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CONTACT:
Sandra Hopps
SAGE Publications, Inc.
media.inquiries@sagepub.com
(805) 410-7197

**RELIGIOUSNESS MAY PROMOTE HEALING AFTER SURGERY
RESEARCH PUBLISHED IN *PERSONALITY AND SOCIAL PSYCHOLOGY BULLETIN* BY SAGE**

Los Angeles, London, New Delhi, and Singapore - (June 21, 2007) – When facing a serious health challenge, what role does religion play? Is it a source of strength? If it is, how does religiosity translate into better health and adjustment? Research published in the latest issue of *Personality and Social Psychology Bulletin*, an official publication of The Society for Personality and Social Psychology, found that religiousness is beneficial to recovery.

The study examined religion's role in recovery from cardiovascular surgery. Patients provided information about their background, coping styles, psychological distress, and religiosity, (both private and organized.) The authors found that religiousness holds a beneficial relationship to recovery, in that religious individuals were less likely to experience anxiety and depression after surgery.

Importantly, this study traced the reasons for the link between religiousness and lowered psychological distress. Religiousness was connected to religious forms of coping, such as seeking spiritual support and practicing forgiveness, which, in turn, was connected to increased social support from others, as well as more hopeful attitudes about recovery—two variables strongly linked to psychological adjustment in health research.

The authors, Amy L. Ai, Crystal L. Park, Bu Huang, Willard Rodgers, and Terrence N. Tice (of the Universities of Washington, Connecticut, and Michigan) conclude that, “professionals should be more attentive to faith factors as inspirational or motivational springboards in some contexts and as crisis-related struggles in others.”

The article, “Psychosocial Mediation of Religious Coping Styles: A Study of Short-Term Psychological Distress Following Cardiac Surgery,” published by SAGE in the June issue of *Personality and Social Psychology Bulletin*, an official publication of The Society for Personality and Social Psychology, is available at no charge for a limited time at <http://psp.sagepub.com/cgi/reprint/33/6/867>.

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For over 30 years, the official monthly journal of the Society for Personality and Social Psychology (SPSP), *Personality and Social Psychology Bulletin (PSPB)* has provided an international forum for the rapid dissemination of original empirical papers in all areas of personality and social psychology. SPSP counts more than 4,500 researchers, educators, and students in its membership worldwide. To contact the Executive Officer of SPSP, please phone David Dunning at (607) 255-6391, or email at spsp@cornell.edu. <http://pspb.sagepub.com> www.spsp.org

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