
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.”


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