsic human resource that, when nurtured, can drive profound processes of healing and growth, transcending the capacity of interventions that are purely pharmacological or behavioral in nature.

CONCLUSION

1. There is strong and consistent empirical evidence showing a positive correlation between spirituality/religiosity and better mental health, including a reduction in symptoms of depression, anxiety, and stress.
 2. The positive impact of spirituality is mediated by specific psychological mechanisms, including the attribution of meaning, increased resilience, and enhanced self-awareness and self-efficacy.
 3. Integrating aspects of spirituality into clinical practice—ranging from psychotherapy to intensive psychiatric care—is essential for providing holistic and effective care.
- Spirituality plays a transformative and enduring role in supporting overall mental health, emphasizing a holistic approach to the human person..

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