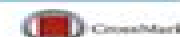


RESEARCH ARTICLE

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# The associations between religion, bereavement and depression among Hong Kong nurses

Teris Cheung<sup>1\*</sup>, Paul H. Lee<sup>1†</sup> and Paul S. F. Yip<sup>2†</sup>

## Abstract

**Background:** This paper is to examine the associations between religion, bereavement and depression among nursing professionals using a cross-sectional survey design. There is little empirical evidence in Asia suggesting that religion may either increase or lower the likelihood of nursing professionals being depressed.

**Methods:** We analyzed the results of a Mental Health Survey soliciting data from 850 Hong Kong nurses (aged 21–59, 178 males) regarding their mental well-being and associated factors, including participants' socio-economic profile and recent life-events. Multiple linear regression analyses examined associations between religion, bereavement and depression.

**Results:** Religious faith is weakly associated with lower self-reported depression in bereavement.

**Conclusions:** Our findings confirm those studies suggesting that religion positively affects mental health and yet healthcare providers have yet to assimilate this insight.

**Keywords:** Bereavement, Depression, Mental health, Nurses, Religion

## Background

The population in Hong Kong exceeded 7 million at the end of 2014 [1]. According to the Basic Law of the Hong Kong Special Administrative Region (HKSAR), all Hong Kong citizens can practice any religion. It has been estimated that approximately 43% of the Hong Kong population practice some form of religion [2]. Buddhism and Taoism are the predominant faiths in this metropolitan city [2]. However, most research investigating connections between faith and depression has been conducted in Western countries on cohorts living in the West [3]. There is little empirical evidence in Asia suggesting that religion may either increase or lower the likelihood of people—either employed, unemployed or in any specific profession—being depressed.

## Religion and depression

A growing body of empirical evidence suggests that having a religion is closely associated with better physical and mental health [4], in particular in inhibiting major depression and suicide [5]. Religious congregants show a reduced risk of developing depression [6] and recover quicker [7]. Scholarship has explained these findings through a “buffering hypothesis”: through religious activities, individuals are supported by others within networks [8]. These social ties help reduce social isolation and guard against major mental disorder [4, 6]. Religion also induces optimism and instills hope [4] in providing a coherent framework to interpret life-events [3].

Koenig et al. [3] have recently examined 339 studies (272 cross-sectional, 45 prospective studies, and 22 clinical trials) of the relationship: of the 272 cross-sectional studies, 63% ( $n = 170$ ) reported a significant positive relationship between religiousness and lower rates of depression; 22% ( $n = 60$ ) reported no association; 6% ( $n = 17$ ) reported greater depression among the more religious; and 8% ( $n = 22$ ) reported mixed findings. 1%

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# Religion And Bereavement Counsel For The Physician Advice For The

**Stanley W. Davis**



## **Religion And Bereavement Counsel For The Physician Advice For The:**

**Religion and Bereavement** Austin H. Kutscher, Lillian G. Kutscher, 1972      **A Jewish Book of Comfort** Alan A. Kay, 1997-03-01 To find more information on Rowman Littlefield titles please visit us at [www.rowmanlittlefield.com](http://www.rowmanlittlefield.com)

*Religion and Mental Health*, 1980 References to 1836 journal articles dissertations and books published since 1970 Also contains foreign language titles Focuses on literature dealing with the theoretical and practical relationships between religion and mental health Classified arrangement Each entry gives bibliographical information and abstract Author subject indexes      **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1973 First multi year

cumulation covers six years 1965 70      **A General Bibliography on Aging** National Council on the Aging, 1972

Worship as Pastoral Care Bishop William H. Willimon, 1982-06-01 Demonstrates how worship and pastoral care can be blended to sustain and enrich each other Using insights gained from pastoral care and pastoral psychology William H Willimon explores what happens to people when they become involved in Christian worship True pastoral care he shows cannot take place apart from an active worshiping community of faith Worship as Pastoral Care sensitizes pastors to the many ways Christian worship and pastoral care methods can be blended to enrich and support one another It encourages pastors to broaden their understanding of corporate worship and to become aware of the importance of their role as priests To illustrate his concepts Dr Willimon examines four familiar acts of worship the funeral the wedding baptism and the Lord's Supper The psychological dimensions are discussed and suggestions are given on ways pastors can nurture and sustain their congregations through these services      **Planning Memorial Celebrations** Rob Baker, 2013-03-13 Memorial services are

not so much rites for the dead as celebrations by the living and for the living of the lives of those who have died Such ceremonies are an important way of saying good bye yet most people are not sure exactly what to do when the task of arranging one falls to them Here is a practical and supportive guide explaining how to cope with all the details when efficiency is furthest from your mind Timing place and who should participate Selecting a minister or spiritual leader Choosing the right words and music Writing a eulogy Setting the scene with flowers photos and mementos Bringing closure by providing food drink and companionship afterward In addition to two sample memorial services an annotated bibliography and discography and a listing of memorial societies throughout the country Rob Baker offers helpful information and advice on funerals cremation undertakers including where to look on the Web to evaluate what they have to offer donating the body or its organs for medical purposes as well as a brief history of funerary traditions      **Religion and mental health** Florence

A. Summerlin, 1980      **Death and Bereavement Around the World** John D Morgan, Stephen Palmer, Pittu Laungani, Dale A Lund, 2017-03-02 This final volume of *Death and Bereavement Around the World* reflects on some major themes death and after life religion and spirituality rites and rituals secularist approaches cultural variations suicide and other issues The first few chapters describe progress in end of life care including some new tools to evaluate hospice care chapter 1 what children

know when they know it and how parents can respond to questions with some guidelines for support by schools chapter 2 the importance of ritual chapter 3 and gender differences in death customs around the world chapter 4 The transcript of a 1997 interview of John Jack Morgan by Pittu Laungani is presented as chapter 5 The following chapters discuss death systems and suicide chapter 6 HIV AIDS including the role of cultural and economic factors in the spread of the disease chapter 7 and grief and bereavement in the developing world taking the AIDS pandemic as a specific challenge chapter 8 Chapter 9 covers issues related to dying and death in Romania In chapter 10 the focus is on the various functions and uses of names in a cross cultural context Roadside memorials as a pivotal healing strategy are the topic of chapter 11 Chapters 12 and 13 focus on spiritual experience with loss The final chapter presents some conclusions and in the Epilogue Mary Ann Morgan honors the life career dying death and achievements of John Jack Morgan The Final Word includes the words of Pittu Laungani from a book published just weeks before his death in February 2007 This work is for anyone interested in or working in death and bereavement issues particularly academics educators librarians chaplains clergy funeral service directors hospice care providers and volunteers palliative care providers nurses immigration officers psychologists social workers psychotherapists and counselors especially bereavement counselors

**The Doctor's Handbook** Tony White, 2018-04-19 Many doctors do not receive training early in their careers on the broad range of non clinical aspects of their work and confront day to day issues for which initial medical education has failed to prepare them Experienced doctors and consultants can also experience a similar lack of accessible reference material on these aspects of their role and for the non clinical training of their juniors This book and its companion volume *The Doctor's Handbook Part 2 understanding the NHS* have been written to address these and other needs Previously published as *The Specialist Registrar and New Consultant Handbook* these completely revised and reconfigured volumes reflect the changing everyday work of specialist trainees registrars and consultants Topics covered in Volume 1 include *Theology Digest*, 1973 *The Process of Human Development* Clara Shaw Schuster, Shirley Smith Ashburn, 1986 *Religion Index Two*, 1982 *Religion Index Two: Author and editor index*, 1982 *Bulletin of the Medical Library Association* Medical Library Association, 1973 *Medical Ethics in Health Care Chaplaincy* Walter Moczyński, Hille Haker, Katrin Bentele, 2009 *Medical Ethics in Health Care Chaplaincy* is a response to the new challenges spiritual care providers are confronted with in a profession that has faced dramatic change in function and scope over the last few decades The rich collection of essays brings together the experience approaches and research of many US and German scholars in the area of ethics medicine theology psychology and spiritual care This is an invaluable resource addressing the many spiritual religious and ethical issues in providing care to the sick and dying for hospital chaplains clergy health care professionals teachers academics ethics committee members and students in medical ethics theology and or religious studies

**Doctor Johnson, His Religious Life and His Death** Robert Armitage, 1851

**Doctor Johnson: his religious life and his death ...** Johnson, 1850 **Nursing Home Administration** Stanley W.

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