

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

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## 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

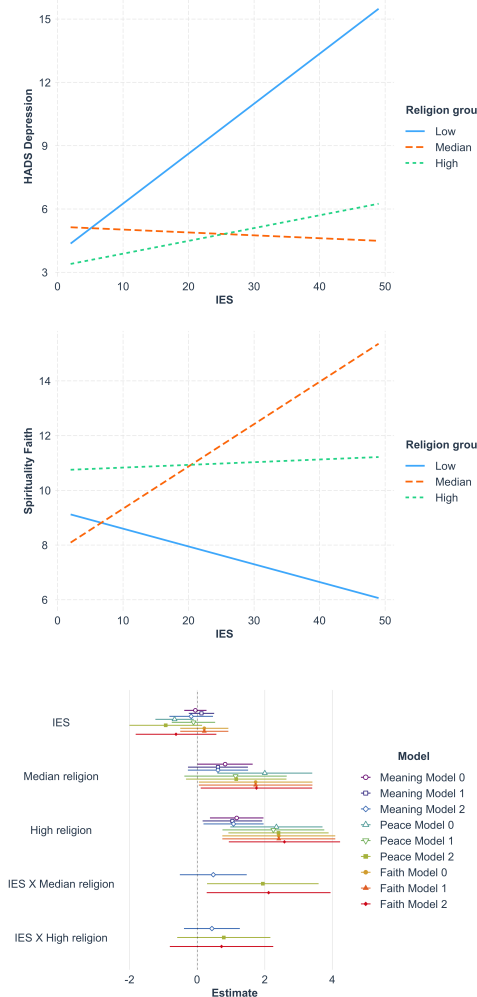
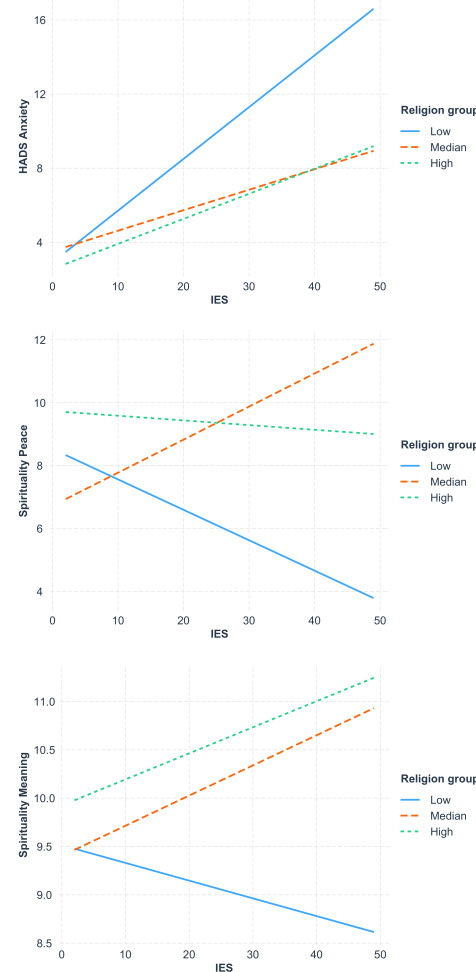
## Method

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

**Sample:** convenience samples of community dwelling adults aged  $\geq 18$  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  $\geq$  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