

The Moderating Role of Religion on Spirituality and Mental Health among the Seventh-Day Adventists during COVID-19: A Secondary Analysis

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Abstract

This is a secondary analysis of a cross-sectional online survey. The purpose of this study was to examine the association between religious behaviors and spirituality and mental health among the community-dwelling Seventh-day Adventists (SDA) aged ≥ 18 years during COVID-19 in Hong Kong. Standardized questionnaires including the Functional Assessment of Chronic Illness Therapy-Spiritual Well-Being (FACIT-Sp-12) Scale, Impact of Event Scale-Revised (IES-R), Brief Religious Coping Activity Scales (Brief RCOPE), and Hospital Anxiety and Depression Scale (HADS) were used. Additional researcher-developed instruments were developed to collect data on the demographic characteristics and religious behaviors. A total of 112 out of 360 (31.1%) participants from the main study were SDA and were selected for this secondary analysis. The majority of participants (73%) were female, 46% were adults aged 45-65 years, 68% had \geq bachelor's degree, 97% were Asians. The level of religious activities varies with 46% reported attending religious meetings every week, 56% had personal praying life every day, and 27% studied religious books/materials every day. Hierarchical clustering was performed by grouping participants into low, medium, and high categories based on their level of religious activities. Low level of religious activities was associated with higher level of anxiety and depression, and lower spirituality during a stressful situation. Religious behaviors may moderate the relationship between participants' perceived stress and their mental health and spirituality. Participants with medium and high level of religious behaviors may have fewer adverse effects from perceived stress.

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