

Investigating the relationship between spiritual health and general health in patients with Covid-19 in a private hospital in Corona

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ABSTRACT

Introduction: Spirituality issues are considered as one of the essential components in the experience of chronic and viral diseases. In this study that can seriously affect people's view of themselves, illness and the future. The aim of this study was to investigate the spiritual health of patients with corona disease and its relationship with general health. Methods: This cross-sectional correlational study was performed on 567 patients with new coronavirus at least 24 years old in Isfahan Private Hospital in 2020. Patients' spiritual health was assessed using Paloutzian Ellison questionnaire (1982) and general health questionnaire (GHQ-28). Descriptive statistics, independent t-test and Pearson correlation coefficient were used to analyze the data by SPSS 19 software. Results: The results showed that there is a direct relationship between general health and spiritual health, which was statistically significant ($p = 0.003$, $r = 0.71$) and also between spiritual health in the religious sector ($p = 0.01$, $r = 0.54$). Existential part ($p = 0.001$, $r = 0.68$) There was a direct and significant relationship between general health. Conclusion: According to the results of the present study, many patients with corona had high spiritual health, which makes the patient more compatible with his disease.

Keywords: Covid-19, Viral Disease, Spiritual Health, General Health, Respiratory Syndrome

Introduction

In December 2019, a viral outbreak was reported in Wuhan, China. The cause of this disease was a new and genetically modified virus from the family of coronaviruses called -SARS 2-CoV, which was named Covid-19 disease [1]. Unfortunately, due to its very high transmission rate, the virus spread rapidly throughout the world and infected all countries of the world in almost a short time (less than four months) [3 ,2] According to official reports, more than one million people around the world have been

infected with the virus, and the death toll from the virus has been reported at more than 11,000. Covid's disease, which is caused by an RNA virus, affects most of the respiratory tract of people with the disease and is spreading catastrophically [4]. Unfortunately, this virus has infected our beloved country, Iran, like other countries in the world, and the fight against this virus is being carried out secretly and comprehensively throughout the country. Although due to the novelty of this virus and the amount of information available about the pathogenicity of 2-CoV-SARS virus as well as methods of control and treatment of this disease, but currently the most important way to deal with it is to prevent and prevent the spread of the virus..[5] Given the global (pandemic) status of Covid-19 disease, which affects and paralyzes almost all important economic, political, social and even military aspects of all countries of the world, discuss the psychological effects of this viral disease on mental health. People at different levels of society are very important [6] Due to the pathogenicity of the virus, the rate of spread and the percentage of deaths caused by it, this disease may affect the mental health of people at different levels of society, including patients, health care workers, families, children, students, psychiatric patients and even Personnel expose different occupations in different ways [8 ,7] Covid-19 disease has a unique feature because it has infected all countries of the world due to its very high spread in less than a few months, creating a pandemic situation [9] Based on this and considering the current emergency situation of this disease, it is predictable that some of the symptoms of psychological disorders will occur in patients with Covid-19. In this regard, review the results of several studies conducted on patients with Covid-19 in China during the spread of the disease. Some of these psychological disorders, including anxiety, fear, depression, emotional changes, insomnia and post-traumatic stress disorder PTSD Posttraumatic with a high prevalence of these patients has been reported [10, 11]. According to studies, Covid-19 patients have a low psychological tolerance capacity and due to the current state of the disease in the world, these people are highly exposed to psychological disorders such as anxiety, fear, depression and negative thoughts [12].If you do not control this psychological disorder, patients may have permanent damage, such as the influx of pesky memories (memories intrusive) avoidance behaviors, irritability and emotional numbness (numbing emotional) in the lead [13, 14] .

Anxiety and depression are other important psychological disorders that can damage the mental health of patients with Covid-19. The results of a study conducted on patients admitted to a Chinese hospital involving 649 participants, of whom 21 were infected with Covid-19, 11 had pneumonia and 91 were healthy, indicating an anxiety and depression assessment index. Patients with respiratory problems are more likely to be infected with Covid-19 and to have pneumonia than healthy individuals. Among them, both depression and anxiety are significantly higher in people infected with Covid-19 than in people with pneumonia [10]. The definition of the World Health Organization indicates that health is a multidimensional issue and it should be noted that different dimensions of health and and disease affect each other and are affected by each other. Therefore, the measures taken to promote health should pay attention to all aspects of personal health (physical, mental and social). The most common dimension of health is physical health, in which, compared to other dimensions, it can be easily evaluated. Biologically, the function of all cells in the body, and their coordination with each other, is a sign of physical health .[15] Spiritual health is the only force that forms the physical-psychological and social dimensions of man (. [16] A person has spiritual health in a purposeful life and is full of energy .[17] Spiritual health, because it is related to the questions of existence and transcendence, can be used as an important source in a person's decisions, level of satisfaction, etc. It can also underestimate the role of threats and stresses in life and increase the quality of life in physical and mental dimensions .[18] On the other hand, a person who has spiritual health unites his forces and concentrates on solving his psychological and social problems. Therefore, the density of other people with mental disorders is reduced. Public health, as its name implies, is a general concept that encompasses both physical and psychological aspects. Public health is a concept that evokes being away and free from disease in the mind and all the efforts of physicians and psychologists have been to maintain this health and prevent the occurrence of disorders in the body and mind. Health in the present study includes physical components, social relationships, anxiety and depression. This means that the person in these components is normal or prone to abnormalities [19]. Spiritual approaches can be described as positive and negative religious coping styles.

Positive Religious Confrontation is a style of dealing with negative life events in which one takes advantage of positive evaluations and changes related to God's help. For example, one believes that God will not leave one alone when faced with a painful event. But in another form of confrontation, called negative religious confrontation, one establishes an avoidant and insecure relationship with God. For example, one believes that God will not leave him alone in difficult moments. When spiritual health is at stake, a person may experience mental disorders such as loneliness, isolation and depression in life [20]. This study was conducted to promote the mental health of patients with coronary heart disease in 2020.

Methods

The present study was cross-sectional and correlational. This study was performed in 2020 on 567 patients with the new coronavirus. The subjects were aware of their disease and had referred to a private hospital in Isfahan for treatment and testing. Patients were selected by convenience sampling method. The researcher went to the medical center daily to collect data, and eligible patients completed the General Health Questionnaire (28-GHQ and Spiritual Health Questionnaire (Ellison & Paloutzian 1982) after submitting written informed consent. Demographics included age, sex, ethnicity, level of education, marital status, work experience, occupation, income status and the second part was related to the patient's general / spiritual health questions, which were provided to patients virtually, and the spiritual health questionnaire included 20 questions. It ranged from strongly disagreeing with strongly agreeing, with two subscales of religious health and existential health. Each of the subscales had 10 questions. To score the questions, a 6-point Likert scale with scores from 1 to 6 was used. The lowest and highest scores of spiritual health were 20,20, respectively, and these scores were calculated at 10,60 in the subscales, respectively. The higher the score obtained on the subscales, the higher the religious and existential health. In the whole questionnaire, spiritual health is divided into three levels, low (20, 40), medium (41-99) and high (120-100). In the study of Seyed Fatemi et al., The validity of the Spiritual Health Questionnaire was determined through content validity and the Reliability Reliability was determined through the Cronbach's alpha reliability coefficient of 82.0. (General Health Questionnaire) (GH Q.) First published in 1972 by Goldberg And the goal is to distinguish between healthy people and sick people. This questionnaire has been widely used in different situations in different countries [21]. Goldberg and Williams [22] They presented the results of more than 70 studies in this regard and reported an average validity of 0.83 and an average reliability of 0.87. The name of the general health questionnaire had 28 questions with 4 options in the form of Likert scale with sizes 0 to 3. Was laid. General health had four subscales of physical symptoms, anxiety and insomnia, social dysfunction and depression. The minimum and maximum scores for each subscale were 0 and 84 for the whole questionnaire, respectively. In the general health questionnaire, the lower the person's score, the better the general health for the patient. The reliability and validity of the general questionnaire were confirmed in various studies. In this study, Cronbach's alpha coefficient to evaluate the reliability of the spiritual and general health questionnaire was 0.84 to 0.81. Statistical analysis for research data for quantitative and qualitative variables Independent t-test, chi-square and Pearson correlation test and regression model was used to investigate the effect of demographic characteristics on general health. SPSS 19 software was used to analyze the data. A probability value of less than 5% was considered as a statistically significant level. The normality of the data distribution was evaluated using the Kolmogorov-Spernov test. Ethical considerations the proposal of this research has been approved by Yazd University of Medical Sciences. Completion of this questionnaire was done voluntarily by providing the necessary explanations about the questionnaire and observing the principles of ethics in the research virtually.

Results

In this study, 567 patients with coronary heart disease were studied. The mean age of patients was 24.55 5. 5.6 years. Of the total patients studied (62 62%) were male and (38 38%) were female. Table 1 shows some demographic characteristics of the participants in the study along with the score of spiritual health and general health at each level of demographic characteristics. The mean (standard deviation) of general and spiritual health scores for patients with new coronavirus in this study were 35.15 (11.08) and

93.01 (15.34) Pearson correlation showed that there is a direct relationship between general health and spiritual health which is statistically significant. The correlation of the coefficient ($p = 0.003$, $r = 0.71$) was also significant. Pearson showed that there was a difference between spiritual health in the religious part ($p = 0.01$, $r = 0.54$) and spiritual health in the existential part ($p = 0.001$, $r = 0.68$) with health. There was a direct and significant general relationship to. In order to improve the general health of people with new coronavirus, spiritual health in the religious and existential sectors, a linear regression model was performed to model between the variables of income status, level of education, occupation, and spiritual health in the existential sector with general health. The results of this modeling are given in Table 2. The results of regression model showed that there is a significant relationship between general health and level of education, occupation, and spiritual health in the existential part, so that by increasing one point in the spiritual health score in the existential part of patients with coronary heart disease, their general health score increases by 0.56 units ($p < 0.001$).

Table 1: Demographic characteristics and spiritual health and general health scores of participating coronary patients

p-value××	Spiritual health	p-value	General health	Number	variable	
0.11	95/5±15/78	0.17	38/31±14/01	210	Man	gender
	96/18±16/92		37/71±11/46	357	Female	
0.15	92/08±14/99	0.44	37/91±11/18	385	Urban	Location
	92/56±15/32		38/16±12/13	182	rural	
<0.0001	97 24/ ±17 18	0.01	33.7 ±11 91	15	illiterate	Level of education
	94/32±15/23		37.62±10/56	35	High school	
	95/38±17/71		38/25±12/21	189	Diploma	
	96 42/ ±17 56		39 17/ ±11 85	328	Bachelor and higher	
0.045	96 42/ ±17 56	0.038	39/34±10/19	120	Single	marital status
	95/19±13/78		37/18±12/79	447	Married	
0.31	94/21±18/29	0.19	34/01±7/50	110	1-5	work experience
	94/36±16/12		37/56±11/18	210	5-20	
	94/28±17/55		35/18±10/56	247	<20	
		0.038	36/21±11/58	325	workday	Shift work
			35/56±12/01	242	Rotational	
<0.001	5 35/ ±17 22	<0.001	34 75/ ±10 31	120	Earnings less than expenses	Income status
	94/18±15/29		33/18±11/09	250	Income equals expenditure	
	4 33/ ±16 55		37.5±12 64	197	Earnings more than expenses	

Table 2: Regression results for education level, income status, shift work, spiritual health

p-value	Regression coefficient (SE(
<0.001	2/18(0/95)	illiterate	Level of education
0.035	(0.85)2.60	High school	
0.044	1.33(1.21)	Diploma	
0.065	(1.15)1.48	Bachelor and higher	
<0.001	3/01(1/18)	Earnings less than expenses	Income status
		Income equals expenditure	
		Earnings more than expenses	
<0.001	1/15(0/31)	workday	Shift work
<0.001	2/34(1/08)	Rotational	
<0.001	0/56(0/03)	Spiritual health in the existential part	

Discussion

It is very difficult to define spiritual health. Undoubtedly, the full meaning of spiritual health is not limited to the effect of prayers and mental states in the cure of diseases and its substitution for conventional medical treatments or complementary medicine. [23] . But a comprehensive definition can be said that spiritual health is having a sense of acceptance, positive emotions, morality and a sense of positive interaction with a ruling and superior holy power, others and self through a dynamic and harmonious process of cognitive, emotional, action and consequence. A personal result of This definition is, above all, an inherent (essential) functional definition of spiritual health.[24]. In fact, spiritual health is the spiritual experience of man in two different perspectives: a) The perspective of religious health focuses on how people perceive health in their spiritual lives when they are associated with a higher power; b) The perspective of existential spiritual health on which social concerns People's psyche is focused. Existential health discusses how individuals adapt to themselves, society, or the environment. Religious health also refers to the satisfaction that comes from being associated with a higher power and existential health to trying to understand the meaning and purpose of life. Regarding the role of spiritual health in daily life, we can mention two studies of Asarroudi et al. In 2010 and 2011 that spiritual health is positively related to different dimensions of quality of life and life satisfaction of nursing staff.[25]. The spiritual dimension is one of the important dimensions of health in human beings and a force that coordinates the physical, mental and social dimensions and helps to adapt to the disease; As patients whose spiritual health is strengthened, they adapt more effectively to their illness and even have a good time in the final stages of their illness [26] One of the general health measures is physical shoulders, which examines the general condition and physical symptoms that a person has experienced in the past month. Anxiety is the second scale that examines the signs and symptoms of severe anxiety, insomnia, stress, anger, and anxiety. The third scale is social functioning, which examines a person's ability to perform daily tasks, feeling satisfied with tasks, feeling useful, learning power and enjoying daily life activities, and the last scale, depression, which shows signs of worthlessness, hopelessness, worthlessness of life. Suicidal ideation, desire to die, and inability to do things are examined. In the present study, patients with higher religious beliefs showed higher general health and self-efficacy and finally inferred that being religious and having religious beliefs with the aim of high health, high self-efficacy, high self-esteem, useful and effective social relationships, less anxiety and depression. There are dozens of other positive consequences in human beings and it is with such characteristics that it causes the progress of human society. Staying away from genuine religious beliefs paves the way for a person to experience inner and psychological conflicts, feelings of emptiness and despair in the face of deprivation, adversity and stress. In the monotheistic worldview, reliance on God and belief in the resurrection protects man from despair, which is one of the central symptoms of depression. Some psychologists believe that half of the variables related to the mental health of adults are explained by religious beliefs; they say: "Religion helps a person to understand the meaning of life events, especially events that are painful and anxious, and to cause pleasant encouragement and satisfaction in his mind and spirit. It seems that education and counseling and attention to spiritual issues are essential for patients with mental illness".

Conclusion

These results show the positive effects of spiritual health status in quarantine and it have practical implications in the development of the epidemic of Covid-19. The results of a recent study showed that there is a direct relationship between general health and spiritual health in patients with Corona disease.

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