

# Spirituality & Positive Psychology

*A Qualitative Content Analysis of  
Exploring Meaningful Perception  
of Adults' Lives and Their  
Psychological Well-Being*

**Dr. Alicia Clark**



Presented at The Qualitative Report (TQR) 14th Annual  
Conference Nova Southeastern University

**February 16, 2023**

# About the Researcher

Dr. Alicia Clark, Ed.D., MS, lives on the West Coast, and she serves as a University Research Methodologist who teaches doctoral-level research methodology courses and mentors students with their doctoral studies at the University of Phoenix. She is a member of the Center for Leadership Studies and Organizational Research. Currently, she is a doctoral candidate for her second Doctorate in Psychology (Psy.D.) with a focus on clinical psychology at California Southern University. Dr. Clark's research interests include tutoring, spirituality, online education, leadership, counseling, and psychology.



# Introduction

According to Kavar (2015) spirituality is not being embraced in ways that can provide a wholesome and meaningful perception of life and emotional well-being resulting in individuals not knowing their born identity to carry out their life purpose. A small number of studies have considered spirituality in terms of self and personal identity (Mathews, 2021; Das & Sheoran, 2019; Kor, Pirutinsky, Mikulincer, Shoshani, & Miller, 2019; Narula, 2017). Previous research has emphasized how religious and spiritual orientation develops over the course of one's life at every life stage (Das & Sheoran, 2019; Narula, 2017; Day, 2010). However, mental health and psychology practitioners lack strategies and guidance in providing an integrated approach, combining the client's spirituality with positive psychology into clinical settings.



# Introduction

- Daghan (2018) claimed that exploring how mental health professionals define spirituality and what their perceived opinion is regarding the relationship between spirituality and religion would be important since they are the professionals providing adequate spiritual care in clinical settings. Within the field of mental health and psychology, more research is needed to help provide a working definition of spirituality and to understand how the role of spirituality and positive psychology impact psychological well-being as individuals navigate life events and challenges that may affect their psychological well-being and motivation for both spiritual and personal growth.



# Purpose of the Study

The purpose of the qualitative content analysis study was to examine the role of spirituality and positive psychology for people searching for fulfillment and purpose in their lives.

The researcher's aim for this study was to provide the fields of mental health and psychology with a working definition of spirituality and insights into how the role of spirituality and positive psychology impact psychological well-being as individuals navigate life events and challenges that may affect their psychological well-being and motivation for both spiritual and personal growth.



# Significance of the Study

Goal #1 - To identify any best practices related to incorporating spirituality and faith in clinical settings that can optimally support adults who are looking to grow in one or more areas of their lives to increase their happiness and psychological well-being.

Goal #2 - To identify any insight into what mental health professionals and modern-day individuals' definition of spirituality is and how it is experienced in their daily lives.

Goal #3: To provide a better understanding of what spirituality is and how it differs from religion and may help adults view spirituality as an extension of religion rather than a competitor.

# Research Questions

1. How is spirituality defined by modern day individuals?
2. How is spirituality defined by mental health professionals?
3. How does spirituality influence the daily lives of adults?
4. How does positive psychology influence the daily lives of adults?
5. What strategies can be used to help mental health professionals incorporate spirituality into their clinical sessions to help adults develop a sense of purpose in their lives?

# Research Methodology & Design

1. Research Methodology: Qualitative
2. Research Design: Content Analysis

This research design is deemed appropriate because content analysis is a well-established data analysis method that has evolved in its treatment of textual data. Specifically, the researcher used the latent content analysis to help interpret what is hidden deep within the text to discover the implied meaning regarding how spirituality and positive psychology impact psychological well-being as individuals navigate life events and challenges that may affect their psychological well-being and motivation for both spiritual and personal growth (Kleinheksel, Rockich-Winston, Tawflk, & Wyatt, 2020)



# Data Collection Plan

1. The study did not involve contact with any human subjects. The researcher analyzed publicly available secondary source documents in which the authors have identified themselves.
2. Data collection will be achieved through analyzing primary and secondary sources such as websites, scholarly publications, research studies, books, academic journals, videos, and online interviews made available publicly in databases regarding spirituality, psychology, and mental health professionals as they share their stories about their perceptions of how to incorporate spirituality and faith into clinical settings.

# Data Analysis-Codes, Categories, Themes

The researcher conducted an initial search for published peer-reviewed academic journal articles in the ProQuest Database focusing on research within a 21-year period (2001-2022), which starts on January 1, 2001 and marks the start of the 21st century.

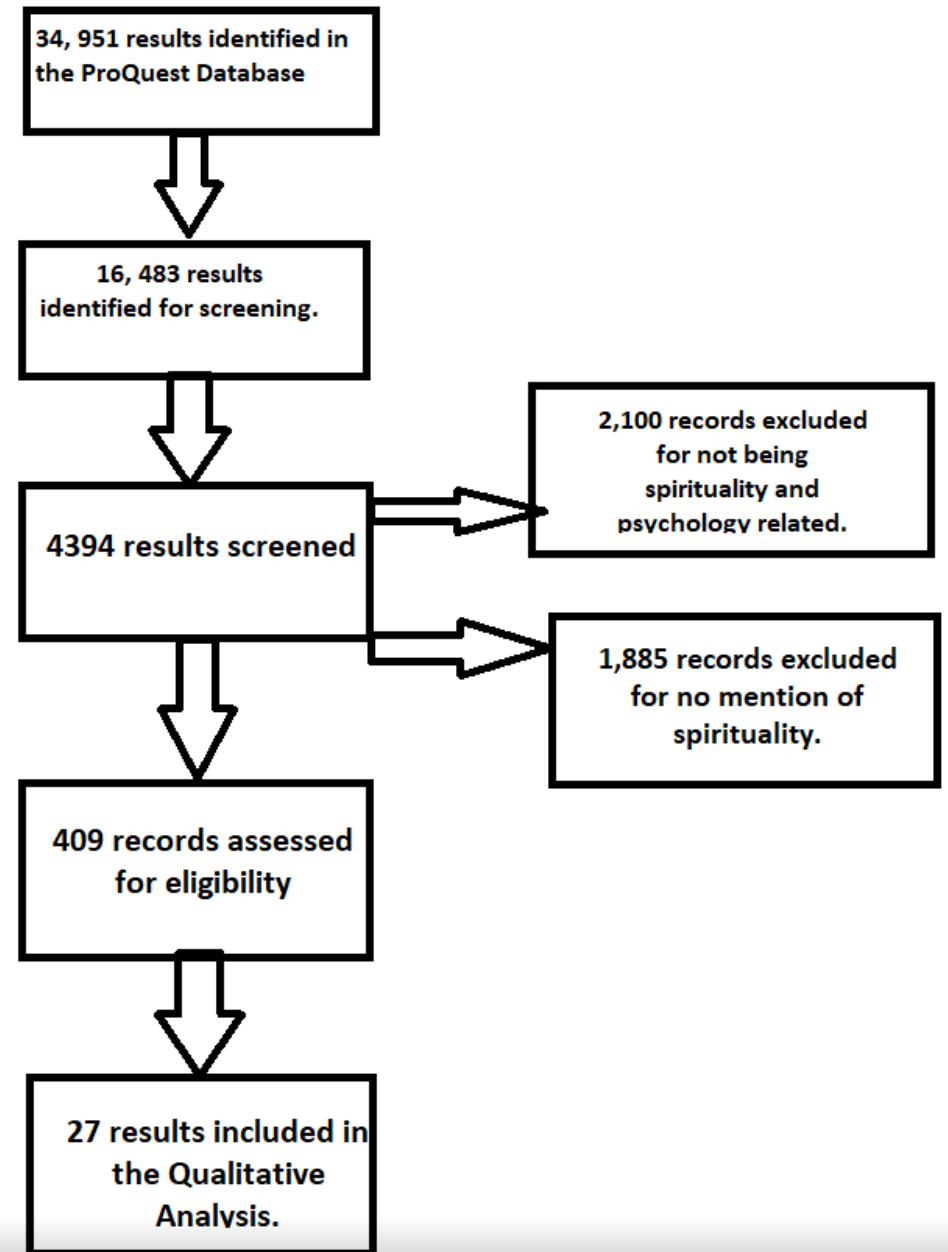
Keywords utilized to narrow down search include the following: spirituality and positive psychology, psychological well-being and positive psychology, meaningful life and psychological well-being, spirituality and psychological well-being.

The researcher used the following website to access the ProQuest Database:  
<https://library.phoenix.edu/proquest>.

# Inclusion Criteria

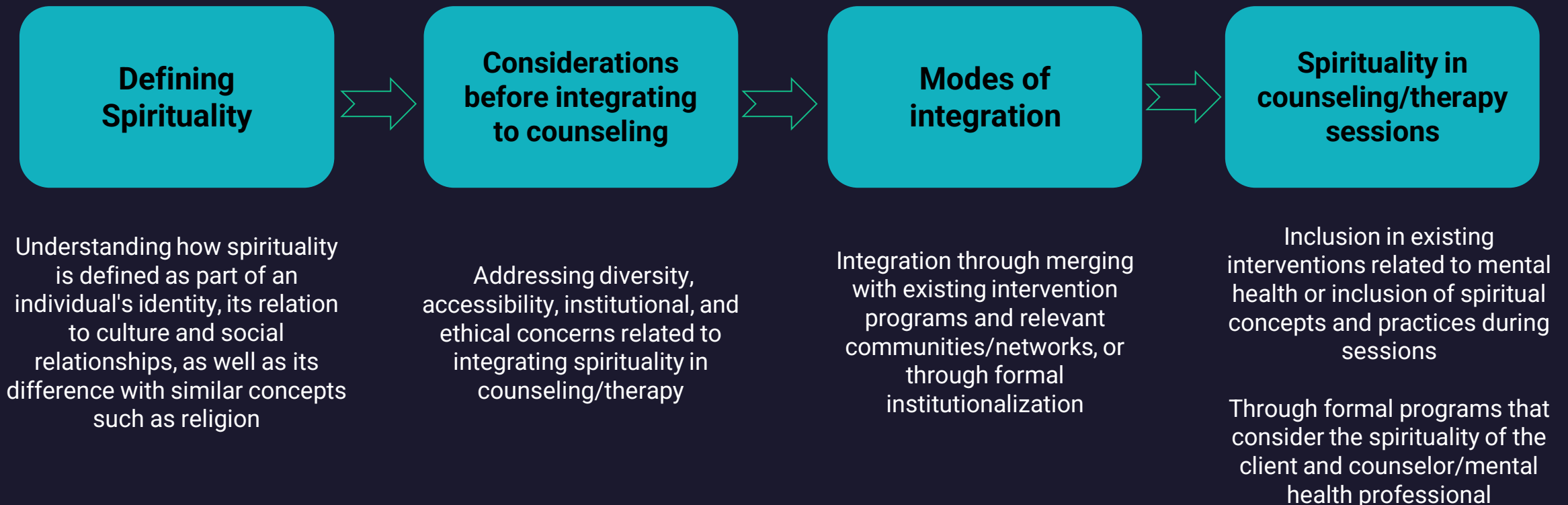
Study Selection 342 potentially relevant studies were examined against the set inclusion and exclusion criteria. The search included: English, peer-reviewed journal articles, with dates between 2006 and 2021. Additionally, studies were included if their demographic was 18+ years in age and provided information on meaning-making, post-traumatic growth, and grief and bereavement concerning SLSs. Furthermore, if studies provided information on religion/spirituality and meaning-making for SLSs, or discussed the clinical use or effectiveness of meaning-making theory for SLSs they were also included. Studies were excluded if their study population were children, adolescents or parents/loved ones of a child/adolescent who completed suicide. Additionally, studies were excluded if they addressed meaning-making as a suicide prevention strategy for those at risk of completing suicide or who have suicidal ideations/tendencies. Furthermore, studies were excluded if they addressed meaning-making and attachment or early maladaptive schemas. As well as studies using meaning-making described through leisure, hobbies, recreation, creative arts, or narrative therapy. Lastly, studies were excluded if suicide was discussed generally through violent or traumatic loss. The reason for these exclusions was that the information would be better presented in independent research. Once the search terms and inclusion criteria were applied, articles were selected for use in this scoping review based on the relevance of their abstract to the research questions. From there, articles were reviewed in-depth and were only included if they related to meaning-making, religion and spirituality as a mechanism of meaning-making for SLSs. It should be noted that there is one exception to the inclusion criteria that was used. The Religions 2023, 14, 73 4 of 17 exception is a master's dissertation by Henneberry (2010). Although it is not a peer-reviewed paper, this dissertation addresses pertinent themes related to this paper including, grief, meaning-making and R/S. Following the process of identification, screening and eligibility a total of 25 articles were selected (Figure 1: PRISMA flow chart)

# Visual Map of Selection Process



# Integrating Spirituality to Counseling and Therapy

A total of 15 articles were analyzed through thematic analysis. Four main themes emerged from the initial analysis conducted. This can be summarized into the diagram below:



# A Closer Look on Emerging Themes

## Defining Spirituality

### Spirituality and the self

As a form of individual connection with a higher power or part of a person's holistic wellness

### Spirituality and others

Spirituality as relational (e.g., importance of communion and relationships) and cultural (e.g., based on context and cultural beliefs)

### Spirituality vs. Religion

Spirituality as a broader concept that encapsulates religion, focusing on the individual rather than the collective

## Considerations before integrating to counseling

### Diversity

Addressing concerns on religious and/or cultural diversity

### Ethical concerns

Ensuring client autonomy and boundaries of counselors/mental health professionals

### Relatability & accessibility

Ensuring discussion of spirituality is applicable to contemporary issues and personal experiences

### Institutional concerns

Issues on program implementation, workload, and finance/budget allocation

## Modes of integration

### Integrating social network/community

Involving family members and community influencers in the intervention

### Merged with existing intervention programs

Include culturally relevant symbols and concepts to existing programs or merge with programs focusing on physical health

### Through institutionalization

Creating specific curricula and training programs and/or changing the structure of public care or mental health teams

## Spirituality in counseling/therapy sessions

### Guide to self-identity & growth

As a form of self-reflection, way to establish world view/personal values, part of personal development, and mental health

### Use of spiritual concepts/practices

Rituals such as prayers, reading of scriptures/readings, or discussion of spiritual concepts and experience (e.g., forgiveness)

### Client as priority

Considering the client's preference, background, language, and permission when discussing spirituality during counseling

### Guide for professionals

Using spirituality as a guide to counseling—either as a basis for their personal values or as theoretical knowledge—but not diagnosis

# Relationship among themes

**Defining Spirituality**

**Considerations before integrating to counseling**

**Modes of integration**

**Spirituality in counseling/therapy sessions**

**Spirituality and the self**

Ensure client's personal experience with spirituality and religious beliefs is addressed

**Relatability & accessibility**

**Spirituality vs. Religion**

Ensure ethical concerns related to religious/cultural discrimination and role boundaries of counselors/professionals are addressed

**Diversity & ethical concerns**

Make spirituality relatable/accessible by merging with known intervention programs and tapping one's network. This will also address issues on diversity and other ethical concerns

**Integrating social network/community**

**Merged with existing intervention programs**

**Guide to self-identity & growth**

**Use of spiritual concepts/practices**

Consider spirituality as a part of mental health and self-identity for easier integration to existing counseling interventions. Spiritual concepts or practices familiar to the client or performed with the community can also be included to make integration more seamless

**Spirituality and others**

Outside of conceptual considerations, addressing institutional and administrative concerns such as finances and workload would help in crafting formal programs, curricula, and training for spirituality-based counseling

Through formal institutionalization, guidelines to make sure clients are still the priority during counseling can be established. This will also help professionals in understanding how to properly integrate their own spirituality in sessions.

**Institutional/administrative concerns**

**Through institutionalization**

**Client as priority**

**Guide for professionals<sup>15</sup>**

# Psychological Well-Being and Positive Psychology

A total of twelve (12) articles were analyzed employing thematic analysis. Based on the initial analysis, the seven (7) themes emerged.

CODES	CATEGORIES	THEMES
overemphasis on positive emotions	definition of positive psychology	<b>Description of positive psychology</b>
human strengths, happiness, well-being, and flourishing		
explains how people can survive and flourish	description of positive psychology 2.0 (existential positive psychology)	
promotes the idea of flourishing amidst suffering		
positive-only focus	criticisms of positive psychology	
faulty categorization of emotions as positive and negative		
wrong labeling of emotions		



# Emerging Themes

Description of positive psychology

Effects of positive psychology on well-being

Contributing factors on psychological well-being

Positive effects of mindfulness on psychological well-being

Profile of people practicing mindfulness

Description of emotional intelligence

Effective and Maladaptive Coping mechanisms



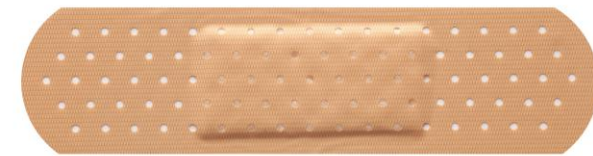




1. Spirituality can contribute to the components of well-being in the areas of engagement, meaning, relationships, and accomplishments.

2. The causes of human suffering can contribute to one's psychological well-being and inability to understand or process emotions. These causes can also create emotional conflicts, trauma, and emotional mismanagement.

# Key Findings



1. Spirituality brings the advantage of being present/awake in their life situations. It helps with a positive and accepting attitude towards the past life experiences and help establish future goals.

2. Compassionate mindful people may be less optimistic but value spiritual growth.

3. Spirituality and Mindfulness-based Interventions help cope more effectively with stressful situations and helps with emotion regulation.

# Key Findings





# Key Findings

1. Gender differences in time perspective, mindfulness, and psychological well-being.
2. There are certain characteristics of people with compassionate mindfulness.
3. Demographic differences of people with compassionate mindfulness.

1. In terms of gender differences, Gender is an inseparable aspect of psychological disciplines and is dynamic across the life-course for all people (Brady et al., 2022). Both LGB and Transgender individuals may experience social stressors, as well as internalized rejection and decreased self-worth (Oorthuys et al., 2023, p. 12). However, Gender dysphoria is no illness (Oorthuys et al., 2023). By focusing our perception of gender within these fixed systems, we fail to attend to the more complex inner processes of change and self-discovery. In other words, the role that spirituality play on one's daily lives. Brady et al., (2022) claim, "Race, gender age, economics, labour, and spirituality all connect to the dynamic possibilities of gender (p.3).

2. There are certain characteristics of people with compassionate mindfulness. Some of these characteristics are the following: They have lower basic needs, pay more attention to self-growth, and value personal growth and social realization.

3. Demographic differences of people with compassionate mindfulness. Men age 20-29 are more optimistic, Women ages 18-19 and 30-39 are less optimistic, sex, age and educational levels cause differences in mental health.



# Key Findings



# Key Findings

1. Emotional intelligence (EI) is a vital part of positive psychology. EI helps with self-awareness, emotional self-management, empathy, developing and managing relationships, and self-positive.
2. The domains of emotional intelligence include self-awareness, self-regulation, self-motivation, empathy, and interpersonal skills.
3. Spirituality enhances emotional intelligence.





1. Reflection rumination is a coping strategy to help self-isolated individuals deal with stressful situations. It helps reevaluate past and present events, feelings, and behaviors.

2. Negative emotions associated with the effects of emotional mismanagement.

- \*Stress
- \*Anxiety
- \*Depression
- \*Aggression
- \*Bullying
- \*Suicide
- \*Violence



# Key Findings

# Addressing research questions

## How is spirituality defined by modern day individuals?

- The term spirituality is defined differently by various authors (Peres et al., 2017).
- Spirituality is frequently associated with search for meaning, personal question, seeking purpose, and connectedness with life (Peres et al., 2017).
- Studies found that there is a direct relationship between meaning and religiousness (Peres et al., 2017).

# Addressing research questions

## **How is spirituality defined by mental health professionals?**

- Spirituality as individual connection to a higher power (Wagenfeld-Heintz, 2007; Baumsteiger & Chenneville, 2015 as cited in Wnuk, 2022).
- Religion as a subset of spirituality that is focused on collective beliefs and practices (Myers & Williard, 2003; Baumsteiger & Chenneville, 2015 as cited in Wnuk, 2022).
- Spirituality as part of a more holistic concept of mental health and personal growth (Myers & Williard, 2003; Harris, Thoresen, & Lopez, 2007).

# Addressing research questions

How does positive psychology influence the daily lives of adults?

- Meaning and peace are associated with less depressive symptoms and more quality of life and better health outcomes (Peres et al., 2017).
- Concerning religious/faith measures, association found in almost all outcomes was totally or partially mediated by optimism, satisfaction with life and happiness (Peres et al., 2017).
- Gratitude had a mediatory effect on the relationships between religious comfort/negative emotions toward God and self-esteem (Szczesniak et al., 2022).

# Addressing research questions

## How does spirituality influence the daily lives of adults?

- Faith and religiousness were linked to a better psychological quality of life (Peres et al., 2017; Ayub et al., 2022). Improves cognitive state such as work and/or school performance (Hidayah, et al., 2021; Klebanova, 2022; Wnuk, 2022)
- Influences psychological state such as coping with negative emotions and life experiences (Gerrand & Nduna, 2021; Klebanova, 2022). Fear/guilt, and other negative emotions toward God and the religious community was negatively correlated with one's self-esteem (Szczesniak et al., 2022).
- Communal practice of spiritual and religious rituals act as support (Ayub et al., 2022; Gerrand & Nduna, 2021; Hidayah, et al., 2021). People who view religion as a source of comfort and empowerment are more self-compassionate and recognize others' kindness (Szczesniak et al., 2022; Ayub et al., 2022)
- People who view religiosity as a cause of fear, stress, and internal strain has lower self-worth and appreciation of the positivity around them (Szczesniak et al., 2022). Having high levels of intrinsic religiosity but low levels of meaning/peace have worse outcomes than those with low religious involvement and high meaning/peace (Peres et al., 2017).

# Addressing research questions

## **What strategies can be used to help mental health professionals incorporate spirituality into their clinical sessions to help adults develop a sense of purpose in their lives?**

1. Spirituality is included in therapy sessions as preferred by their client, talking to them based on their own religious and cultural experience (Armstrong, 2021; Harris, Thoresen, & Lopez, 2007; Tan, 2003; Wagenfeld-Heintz, 2007)
2. Spirituality of mental health professionals act as their personal values when handling clients, with consideration of their boundaries professionally (Tan, 2003; Wagenfeld-Heintz, 2007)
3. Integrating faith in counseling should rely on personal narratives with diverse, everyday experiences relatable to clients (Flanagan & Hurley, 2011; Morariu, 2022)
4. Including spirituality in existing intervention programs or models such as primary care/physical health, programs for people with special needs, and/or Christianity or Catholic-based interventions(Adedoyin, et al., 2021; Cooper, 2022; Marker, Weeks, & Kraegel, 2007).

# Addressing research questions

## **What strategies can be used to help mental health professionals incorporate spirituality into their clinical sessions to help adults develop a sense of purpose in their lives?**

5. Integrating spirituality through the practice of mindfulness or practice of religious rituals (Armstrong, 2021; Cooper, 2022; Klebanova, 2022; Marker, Weeks, & Kraegel, 2007; Timbers & Hollenberger, 2022)
6. Including family members or community in interventions (Hidayah, et al., 2021; Marker, Weeks, & Kraegel, 2007)
7. Provide proper training to counselors/mental health professionals on spirituality (Tan, 2003). Research found both male and female religious identities and their impacts vary, therefore, gender-based strategies are recommended for intervention (Ayub et al., 2022).
8. Clinical psychologists and mental health workers can assist clients (particularly adolescents) by providing clarity about religious identity (Ayub et al., 2022).
9. Mental Health Practitioners (MHPs) who support Suicide Loss Survivors (SLS) need to focus on interventions that foster growth to help find meaning (Post et al., 2023).

# *Limitations of the Study*

- The original research design for this study was a narrative inquiry research design.
- There were no human subjects in this study. Student interviews were not feasible for this study because the intent was to explore what was already in the literature for future research studies that would involve human subjects.
- Five Databases within ProQuest Central were utilized instead of including other types of textual data to conduct content analysis.
- Combined two research questions into one research question to address strategies that can be used to help adults develop a sense of purpose in their lives.



# *Future Research*

- Conduct a qualitative study that focuses on the emotional intelligence of healthcare administrative staff and other clinical leadership positions in how they interact with mental health professionals.
- Conduct a qualitative research study that include adult interviews, questionnaires, and/or data collection methods to gain rich insights into their lived experiences and what role spirituality has played in their lives.
- Conduct a quantitative research study that focuses on spirituality, positive psychology, and emotional intelligence.

# Thank You

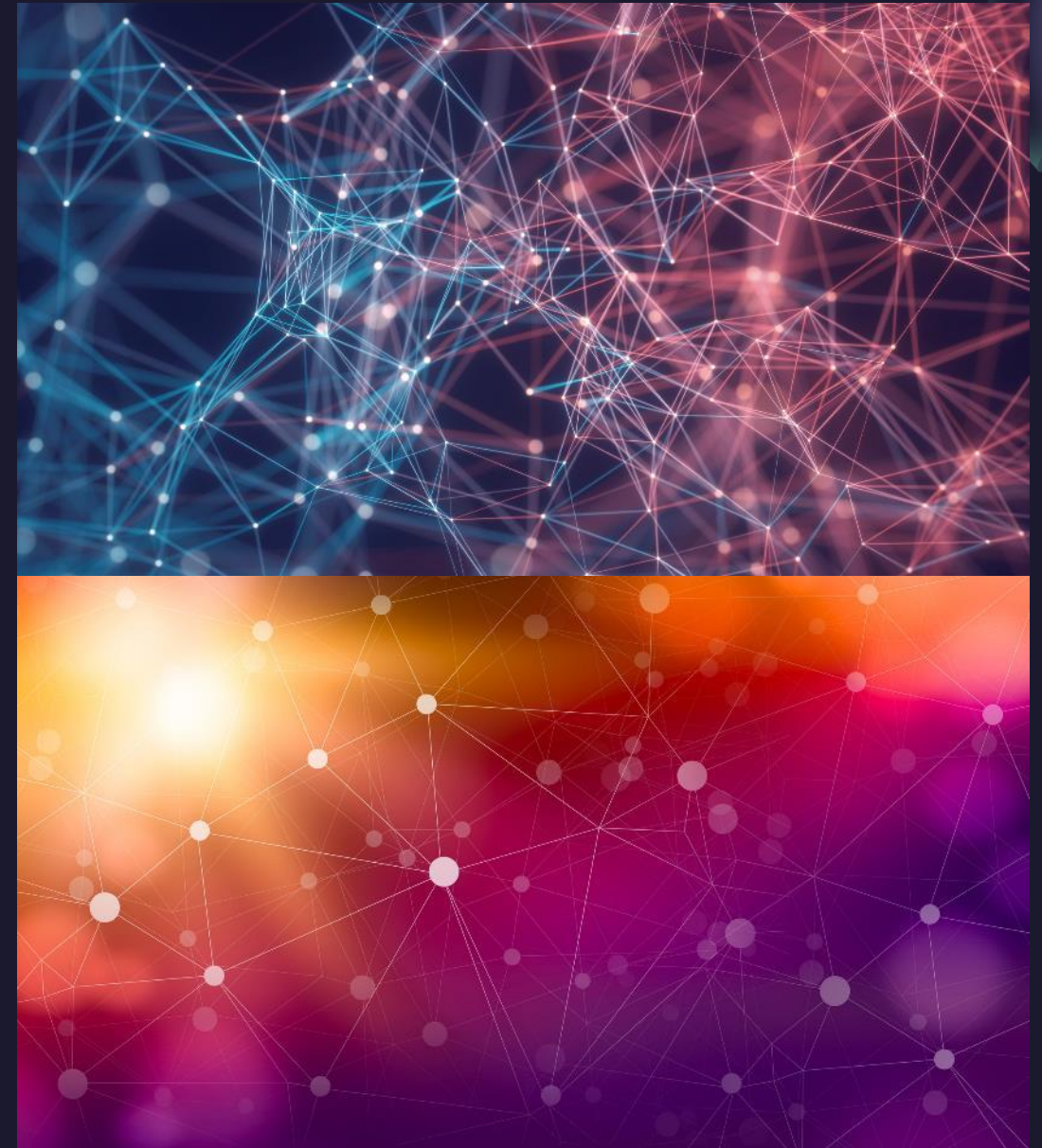
Got Questions About the Study?

Contact:

Dr. Alicia Clark, Ed.D., MS

[drhollandj@email.phoenix.edu](mailto:drhollandj@email.phoenix.edu)

[drclark.education@gmail.com](mailto:drclark.education@gmail.com)



# REFERENCES

- Adedoyin, A., Moore, S. E., Copeland, R., & Folaranmi, O. O. (2021). Integration of Faith and Spirituality in Social Work Education: A Systematic Review of Evidence in the Last 35 Years (1985-2020). *Social Work & Christianity*, 48(3).
- Anand, P. (2021). Significance of emotional intelligence in coping with suffering. *Indian Journal of Positive Psychology*, 12(4), 309-313.
- Armstrong, T. (2021). Considerations in Culturally Modifying Psychotherapy. *Journal of Psychology and Christianity*, 40(3), 258-262.
- Ayub, N., Iqbal, S., & Rangoonwala, E. (2022). Religious Identity and Psychological Well-being: Gender Differences Among Muslim Adolescents. *PJPR Vol. 37 No. 1 (2022)*, 37(1), 99–110. <https://doi.org/10.33824/pjpr.2022.37.1.06>
- Barany, E. (2022). Positive psychology in the school, in the case of ERASDG project's innovation camp. *Journal of Applied Technical and Educational Sciences jATES*, 12(1). <https://doi.org/10.24368/jates296>
- Basurrah, A., Lambert, L., Setti, A., Murphy, M., Warren, M., Shrestha, T., & di Blasi, Z. (2021). Effects of positive psychology interventions in Arab countries: a protocol for a systematic review. *BMJ Open*, 11(7), e052477. <https://doi.org/10.1136/bmjopen-2021-052477>
- Brady, B., Rosenberg, S., Newman, C. E., Kaladelfos, A., Kenning, G., Duck-Chong, E., & Bennett, J. (2022). Gender is dynamic for all people. *Discover Psychology*, 2(1) <https://doi-org.csu.idm.oclc.org/10.1007/s44202-022-00054-2>
- Caballero, R., Valiente, C., & Espinosa, R. (2021). Predictors of subjective well-being among individuals with severe psychiatric conditions. *Comprehensive Psychiatry*, 110, 152266. <https://doi.org/10.1016/j.comppsy.2021.152266>
- Chang, S., Sambasivam, R., Seow, E., Subramaniam, M., Ashok Assudani, H., Tan, G. C. Y., Lu, S. H., & Vaingankar, J. A. (2022). Positive mental health in psychotherapy: a qualitative study from psychotherapists' perspectives. *BMC Psychology*, 10(1). <https://doi.org/10.1186/s40359-022-00816-6>
- Cooper, Z. (2022). Spirituality in Primary Care Settings: Addressing the Whole Person through Christian Mindfulness. *Religions*, 13(4), 346.
- Esen, E., Besdil, G. E., & Erkmén, T. (2021). Moderating role of psychological well-being on the relationship between capital and job satisfaction. *Management Research and Practice*, 13(4), 26+. <https://link.gale.com/apps/doc/A688121423/AONE?u=anon~a6f329dc&sid=googleScholar&xid=ab53fea7>
- Flanagan, K. S., & Hurley, A. (2011). Integrating Faith and Psychology: Twelve Psychologists Tell Their Stories. *Christian Scholar's Review*, 41(1), 95.
- Fuentes, A., Oyanadel, C., Zimbardo, P., González-Loyola, M., Olivera-Figueroa, L. A., & Peñate, W. (2022). Mindfulness and balanced time perspective: Predictive model of psychological well-being and gender differences in college Students. *European Journal of Investigation in Health, Psychology and Education*, 12(3), 306–318. <https://doi.org/10.3390/ejihpe12030022>

# REFERENCES

- Gerrand, P., & Nduna, M. (2021). Father Absence in the Lives of Female African Youth Living in Mpumalanga, South Africa: Christianity a Coping Strategy that Builds and Strengthens Resilience. *Social Work & Christianity*, 48(2).
- Harris, A. H., Thoresen, C. E., & Lopez, S. J. (2007). Integrating positive psychology into counseling: Why and (when appropriate) how. *Journal of Counseling & Development*, 85(1), 3-13.
- Hidayah, R., Mu'awanah, E., Zamhari, A., Munardji, M., & Naqiyah, N. (2021). Learning worship as a way to improve students' discipline, motivation, and achievement at school. *Journal of Ethnic and Cultural Studies*, 8(3), 292-310.
- Khodabakhsh, S., & Ooi, C. S. (2022). Gratitude and well-being during COVID-19 pandemic in Malaysia: Mediate role of resilience. *Psychological Thought*, 15(1), 189–214. <https://doi.org/10.37708/psyct.v15i1.639>
- Klebanova, K. (2022). Rethinking Mindfulness in Education within Two Frameworks: Articulating the “Threefold Model of Mindful Wisdom” with the “Theory of Mental Interference”. *Religions*, 13(1), 66.
- Lin, H. L., Lin, F. S., Liu, L. C., & Liu, W. H. (2022b). The moderating effect of compassionate mindfulness on the psychological needs and emotions of generation Y in the 21st century in Taiwan. *International Journal of Environmental Research and Public Health*, 19(9), 5458. <https://doi.org/10.3390/ijerph19095458>
- Marker, C., Weeks, M., & Kraegel, I. (2007). Integrating Faith and Treatment for Children with High Functioning Autism Spectrum Disorders. *Journal of Psychology & Christianity*, 26(2).
- Martskvishvili, K., & Lagidze, N. (2022). Well-being and pandemic lockdown: The role of emotional intelligence, self-compassion, and rumination. *Psychological Thought*, 15(1), 105–131. <https://doi.org/10.37708/psyct.v15i1.623>
- Morariu, I. M. (2022). Spiritual Autobiographies—Between Philosophical and Spiritual Counselling. *Journal for the Study of Religions and Ideologies*, 21(61), 19-30.
- Myers, J. E., & Williard, K. (2003). Integrating spirituality into counselor preparation: A developmental, wellness approach. *Counseling and Values*, 47(2), 142-155.
- Naik, D. & Satpute, A. (2021). Goal orientation as predictor of psychological well-being as flourishing among post-graduate students. *International Journal of Education and Management Studies*, 11(4).
- Nas, E. (2021). Pozitif Psikolojide Güncel Bir Kavram: Merhamet Doyumu. *Psikiyatride Guncel Yaklasimlar - Current Approaches in Psychiatry*, 13(4), 668–684. <https://doi.org/10.18863/pgy.852636>

# REFERENCES

- Oorthuys, A. O. J., Ross, M., Baudewijntje, P. C. K., Mullender, M. G., & Tim C van, d. G. (2023). Identifying Coping Strategies Used by Transgender Individuals in Response to Stressors during and after Gender-Affirming Treatments—An Explorative Study. *Healthcare*, 11(1), 89. <https://doi-org.csu.idm.oclc.org/10.3390/healthcare11010089>
- Peres, M. F. P., Kamei, H. H., Tobo, P. R., & Lucchetti, G. (2017). Mechanisms Behind Religiosity and Spirituality's Effect on Mental Health, Quality of Life and Well-Being. *Journal of Religion and Health*, 57(5), 1842–1855. <https://doi.org/10.1007/s10943-017-0400-6>
- Phan, H. P., Ngu, B. H., Chen, S. C., Lin, R. Y., Wang, H. W., Shih, J. H., & Shi, S. Y. (2021). Empirical validation of the psychological concept of a perceived feeling of 'energy': Advancement into the study of positive psychology. *PLOS ONE*, 16(11), e0259762. <https://doi.org/10.1371/journal.pone.0259762>
- Post, E., Vis, J., & Boynton, H. M. (2023). The Clinical Utility of Spirituality and Religion in Meaning-Making Theory for Suicide Loss Survivors: A Scoping Review. *Religions*, 14(1), 73. <https://doi-org.csu.idm.oclc.org/10.3390/rel14010073>
- Szcześniak, M., Falewicz, A., Madej, D., Bielecka, G., Pracka, J., & Rybarski, R. (2022). The Mediating Effect of Dispositional Gratitude on the Relationship between Religious Struggles and Self-Esteem: Preliminary Results. *Religions*, 13(1), 70. <https://doi.org/10.3390/rel13010070>
- Tan, S. Y. (2003). Integrating spiritual direction into psychotherapy: Ethical issues and guidelines. *Journal of Psychology and Theology*, 31(1), 14-23.
- Timbers, V. L., & Hollenberger, J. C. (2022). Christian Mindfulness and Mental Health: Coping through Sacred Traditions and Embodied Awareness. *Religions*, 13(1), 62.
- Wagenfeld-Heintz, E. (2008). One mind or two? How psychiatrists and psychologists reconcile faith and science. *Journal of Religion and Health*, 47(3), 338-353.
- Wnuk, M. (2022). The Employee Spirituality Scale as a Measure of Employees' Spirituality. *Religions*, 13(1), 72.