

PW01-106 - EVALUATION OF THE EFFECT OF RELIGIOSITY ON MENTAL HEALTH OF NURSING STUDENTS IN NORTHERN GREECE

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Introduction: Religious and spiritual beliefs are widely recognized as important components of human wellness, of health care outcomes and of holistic medical and nursing care. There are controversial data suggesting a correlation between religiosity and mental health disorders among young adults and students. Aim of the study was to determine the association between self-esteem, depression and religious and spiritual beliefs among nursing students in Thessaloniki, Greece.

Methods: A total of 122 students agreed to participate in the study. Data was collected using the Greek versions of three self-administered, structured, pre-tested questionnaires: I) The Royal Free Interview for Religious and Spiritual Beliefs II) Beck Depression Inventory (BDI-II) and III) Rosenberg self-esteem scale.

Results: Self-esteem was found normal in 89,3% of the students, low in 10,7%, but it is important to notice that nobody reported high self-esteem levels. The vast majority of the students (61,5%) reported both religious and spiritual beliefs. 27% reported only religious beliefs and 9% only spiritual beliefs. 31,9% of the students perceived depressive symptoms, most of them in mild levels (19,5%). Praying, religious reading and religious attendance were associated with normal self-esteem and low depressive symptoms. However, a consistent negative correlation was found between intrinsic religiosity and depression.

Discussion: These findings indicate that religious and spiritual variables influence the psychological well-being of students. Religiosity may have a protective role against depression; however, our study sample is relative small and further studies are required in order to evaluate the effect of religious beliefs on the mental health of students.