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## **The Status of Spiritual Health in Patients Referring to Health Centers**

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**Introduction:** Spiritual health is one of the important dimensions of health in humans. People with high spiritual health can have more self-compatibility issues and problems. When spiritual health encounters a serious risk, a person may have mental disorders such as loneliness, anxiety and loss of meaning of life. Regarding the importance of spiritual health and its role in improving the mental health of individuals, this study was designed and evaluated to determine the status of spiritual health in patients referred to health centers.

**Material and Methods:** This cross-sectional study was conducted in health centers in eastern Tehran in 1395. Among the clients, 80 people were selected through the sampling method. Data were gathered using a spiritual health questionnaire. The validity and reliability of the questionnaire were evaluated before the study. Data analysis was done using SPSS software version 16. The error rate was less than 0.05 as a significant level of statistical significance.

**Results:** The mean age of the participants in this study was  $32.81 \pm 9.38$  years, 32.5% were male and 67.5% were female. . There was no significant relationship between age, sex, marriage, education and occupation with spiritual health. There was a significant relationship between insight-tendency and performance.

**Conclusion:** Regarding the results, with the increase of insight and tendency to spiritual health, the performance of individuals in the field of spiritual health improves.

**Keywords:** Spiritual Health, Health Centers, Clients.