



Spiritual Therapy Approach toward People with Mental Disorder: Literature Review

Sri Suyani^{1*)}, Shanti Wardiningsih²

¹ Universitas.Muhammadiyah Yogyakarta

ARTICLE INFO

Article history:

Received 21 January 2023

Accepted 1 April 2023

Published 10 June 2023

Keyword:

Therapy
Spiritual Approach
Handling
Mental Health Disorders

ABSTRACT

Individuals who experience mental disorders certainly experience changes, both changes from the cognitive, affective, social, and spiritual dimensions. Spirituality is closely related to mental health, which affects psychological strength and well-being, so that it will increase acceptance of the problems faced. Spirituality therapy approaches must be carried out in managing care, which is integral to nursing services, including bio, psycho, socio, and spiritual. This review aims to collect and analyze articles related to therapy with a spiritual approach in dealing with mental health disorders, which is a spiritual treatment that is an essential aspect in the management of mental disorders, therefore it is necessary to conduct a study to determine the effect of spiritual therapy in the management of mental disorders. The research design used 6 (six) article databases as search results, such as Pub Med, Google Scholar, Crossref, and Scopus, with the keywords Mental illness OR mental disorder AND spirituality OR spiritual therapies. The criteria for the articles used are those published in 2016 – 2021. This research found that spiritual therapy is needed to manage patients with mental disorders. This is because the Spiritual Therapy approach helps encourage others to increase positive emotions, improving mental health and reducing anxiety and depression in patients with mental disorders.

Kata kunci:

Terapi
Pendekatan Spiritual
Penanganan
Gangguan Kesehatan Jiwa

*) corresponding author

Sri Suyani

Master of Nursing Program
Universitas.Muhammadiyah Yogyakarta
Jl. Brawijaya, Gemblegan, Tamantirto,
Kecamatan Kasihan, Kabupaten Daerah
Istimewa Yogyakarta, 55183

Email: srisuyani1973@gmail.com

DOI: 10.30604/jika.v8i2.1998

Copyright 2023 @author(s)

ABSTRAK

Individu yang mengalami gangguan jiwa tentunya mengalami perubahan, baik perubahan dari dimensi kognitif, afektif, sosial, maupun spiritual. Spiritualitas erat kaitannya dengan kesehatan mental, yang mempengaruhi kekuatan dan kesejahteraan psikologis, sehingga akan meningkatkan penerimaan terhadap masalah yang dihadapi. Pendekatan terapi spiritualitas harus dilakukan dalam penatalaksanaan asuhan keperawatan yang integral dengan pelayanan keperawatan, meliputi bio, psiko, sosio, dan spiritual. Review ini bertujuan untuk mengumpulkan dan menganalisis artikel terkait terapi dengan pendekatan spiritual dalam mengatasi gangguan kesehatan jiwa, yang merupakan terapi spiritual yang merupakan aspek penting dalam penatalaksanaan gangguan jiwa, oleh karena itu perlu dilakukan kajian untuk mengetahui efek terapi spiritual dalam pengelolaan gangguan mental. Rancangan penelitian menggunakan 6 (enam) database artikel sebagai hasil pencarian, seperti Pub Med, Google Scholar, Crossref, dan Scopus, dengan kata kunci Penyakit mental ATAU gangguan jiwa DAN spiritualitas ATAU terapi spiritual. Kriteria artikel yang digunakan adalah artikel yang terbit tahun 2016 – 2021. Penelitian ini menemukan bahwa terapi spiritual diperlukan untuk menangani pasien gangguan jiwa. Hal ini karena pendekatan Terapi Spiritual membantu mendorong orang lain untuk meningkatkan emosi positif, meningkatkan kesehatan mental serta mengurangi kecemasan dan depresi pada pasien gangguan jiwa.

This open access article is under the [CC-BY-SA](https://creativecommons.org/licenses/by-sa/4.0/) license.



INTRODUCTION

A person's health is influenced by the quality of life-related to overall well-being, which consists of physical, psychological, social, and spiritual elements. Spirituality is the core element of the individual's mind that does not have certain boundaries built by the individual's choice (Hargreaves et al., 2021). Spirituality helps a person become a strong person and able to find meaning in life and find solutions to problems due to the inner conflict that is felt. Spiritual health is a condition in which a person can face everyday life by fulfilling all his potential, bringing meaning and concepts to his life, and feeling happy with himself. Spiritual health is characterized by continuity of life, serenity, a close relationship with God, and a purpose in life (Milner et al., 2020).

According to Riskesdas, 14.4 million people, or 6.4% of the population, suffer from mental-emotional disorders such as anxiety and depression. On the basis of data from the United Nations Office on Drugs and Crime, it is estimated that as many as 29.5 million people suffer from drug abuse and 190,000 people perish due to drug abuse (Muslih et al., 2021). In 2017, the number of drug consumers in Indonesia reached 4.1 million, or between 2.1 and 2.25 percent of the total population. The projected substance abuse numbers will rise from 4.1 million in 2015 to 5 million in 2020. Men are three times more likely than women to abuse drugs, and the working population contributes most to drug abuse (Grim & Grim, 2019).

Psychological factors are essential in the development of physical illness and in the response to physiological, physiological, emotional, and spiritual threats, which can lead to mental disorders such as anxiety, depression, drug abuse, and mental health in the elderly, resulting in a lack of personal control and consequently a decrease in life satisfaction (Heidari et al., 2019). Mental disorders are associated with functional changes in neuronal synapses where there is a decrease or increase in the neurotransmission of certain neurotransmitters. Datta and Nanda emphasized the discussion of spirituality (Kruger et al., 2023).

Therefore, professional nursing staff must give special attention to this dimension, specifically primary spiritual care, which is an integral part of the holistic nursing that nurses must provide. Spiritual care is a distinctive aspect of nursing care that cannot be replaced by other treatments such as psychological, social, and spiritual care that can provide answers to fundamental human concerns such as the meaning of life, pain, suffering, and death.

LITERATURE REVIEW

Spiritual Relaxation Therapy

The term psychotherapy comes from two words, namely *psycho*, which means psychology or mental, and *therapy*, which means healing. It can be concluded from the above understanding that psychotherapy is healing the soul. Psychotherapy is a form of mind treatment or treatment of psychological disorders and treatments through psychological methods. According to James P. Chaplin, in his book *Complete Dictionary of Psychology*, he divides the notion of psychotherapy into two perspectives, specifically, psychotherapy is defined as the application of special techniques to mental illness and daily adjustment difficulties

(Gone, 2021). Meanwhile, in a broad sense, psychotherapy includes healing through religious beliefs through informal speakers or personal discussions with trusted people. From the above understanding, it can be concluded that psychotherapy is not just healing or treating the soul but can also be interpreted as maintaining and developing a healthy mind (Lloyd, 2021).

While relaxation is the absence of tension (tension), an atmosphere full of calm when all feelings related to the necessities of daily life can be kept away. Relaxation can be used for migraines, hypertension, insomnia, headaches, phobia of flying, and Raynaud's disease. Relaxation procedures can also be applied to children to overcome symptoms and reduce chemotherapy's side effects for cancer patients (Bielinis et al., 2021).

Relaxation is an effort to relieve tension, first of all physical, relieving mental tension. The method can be respiratory by regulating breathing activities or muscles. Regularity in breathing, especially with the right rhythm, will cause the mental attitude and body to relax (Yu et al., 2021). From the explanation above, it can be concluded that relaxation is a state where individuals feel calm, comfortable, and peaceful. So that in everyday life, he can walk well and relax. Relaxation can also reduce anxiety, phobia of flying, insomnia, headaches, and hypertension and can be applied to children (Stevenson, 2021).

While spiritual understanding is the side of the soul that has divine characteristics (divinity) and has the power to attract and push other dimensions to manifest the attributes of the natural God himself. These potentials are very attached to the human psychic dimension and require actualization. In a broad sense, spirituality is related to the spirit (Martin, 2022). Something spiritual has eternal truths related to the purpose of human life, in which there may be beliefs that contain supernatural powers, as in religion, but emphasize the person. Individual self-awareness and awareness of origin, purpose, and destiny. Religion is the physical manifestation of the absolute truth on earth. Religion is a set of specific behavioural practises associated with beliefs articulated by specific intuitions and held by its adherents. A person may follow a particular religion but still have spirituality (Alizad & Sheikhloovand, 2022).

From the explanation above, it can be concluded that spirituality is a soul or spirit with an attractive divine nature that encourages dimensions to radiate its divine nature, which requires a growing achievement in each life. Spirituality is a belief whose existence resides in an eternal individual, as in embracing a religion. So, self-actualization is achieved through religion (Ruslan et al., 2022). On the basis of the preceding theoretical description, spiritual relaxation therapy aims to assist in the resolution of a person's psychological or spiritual issues by relaxing tense muscles in the body, accompanied by religiously-based suggestions. This therapy is a combination therapy consisting of pure relaxation therapy and spiritual suggestions. Therefore, a person attains both physical and spiritual tranquilly. Thus one is expected to experience more benefits from this spiritual relaxation therapy (Audate, 2022).

Relaxation can treat migraines and the phobia of flying and reduce chemotherapy's side effects for cancer patients and various other diseases. This therapeutic procedure can also be applied to children to overcome stress symptoms (Lacy et al., 2023). Burn describes several benefits of relaxation in terms of the studies that have been studied, namely:

- a) Relaxation will make individuals better able to avoid overreactions due to stress.

- b) It can lower, reduce and treat hypertension, headaches, and insomnia.
- c) Reducing anxiety levels by relaxing individuals who have high anxiety can show positive physiological effects.
- d) Reducing distractions and controlling anticipatory anxiety before stressful situations, such as important meetings, interviews, etc.
- e) Relaxation can also reduce certain more common behaviors during stress, such as smoking too much, drinking alcohol, using drugs, and overeating.
- f) Improve work performance and social and physical skills.
- g) Relaxation can overcome fatigue and mental activity.
- h) Relaxation can also cause physiological stimulation so that one's self-awareness can increase.
- i) Relaxation is an aid in healing certain diseases and operations. Relaxation not only reduces anxiety but also facilitates the movement of the baby through the cervix.
- j) An essential physiological consequence of relaxation is that the individual's level of self-esteem and self-confidence increases (Lantta et al., 2021).

Based on the description above, it can be concluded that relaxation therapy can treat various physical and psychological problems. Among them are overcoming hypertension, migraines, insomnia, anxiety, and phobia of flying, reducing the side effects of chemotherapy for cancer patients, and dealing with stress. In addition, relaxation can positively affect aspects of human life, namely feelings, thoughts, and behavior.

Mental Disorder

Today mental disorders are defined and treated as medical problems. According to the Ministry of Health of the Republic of Indonesia, mental disorders are alterations in mental function that result in mental function disturbances that cause individuals suffering and impede their ability to fulfil social roles. Mental disorders or mental illness are challenges that a person must confront because of his relationships with other people, his perception of life, and his attitude towards himself (Suartha et al., 2022).

Mental disorder is a manifestation of a form of behavioral deviation due to emotional distortion so that it is determined that the behavior is unreasonable. This happens because of the decline in all mental functions. Mental disorders are disorders that affect one or more mental functions. Mental disorders are brain disorders characterized by disturbed emotions, thought processes, behavior, and perceptions (sensory perception). This mental disorder causes stress and suffering for sufferers and their families (Wakefield, 2020).

Mental disorders are the same as other physical disorders, and it's just that mental disorders are more complex, ranging from mild ones, such as anxiety and fear, to more severe ones, such as mental illness or what we know more as crazy (Grover et al., 2020).

Mental disorders have various causes. The causes of mental disorders can come from unsatisfactory relationships with other people, such as being mistreated, being treated arbitrarily, losing loved ones, losing jobs, etc. In addition, there are also mental disorders caused by organic factors, neurological disorders, and brain disorders (Regmi et al., 2020). The main symptoms or symptoms that are most prominent in mental disorders are found in psychological elements, but the leading causes may be in the body (somatogenic), in the social environment (sociogenic), or

psychological (psychogenic). Usually, there is no single cause, but several causes at once from the various elements that influence each other or coincidentally occur together, then physical or mental disorders arise (Lee et al., 2020).

According to Santrock, the causes of mental disorders can be divided into:

a) Biological/Physical Factors

1) Descendants

The exact role of a cause is not yet clear, and it may be limited in causing sensitivity to mental disorders, but unhealthy psychological and environmental factors greatly support this.

2) Physical

Some researchers argue that a person's body shape is related to certain mental disorders. For example, those who are obese/endoform tend to suffer from manic-depressive psychosis, while those who are thin/ectoform tend to become schizophrenic.

3) Temperament

People who are overly sensitive/sensitive usually have psychiatric problems and tensions that tend to experience mental disorders.

4) Illness and bodily injury

Certain diseases, such as heart disease, cancer, and others, may cause depression and sadness. Likewise, specific bodily injuries/disabilities can cause low self-esteem (Haanes et al., 2020).

b) Psychological Factors

Various experiences of frustration, failure, and success experienced will color the attitude, habits, and character. Giving parental love that is cold, indifferent, stiff, and complex will cause anxiety, pressure, and a resistant personality against the environment (Achetogui, 2019).

c) Socio-Cultural Factors

Culture is technically an idea or behavior that can be seen or not seen. Cultural factors are not a direct cause that can lead to mental disorders, usually limited to determining the "color" of symptoms. Besides influencing the growth and development of a person's personality, for example, through the customary rules that apply in that culture (Reupert et al., 2021). Some of these cultural factors, namely:

1) How to raise children

How raise children who are rigid and authoritarian can cause the relationship between parents and children to become stiff and not warm. Adult children may be very aggressive or withdrawn and not sociable or overly obedient.

2) Value system

Differences in moral and ethical values systems between one culture and another, between the past and present, often cause psychological problems. Likewise, moral differences are taught at home/school with those practiced in everyday society.

3) The imbalance between desire and reality

Advertisements on radio, television, newspapers, films, and others cast dazzling images of modern life, which may be far from the reality of everyday life. As a result of the disappointment that arises, a person tries to overcome it by imagining or doing something detrimental to society.

4) Tension due to economic factors and technological progress

In modern society, the need for competition is increasing and getting more challenging to improve the economy resulting from modern technology. Stimulating people to work harder to have it. Factors such as low wages, poor

housing, limited time for rest, and company with family are some causes of abnormal personality development.

5) Transfer of family unit

Especially for children developing their personality, environmental changes (culture and social relations) are pretty influential.

6) The problem of minorities

The pressure experienced by this group from the environment can result in a feeling of rebellion which will then appear in the form of indifference or taking actions that are detrimental to many people.

METHODS

The method used in this study is to analyze articles that have been selected and reviewed from several sources so that it becomes a new discussion. This journal will discuss the approach to spiritual healing in people with mental disorders. The author searched a journal using Google Scholar, Pubmed, Crossref, and Scopus references. The keywords in this article search “mental illness OR mental

disorder AND spirituality OR spiritual therapies”. The research begins with a review of the title and abstract, found several 2165 references, removed duplicates, and issued references that did not meet the criteria. The number of journals that meet the inclusion criteria for fulltext articles is 6.

RESULT AND DISCUSSION

Article Used in This Research

Through the methods mentioned above, this study found six articles that match the criteria of the method. The following table below will explain the details of the articles used. These details include the author’s name, the article’s title, the research design, the study’s object, the characteristics of the respondents, the type of therapeutic approach used, and the results found during the study. Following are the details of the six studies.

Table 1. Summary and Synthesis of Study Results

Researcher Name & Year	Title	Type Therapeutic Approach Spiritual	Outcome
A. Sankhe, K. Dalal, D. Save and P. Sarve, 2017	Evaluation of the effect of Spiritual care on patients with generalized anxiety and depression: a randomized controlled study	Spiritual healing intervention with MATCH Guidelines	Analysis Results There was a statistically significant increase in HAM-A scores with spiritual care therapy and was not in the control group in any follow-up time periods.
Eslam Mohamed Gado et all 2016	Effects of Psycho-Educational Program About Spirituality on The Quality of Life Among Hospitalized Psychiatric Patients	Spiritual education program	There is a significant statistically positive correlation between the total quality of life score and total score spirituality among studied patients pre, immediately, one month, and three months post-application of the program.
Masoud Nikfarjam et all 2018	Effect of Group Religious Intervention on Spiritual Health and Reduction of Symptoms in Patients with Anxiety	Group religious intervention	There is an increase in the patient’s spiritual health; religious intervention reduces the patient’s anxiety symptoms and can complement a therapeutic approach and drug therapy.
Mohammad Heidari et al. 2019	The Effect of Spiritual Care on Perceived Stress and Mental Health Among the Elderlies Living in Nursing Homes	Spiritual care	The perceived levels of tension between the two groups were significantly different.
Yoichi Chida at all, 2016	A Novel Religious/ Spiritual Group Psychotherapy Reduces Depressive Symptoms in a Randomized Clinical Trial	HSC treatment with MBCT Buddhist intervention principles	There was a significant difference between the groups at baseline. There was a substantial increase in depressive symptoms marked by a decrease in complaints of depressive symptoms.
Asmawati et al. 2020	The effect of Spiritual Emotional Freedom Technique (SEFT) therapy on the anxiety of NAPZA (narcotics, psychotropic, and other addictive substances) resident	Spiritual Emotional Freedom Technology (SEFT) Therapy.	There is a significant effect of SEFT therapy on drug consumers' anxiety levels, with a p-value of < 0.001. SEFT intervention can reduce substance users' levels of anxiety.

The results of the literature review show that spiritual therapy is very influential in treating people with mental health disorders; namely, there is an influence on the level of anxiety and depression. The types of spiritual approaches will be discussed and analyzed in the literature review following the study of journal articles.

Spiritual Healing Approach with MACTH Guidelines

The spiritual treatment with MACTH Guidelines is given with the aim of reducing levels of anxiety and depression.

The MACTH Guide defined MACTH Guidelines with contain interventions in the from action as follows:

- a) M: Mercy
For example, with the behavior of a vegetarian diet and define life as a start at fertilization.
- b) A: Austerity
For example, by avoiding the use of narcotics and cigarettes
- c) T: Trustfulness
For example, with the behavior of telling and telling the truth.

d) C: Clean

For example, by maintaining physical and mental hygiene,

e) H: Holy Name

For example, calling with the power of meditation with a holy voice

The spiritual treatment mentioned above is carried out with the following principles: the following: firstly, there is discrimination of religion, gender, and or belief in God, the second accepts the broad general principle of all religions, the third principle namely caring through the environment, including healthy food, vegetarianism, spirituality, and emotional care.

Spiritual Healing Approach with Educational Program with Spiritual Practice

Spirituality is essential in helping with or recovering from mental health problems. The approach to spirituality in a holistic nursing approach has an essential role in helping people to cope with mental stress or mental illness and can help understand the conditions experienced and reduce negative effects.

Educational program with time-consuming spiritual practice free time with meditation, listening to the scripture, praying privately or in groups according to the desired topic, and identifying the meaning of life through religious programs by watching videos. Therapeutic approach spiritual education program with spiritual practice positively affects the quality of life of hospitalized psychotic patients. Research Hafti supports these results. Implementing an exercise programme by integrating religion and religious spirituality into a mental health care setting revealed that more than 80% of respondents use religious beliefs or activities in overcoming the challenges of daily life, and that religious or spiritual coping is an essential component of religious coping behaviour.

Spiritual Healing Approach with Group Religious Intervention

Therapeutic approaches with faith-based interventions have a significant impact in relieving depression and improving the quality of life, the impact of research with religious spirituality intervention can affect the prevention and treatment of psychological disorders.

Religion-based intervention by conducting programs based on concepts such as hope, dependence on God's Power, and instilling patience and fortitude in the face of complex problems affect mental health. On the other hand, with religious programs, groups of patients experiencing anxiety can be helped with social activities by participating in the environment of religious activities and joint attendance community by increasing interactions that can improve spiritual well-being and mental health.

Spiritual Healing Approach with Spiritual Care

Spiritual care is critical in the stress and mental health of the elderly in a nursing home. Koenig suggests that spirituality and spiritual intervention create an integrated system in patients with Ktonis disease due to the aging process in old age that improve health and quality of life and enhances society and the economy. According to Bband, spiritual care induces hope, and active listening can improve patient recovery from NAFZA abuse.

Spiritual care is a crucial factor in attaining personal integrity, as it enhances communication with oneself, the environment, and nature, as well as superior fortitude. It is believed that spiritual care is an indispensable resource for patients to overcome the suffering induced by illness. In the majority of studies related to health, religion, and spirituality, spiritual care has a direct and significant relationship with enhancing the health of the elderly, according to Hammond's review study.

Spiritual Healing Approach with Religious/Spiritual Group Psychotherapy New or HSC group psychotherapy (Happy Smile Clinic)

HSC group psychotherapy includes the "Fourfold Paths" happiness principle taught at Japan's largest Happy Science religious institute. Okawa suggests that there are four principles in psychotherapy is the first principle is the principle of love. This principle contains that love is believing in others and recognizing that all humans are God's creation, so you must avoid dishonorable actions; otherwise, love is being kind to the people around you and trying to run life outside the individual, the environment, and the surrounding community.

The second principle is the principle of wisdom, which has a very deep meaning about knowledge of life and includes knowing spiritual and spiritual factors universal truth that can provide answers to the problems at hand and relieve the anxiety that arises. More specifically with-Wise words guiding others with the truth can understand that the problems that occur are valuable life experiences.

The third principle is the principle of self-reflection, when making mistakes in the past, now, and in the future is not just regret or contemplation but accepting the error and then making corrections and improvements for the error that occurred. The fourth principle is the principle of progress. When someone wants to solve problems that arise and achieve success successfully, they believe there are many ways to achieve it. With master love, wisdom, and self-reflection, we will find a way to achieve progress where the goal will give happiness, optimism, and hope, affecting a person's ability to progress in preventing and overcoming depression and improving physical health.

Religiosity/spirituality is closely related to complaints somatic by increasing social support. Aside from that associated with the rhythm of sympathetic nervous system activity and increased parasympathetic activity, which causes a decrease in blood pressure, and levels of inflammatory cytokines.

HSC psychotherapy is based on the Buddhist theory of MBCT intervention. Intervention MBCT is a cognitive therapy based on Buddhist mindfulness using meditation which can reduce depression recurrence.

Spiritual Healing Approach with Spiritiua; Emotional Freedom Technique (SEFT)

Spiritual Emotional Freedom Technique (SEFT) therapy combines spiritual power and psychological energy to reduce stress's negative effects and promote relaxation. In this case, spirituality is associated with the mechanism in the positive and negative handling methods as well as exercise that has an impact on psychological well-being,

This approach can provide cognitive stimuli related to social and recreational activities, resulting in more efficient brain networks. Religion is essential in providing therapy and rehabilitation programs for victims of NAFZA abuse.

Implementation of drug abuse therapy, other than medical therapy, is also equipped with prayer therapy, namely remembering God like an activity prayer and dhikr.

Spirituality therapy will help individuals cope with a variety of illnesses, even in the face of various stressors; therefore, this spiritual healing will encourage an individual to increase positive emotions, such as well-being, happiness, hope, optimism, meaning, and purpose in life, thereby enhancing self-esteem and a sense of control over what is occurring. Positive energy is positive psychological energy, such as being kind, merciful, or forgiving, and it will be infused with gratitude. There is a significant influence ($p < 0.001$) in SEPT therapy with patient anxiety level NAFZA abuse at the Pelita Jiwa Insan Padang Foundation. This SEPT therapy is one of the most useful methods in treating drug abuse that is easy and cheap to carry out for worker's health, patients, and their families.

CONCLUSION

Based on the literature review, it was found that the Spiritual Therapy approach helps encourage others to increase positive emotions, improving mental health and reducing anxiety and depression in patients with mental disorders. Therefore, mental health in people with mental disorders can be improved by including a treatment program with a spiritual healing approach. Spiritual therapy has a crucial role in the treatment to maintain mental health. Approaching them with spiritual healing is also essential in achieving their therapeutic and treatment goals by knowing their spiritual needs and encouraging the use of spiritual interventions to implement holistic treatments. Expanding on the literature review, it was discovered that the Spiritual Therapy approach is crucial in promoting positive emotions and improving mental health for individuals with mental disorders. Integrating a spiritual healing approach into their treatment program can significantly enhance their mental health. Moreover, spiritual therapy holds a vital position in the treatment plan to maintain good mental health. It is imperative to understand the spiritual needs of these individuals and encourage the use of spiritual interventions as part of a holistic treatment approach to achieve their therapeutic goals effectively.

REFERENCES

- Achotegui, J. (2019). Migrants living in very hard situations: Extreme migratory mourning (the Ulysses syndrome). *Psychoanalytic dialogues*, 29(3), 252-268.
- Alizad, T., & Sheikhoovand, F. (2022). Investigating And Analyzing Spiritual Intelligence And Its Manifestations In Prominent Figures Of Mysticism With Emphasis On Robert Emmons' Theory. *Journal of Positive School Psychology*, 8(8), 3793-3806.
- Audate, T. S. (2022). Psychosynthesis as a spiritual practice in clinical social work. *Journal of Religion & Spirituality in Social Work: Social Thought*, 41(4), 369-383.
- Bielinis, E., Janeczko, E., Takayama, N., Zawadzka, A., Szupka, A., Pietka, S., ... & Bielinis, L. (2021). The effects of viewing a winter forest landscape with the ground and trees covered in snow on the psychological relaxation of young Finnish adults: A pilot study. *PLoS One*, 16(1), e0244799.
- Gone, J. P. (2021). Decolonization as methodological innovation in counseling psychology: Method, power, and process in reclaiming American Indian therapeutic traditions. *Journal of Counseling Psychology*, 68(3), 259.
- Grim, B. J., & Grim, M. E. (2019). Belief, behavior, and belonging: How faith is indispensable in preventing and recovering from substance abuse. *Journal of religion and health*, 58(5), 1713-1750.
- Grover, S., Dua, D., Sahoo, S., Mehra, A., Nehra, R., & Chakrabarti, S. (2020). Why all COVID-19 hospitals should have mental health professionals: The importance of mental health in a worldwide crisis!. *Asian journal of psychiatry*, 51, 102147.
- Haanes, J. V., Nordin, S., Hillert, L., Witthöft, M., van Kamp, I., van Thriel, C., & Van den Bergh, O. (2020). "Symptoms associated with environmental factors"(SAEF)-Towards a paradigm shift regarding "idiopathic environmental intolerance" and related phenomena. *Journal of Psychosomatic Research*, 131, 109955.
- Hargreaves, S. M., Raposo, A., Saraiva, A., & Zandonadi, R. P. (2021). Vegetarian diet: an overview through the perspective of quality of life domains. *International journal of environmental research and public health*, 18(8), 4067.
- Heidari, M., Ghodusi Borujeni, M., Kabirian Abyaneh, S., & Rezaei, P. (2019). The effect of spiritual care on perceived stress and mental health among the elderlies living in nursing home. *Journal of Religion and Health*, 58, 1328-1339.
- Kruyer, A., Kalivas, P. W., & Scofield, M. D. (2023). Astrocyte regulation of synaptic signaling in psychiatric disorders. *Neuropsychopharmacology*, 48(1), 21-36.
- Lacy, B. E., Cangemi, D. J., & Spiegel, B. R. (2023). Virtual Reality: A New Treatment Paradigm for Disorders of Gut-Brain Interaction?. *Gastroenterology & Hepatology*, 19(2), 86.
- Lantta, T., Anttila, M., Varpula, J., & Välimäki, M. (2021). Facilitators for improvement of psychiatric services and barriers in implementing changes: From the perspective of Finnish patients and family members. *International Journal of Mental Health Nursing*, 30(2), 506-523.
- Lee, K., Jeong, G. C., & Yim, J. (2020). Consideration of the psychological and mental health of the elderly during COVID-19: A theoretical review. *International journal of environmental research and public health*, 17(21), 8098.
- Lloyd, C. E. (2021). Contending with spiritual reductionism: Demons, shame, and individualising experiences among evangelical Christians with mental distress. *Journal of religion and health*, 60(4), 2702-2727.
- Martin, N. M. (2022). Jesus and Spirituality in Interreligious Perspectives. *Religions*, 13(12), 1157.
- Milner, K., Crawford, P., Edgley, A., Hare-Duke, L., & Slade, M. (2020). The experiences of spirituality among adults with mental health difficulties: a qualitative systematic review. *Epidemiology and psychiatric sciences*, 29, e34.
- Muslih, M., Chiu, W. C., Chuang, Y. H., & Chung, M. H. (2021). Psychometric properties of the Internalized Stigma of Mental Illness (ISMI) Scale in Indonesia. *Psychiatric Rehabilitation Journal*, 44(2), 166.
- Regmi, P. R., Aryal, N., van Teijlingen, E., Simkhada, P., & Adhikary, P. (2020). Nepali migrant workers and the need for pre-departure training on mental health: a qualitative study. *Journal of immigrant and minority health*, 22, 973-981.
- Reupert, A., Gladstone, B., Helena Hine, R., Yates, S., McGaw, V., Charles, G., ... & Foster, K. (2021). Stigma in relation to

families living with parental mental illness: An integrative review. *International Journal of Mental Health Nursing*, 30(1), 6-26.

Ruslan, R., Burga, M. A., & Noer, M. U. (2022). Theological Belief towards Islamic Spiritual Belief: Evidence from South Sulawesi, Indonesia. *HTS Teologiese Studies/Theological Studies*, 78(4), 6.

Stevenson, N. (2021). Developing academic well-being through writing retreats. *Journal of Further and Higher Education*, 45(6), 717-729.

Suartha, I. D. M., Martha, I. D. A. G. M., & Hermanto, B. (2022). Between Mental Illness, Criminal Policy Reform, and Human Rights: Discourse on Reformulation of The Article 44 Indonesia Criminal Code. *International Journal of Criminal Justice Sciences*, 17(1), 1-21.

Wakefield, J. C. (2020). Addiction from the harmful dysfunction perspective: How there can be a mental disorder in a normal brain. *Behavioural Brain Research*, 389, 112665.

Yu, B., An, P., Hendriks, S., Zhang, N., Feijs, L., Li, M., & Hu, J. (2021). ViBreathe: Heart rate variability enhanced respiration training for workaday stress management via an eyes-free tangible interface. *International Journal of Human-Computer Interaction*, 37(16), 1551-1570.

