The Status of Spiritual Health in Patients Referring to Health Centers

Introduction: Spiritual health is one of the important dimensions of health in humans. People with high spiritual health have more self-confidence, hope, and emotion. Various spiritual health resources are identified, a person may have mental disorders such as anxiety, depression, stress, and heart disease. Therefore, it is important to evaluate and determine the rates of spiritual health in patients referred to health centers.

Materials and Methods: This cross-sectional study was conducted in health centers in the city of Tabriz, Iran. In this study, 150 patients were selected using the convenient sampling method. The Spiritual Health Questionnaire was used to measure spiritual health. The validity and reliability of the questionnaire were confirmed by the researchers. The data were analyzed using SPSS software.

Results: The mean age of the participants in the study was 43 ± 8.1 years, 37.9 years; and 62.1 years were male and 57.9 years were female. There was no significant relationship between age, sex, and levels of spiritual health. There was a significant relationship between spiritual health and gender.

Conclusion: Excessive spiritual health, especially in males, can improve the performance of health services in the field of spiritual health improvement.