

# The Moderating Role of Religion on Spirituality and Mental Health among SDA during COVID-19: A Secondary Analysis

Corjena Cheung<sup>1</sup> Ka Long Chan<sup>2</sup> Becky Ng<sup>3</sup> Miranda Wong<sup>4</sup> Chi Fong Shum<sup>5</sup> Chuen Chuen Lau<sup>1</sup>

<sup>1</sup> Hong Kong Adventist College, <sup>2</sup>The Hong Kong Polytechnic University; <sup>3</sup>Hong Kong Adventist Hospital - Tsuen Wan, <sup>4</sup>Hong Kong Macau Conference of Seventh-day Adventists, <sup>5</sup>Chinese Union Mission of Seventh-day Adventist Church

Correspondence: corjena@hkac.edu

## Background

The ongoing coronavirus (COVID-19) pandemic has caused major stress and mental health problems worldwide. Spirituality and religious beliefs may have a moderating role

## Objective

To examine the associations between spirituality/religion and mental health among the community-dwelling Seventh-day Adventists (SDA) adults during COVID-19 in Hong Kong

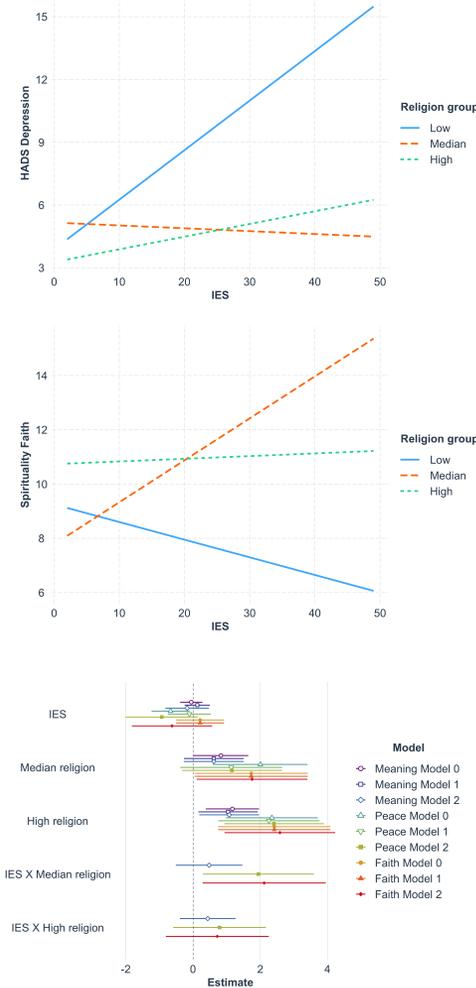
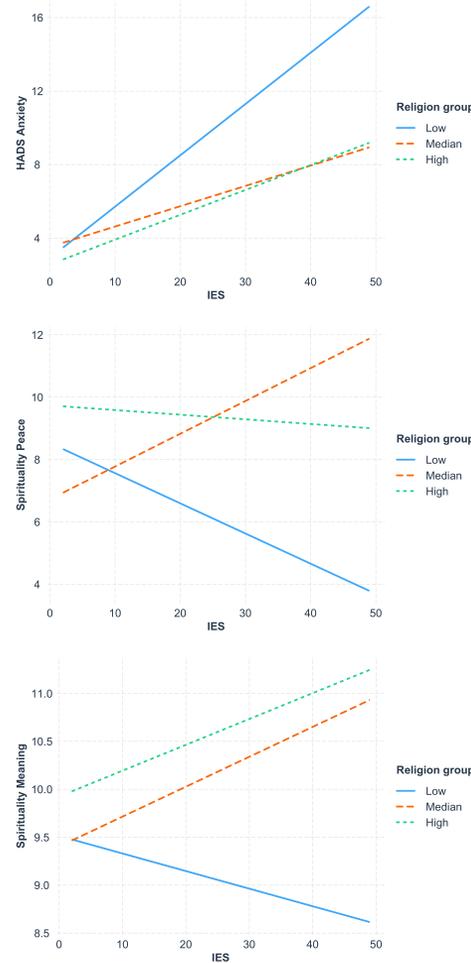
## Method

**Design:** cross-sectional online survey study

**Sample:** convenience samples of community dwelling adults aged ≥18 years in Hong Kong

**Instruments:** Hospital Anxiety and Depression Scale (HADS), Impact of Event Scale – Revised (IES-R), Brief Religious Coping Activity Scales (RCOPE), Functional Assessment of Chronic Illness Therapy-Spiritual Well-Being (FACIT-Sp-12), and researcher-developed questions on religious activities

**Analysis:** Hierarchical clustering was performed by grouping participants into low, medium, and high categories based on their level of religious activities



## Results

- N=112 out of 360 (31.1%) participants were selected for this secondary analysis
- 46% were aged 45-65 years, 43% were aged between 25-44, 73% were female, 68% had ≥ bachelor's degree, 97% were Asians
- 46% reported attending religious meetings every week, 56% had personal praying life every day, and 27% studied religious books /materials every day

## Conclusions

- 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