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A Review About the Role of Spiritual Health in Type 2 Diabetes Mellitus People

Mohammad Hasan Lotfi[1,2], Mohammad Mehdi Ahmadi Faraz[3,4], Nasim Namiranian[5], Roohollah Arab[5], Maesomeh Dashtabadi[6,2], Hasan Zare Khormizi[2*]

[1]Department of Biostatistics & Epidemiology, Health Faculty, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.
[2]Spritual Health Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.
[3]Department of Applied Spirituality, Research Institute of Spiritual Studies, Qom, Iran
[4]Iranian Cancer Control Center (MACSA), Isfahan, Iran
[5]Diabetes Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran
[6]Department of Counseling, Yazd Branch, Islamic Azad University, Yazd, Iran

Abstract

Objective: Currently, spiritual health is the most important dimension related to adaptation in chronic diseases.The aim of the present study is review of the role of spiritual health in patients with type II diabetes mellitus.

Improvement of spiritual health leads to better adaptation, increasing psychological well-being, decreasing mood symptoms and improvement of life quality in patients with type 2 diabetes mellitus .Therefore, it is suggested that the treatment of diabetes must include spiritual care and interventions.

Keywords: Spiritual care, Spiritual health, Diabetes

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Corresponding Author:

Hasan Zare Khormizi, Spritual Health Research Center, Shahid Sadoughi University of Medical Sciences, Yazd, Iran.

Tel: (98) 921 251 5926

Email: mh.zare48@gmail.com

Orcid ID: 0000-0001-9302-1799

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Introduction

Nowadays, diabetes is considered as one of the global challenges. The prevalence of diabetes is estimated as 21% in the world, 14% in Iran and 100,000 new cases are added each year. Type 2 diabetes patients have many physical, psychological and social complications (1). The body, mentality, individual and social function are affected by diabetes. Despite the medical field progress, the treatment of physical and mental distress of diabetes patients has not been fully realized so adaptation to disease is necessary (2).

Spiritual health is one of the most important aspects of the mentioned adaptation. Spiritual health, as the fourth component of human health, has received increasing attention in the past few decades. The tendency to spiritual issues has increased in the past decades and in addition, the evidences show that spirituality has a positive relationship with physical and mental health. (3). Many evidences support the usage of spiritual health for challenge to disease, management of problems and tensions caused by chronic diseases such as diabetes. Chopoghlou et al. (4) showed that spiritual health is an effective factor in improving the sense of coherence and therefore reduces mental problems and complications caused by it. Peyravi et al. (5) in a review study showed, spirituality provides a source of control for patients, which is very important for disease prognosis. Many of the appropriate strategies for management of chronic diseases, such as diabetes, originate from spiritual health (6). In recent years, in the world and especially in Iran, the role of providing the spiritual needs of diabetic patients on the speed of recovery and achieving spiritual health, also reduction and control of anxiety and depression, has been noticed. Considering the increasing importance of spirituality in the field of healthcare and especially spiritual care in chronic diseases and the complex effects of diabetes on the quality of life of a diabetic patient, in the present study, through the existing literature review, the role and the importance of spiritual health in diabetes type 2 patients has been investigated in order to provide the basis for further studies on spiritual care training to increasing of the adaptability and quality of life of diabetic patients.

Spiritual Care in diabetic people

The effect of spiritual interventions in diabetic patients as a multidisciplinary approach to integrate psychological and spiritual aspects is applicable to patients (7). Spiritual interventions in diabetes have more achievements in the life quality improvement, anxiety and depression reduction, and spiritual advances. Actually, psychological and spiritual components of spiritual care considered as important aspects of comprehensive care provided in chronic diseases. The mentioned aspects of care and interventions can help to more compatibility in the patients. Meanwhile, psychological components are also determined as important and influential factors.

Many evidences of spiritual care for recovery in diabetes, whether religious or non-religious, have confirmed and recommended that spiritual interventions, along with physical and pharmaceutical interventions, greatly increase the possibility of recovery and life quality improvement(8). Various studies have concluded, the spiritual evaluation of diabetic patients is necessary for developing a treatment plan, since spirituality is considered as an internal source and control power for confrontation and adaptation. Spiritual health as the fourth dimension of health in diabetic patients is severely threatened; therefore, spiritual interventions are necessary for them (9). Ghazavi et al (2015) showed the effectiveness of hope therapy and spirituality therapy on the life quality and biological indicators of diabetic women (10). A study showed claimed group spiritual therapy can increase the level of self-compassion and

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control their blood sugar levels in diabetic patients (11). Niaz Azari et al. (2016) concluded group spiritual therapy is effective in anxiety reduction and life quality improvement of diabetic women (12). A study showed that spiritual therapy is a suitable method for life quality and mental health improvement, and regarding to the high prevalence of diabetes and its mental and physical consequences, this method has been suggested for treatment and reducing the mental and psychological consequences of diabetes and other complications related to the mentioned disease (13). Rafiee et al. (2022) confirmed, multidimensional spiritual psychotherapy training reduces stress symptoms in diabetic type 2 patients (14). Shahbazi (2014) studied the effect of spiritual care on the spiritual experience of diabetic patients (15).

The results showed that spiritual care increases the spiritual experiences of patients, and by creating a border attitude, it gives a meaningful perspective to people's lives. Asamoah et al. also studied the effect of spiritual care on the spiritual health of diabetic patients and confirmed the effect of spiritual care on improving spiritual health; therefore, its usage as a comprehensive care approach to improve the symptoms and dimensions of mental health in diabetic patients has been recommended (16). High level of spiritual health is an important protective factor against anxiety and stress in diabetes patients, and person with higher spiritual health has less anxiety and stress.

A studied on a spiritual intervention program (supportive presence, support of the patient's religious ceremonies and use of support systems, (Quranic teachings) for 2 weeks in order to reduce the mood symptoms of diabetic patients (17) .The results showed, the implementation of a spiritual care program by a therapist can be effective on the mood symptoms of diabetic patients and is an appropriate method to reduce those symptoms. In addition, depression is one of the other common mental disorders in diabetes. Peyravi showed, hope therapy and spiritual therapy are effective on reducing depression and increasing self-care among middle-aged women with diabetes type 2 (5).

Review on the previous studies showed that diabetic patients have spiritual needs and providing spiritual interventions to them has a great role in improving the level of patient's adaptation and life quality. The problem solving, targeting and goal-setting methods, anger control ways, fighting ways to guilt feel and increasing self-confidence have the potential of improvement of spiritual interventions. These factors make the diabetic patients to dominate the life environment and take care of mentally through the mentioned strategies. Actually, due to the effects of chronic diseases on the body and mentality of the patient, and also the presence of mood symptoms in these patients, therapists can use the holistic approach with emphasis on the spiritual dimension of care to improvement of the level of health and life quality. Therefore, spiritual intervention and care in diabetes is necessary, which is currently recommended in all treatment centers.

Review studies showed that spiritual care, along with physical and pharmaceutical interventions, greatly increases the potential of recovery and patient's life expectancy. Of course, there may be serious difficulties and challenges in examining, identifying, programming and providing interventions about spiritual care. The factors such as insufficient training of the service provider, unclear concept of spirituality, lack of time, lack of expert therapist, lack of good communication skills, inability to create therapeutic connections can create serious obstacles. The meaning of spirituality and spiritual health in the health care system is still a mental concept, ambiguous and complicated, and the results of most studies have shown that training has a significant effect on the progress and evolution of spiritual care; therefore, in order to empower therapists, it is necessary to pay more attention to the issue of spiritual care training.

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Ethical considerations

This article is approved by the Research Working Group of Yazd Medical Sciences Ethics Committee, Yazd, Iran (ID 1401.160 IR.SSU.SPH. REC).

Conclusions

Regarding the importance of presentation and effect of spiritual interventions in the improvement of diabetic patients and also since the spirituality effects through promotion of self-awareness, problem solving, self-management, emotion regulation and management, it is recommended to pay more attention to the spiritual dimension of diabetic patients and the other chronic diseases. In addition, it can be possible to speed up the process of improvement and quality of diabetic patient's life by training classes, treatment staff retraining in hospitals, adding the concept of spiritual care to the training program of diabetes therapists. In the meantime, due to the existence of many differences in religions, culture and beliefs in different societies, more researches are proposed in relation to the use of interventions and spiritual care methods considering these differences. Likewise, due to the significant population of diabetic patients, special attention to the expansion of long-term spiritual care interventions especially at the family and community space is recommended.

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Conflict of Interest

The authors of the present article declare that there is no conflict of interest in this article

Authors' contributions

MH. L, MM. AF, N. N, R. A, M. D, H. Z Kh: Constructed an idea or hypothesis for research, reviewed the article before submission not only for spelling and grammar but also for its intellectual content and wrote the body of the manuscript.

All authors have accepted responsibility for the entire content of this manuscript and agreed to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved and approved the version to be published.

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