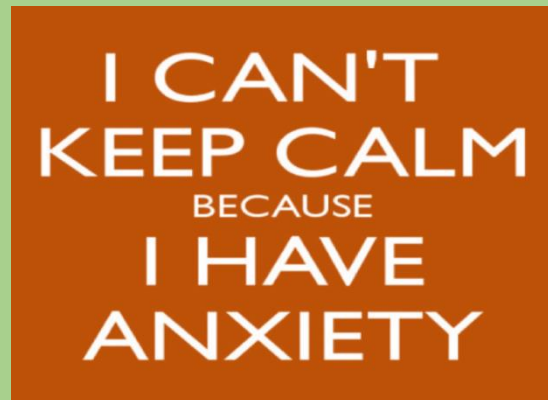


Practicing Christians May Have Less Anxiety!

WHAT WE DID

- Teleios reviewed medical articles from 1966 to 2015 that evaluated anxiety and the effect of religion. All articles originated from Christian countries.



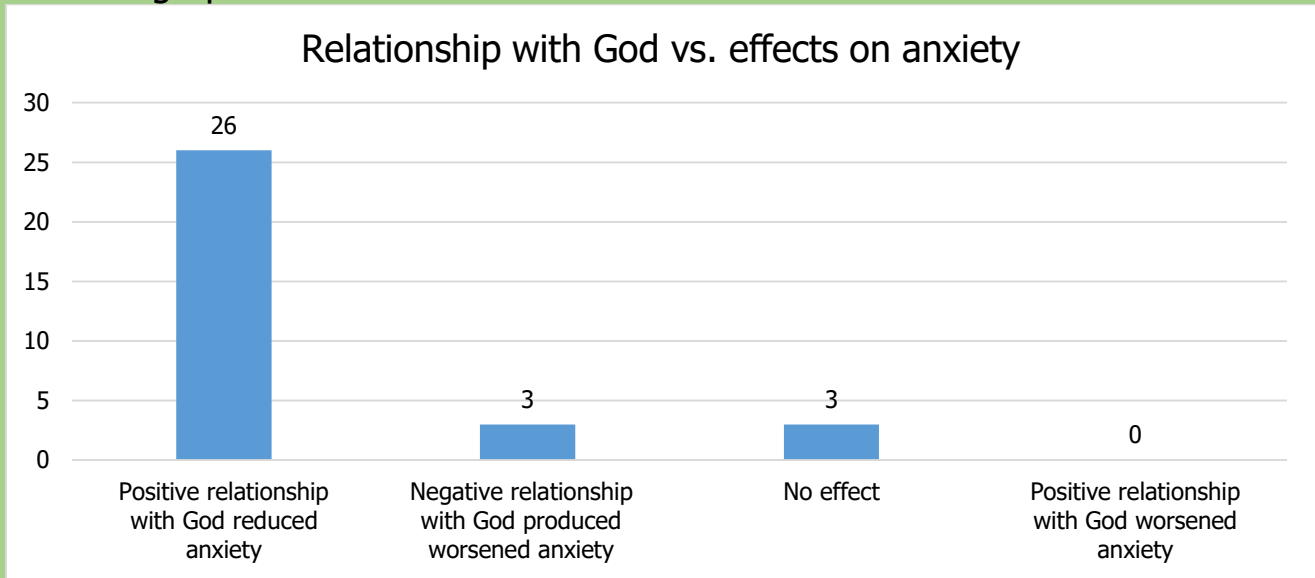
- Populations explored
 - general anxiety and depression (5 studies)
 - prayer and Christian community intervention (4 studies)
 - religious based treatment (6 studies)
 - death anxiety (4 studies)
 - anxiety in illness (13 studies – HIV, cancer, heart conditions)

WHAT IT SHOWED

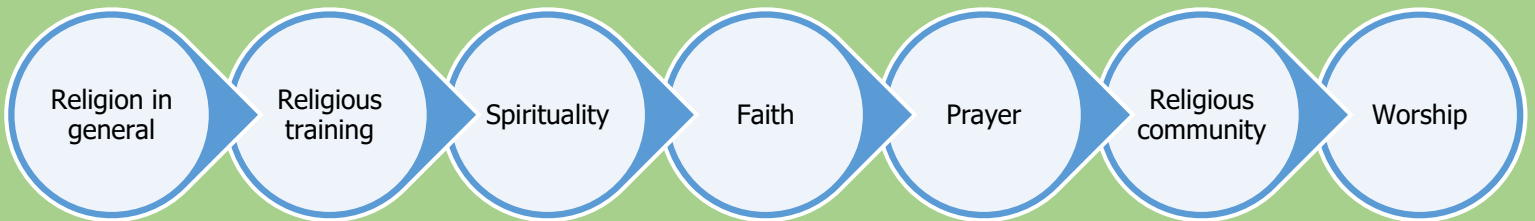
Great news! Christianity reduces anxiety!



- Articles included
 - 32 articles were evaluated. The number and types of articles are shown in the bar graph below.



- Reduced anxiety/stress was shown with:



- These effects were observed in healthy individuals and various patient populations



WHAT IT MEANS

Practice of Christianity may help anxiety!

For a copy of this infographic for your own use please [click here](#).