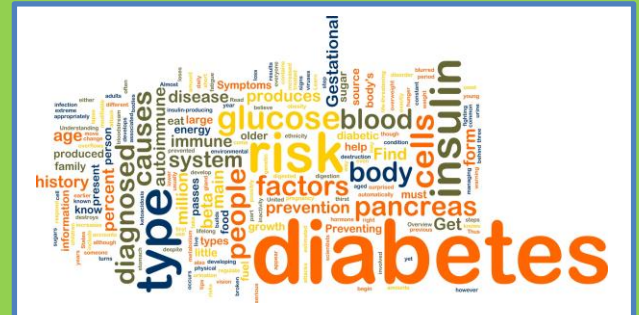


# Can Christianity help you in times of illness?

## WHAT WE DID

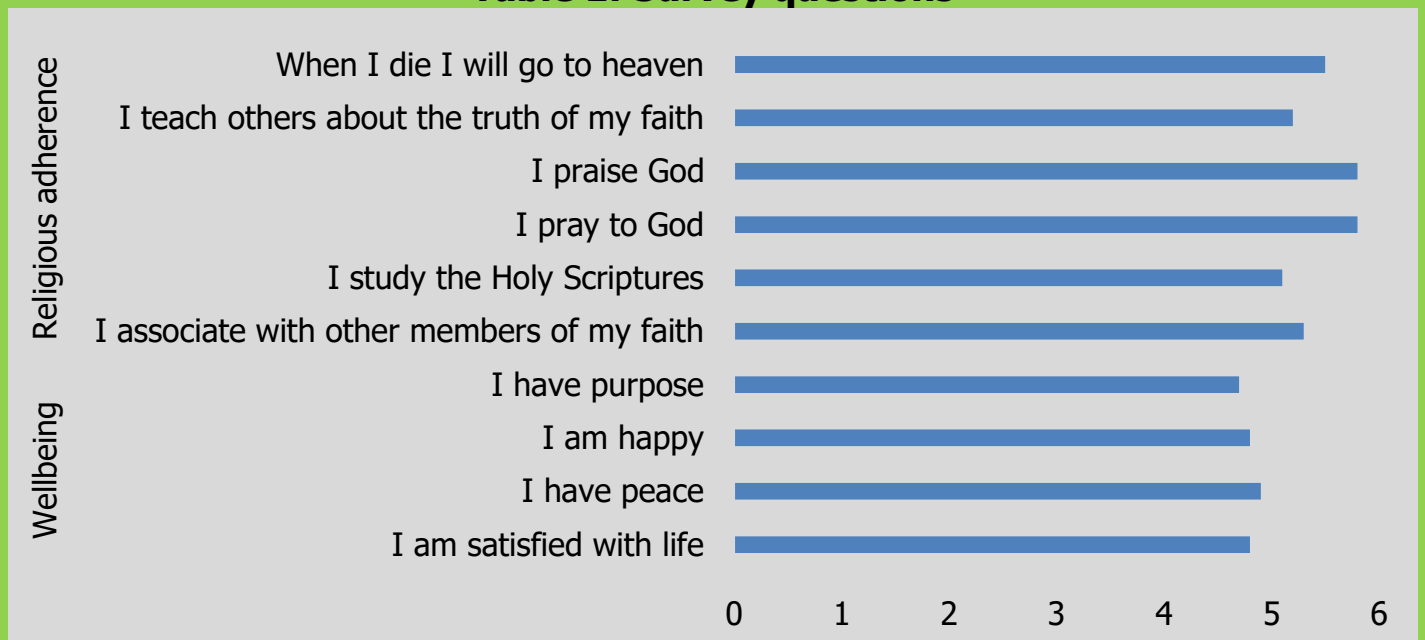
We evaluated the impact of religious adherence on wellbeing in self-identified Christian diabetic patients .<sup>1</sup>

- Diabetic patients were surveyed (see Table 1):
  - Personal wellbeing
  - Religious adherence



These questions assessed a patient’s seriousness in practicing their faith based on Biblical principles and knowledge [Bible: Acts 2:42, 47; Ephesians 2:8-9; 1 Peter 1:4-5].

**Table 1: Survey questions**



*Score based on 7 point scale (0 being no agreement and 6 being high agreement)*

## WHAT WE FOUND

- 299 patients completed the survey
  - As shown in Table 1, generally high wellbeing and religious adherence scores were found.
  - When comparing wellbeing scores to religious adherence scores, there was a statistical difference in wellbeing based on the frequency of each activity ( $P < 0.001$ , Table 2).

**The more frequently a religious activity was performed the better wellbeing!**

**Table 2: Example of mean scores for wellbeing questions based on responses to religious adherence questions**

Religious adherence question		Patients	Wellbeing questions			
			I am satisfied with life	I have peace	I am happy	I have purpose
I associate with other members of my faith	Every day	124	5.1	5.2	5.1	5.0
	Every week	83	4.8	4.9	5.0	4.9
	Every month	32	4.6	4.6	4.6	4.5
	Every year	8	3.6	3.4	3.5	3.4
	Other	37	4.4	4.3	4.3	4.2
I study the Holy Scriptures	Every day	91	5.3	5.4	5.3	5.3
	Every week	95	4.8	4.8	4.8	4.8
	Every month	34	4.3	4.4	4.3	4.2
	Every year	12	4.8	4.7	4.7	4.6
	Other	37	4.2	4.2	4.4	3.9

*Score based on 7 point scale (0 being no agreement and 6 being high agreement)*

- If a respondent indicated they actively sought God as shown on multiple religious adherence questions there was progressive wellbeing ( $P < 0.001$ , Table 3).

**The more one seeks God based on biblical principles, the better the wellbeing!**

**Table 3: Increased wellbeing related to religious adherence**

Religious adherence questions	Patients	Wellbeing questions			
		I am satisfied with life	I have peace	I am happy	I have purpose
<b>None</b>	19	3.8	3.6	3.6	3.6
<b>Any 1</b>	26	4.6	4.3	4.7	4.4
<b>Any 3</b>	63	4.7	4.7	4.7	4.4
<b>All 6</b>	50	5.5	5.5	5.4	5.4

*Score based on 7 point scale (0 being no agreement and 6 being high agreement)*

## WHAT IT MEANS

**The more a patient sought to know and seek God based on biblical principles, the greater their wellbeing!**



## WHAT DOES IT MEAN TO YOU?

**Increasing your religious knowledge and practicing your biblical faith can help your happiness levels... even in times of illness.**



1. Dehning DO, Nelson LA, Stewart JA, Stewart WC. Does religious adherence help diabetic patients' well-being? *J Christian Nurs* 2013;30:e1-11.

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