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Poster Presentation Research

Anxiety and Spirituality Well-Being

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Abstract

Anxiety disorder is one of prevalent mental health problems that affect all aspects of human life. Considering Spirituality aspect of human is essential for mental health promotion. This study aimed to identify the relation between Spirituality well-being and depression, anxiety, and stress. A descriptive-analytical cross-sectional study was carried out on 100 nursing students in Islamic Azad University of Rasht in 2013. For data collection we used three parts questionnaire including demographic variables such as age, sex, occupation and marital status, depression, anxiety and stress scale (DASS-21) and spirituality well-being scale (SWBS). There were significant negative correlation between SWBS and depression (r=-0.673, *P*=0.0001), anxiety (r=-0.305, *P*=0.002) and stress (r=-0.385, *P*=0.0001). Also there were significant negative correlation between Existential Well-Being subscale and depression (r=-0.651, *P*=0.0001), anxiety (r=-0.285, *P*=0.004), and stress (r=-0.411, *P*=0.0001) and Religious Well-Being subscale and depression (r=-0.550, *P*=0.0001), anxiety (r=-0.262, *P*=0.008) and stress (r=-0.273, *P*=0.006). Based on findings of this study with increased scores of SWB and its two subscales, scores in depression, anxiety and stress scales will be decreased. It can be considered that improving spiritual well-being can be a suitable method for decreasing stress and its negative effects.

Keywords: Anxiety, Depression, Stress, Spiritual Well-Being.

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