



Dimensions of Spirituality and Mental Well-being During the Pandemic: A Narrative Review

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Abstract

Spirituality is a multi-dimensional construct through which people search for meaning and gain a sense of belonging. Well-being can be defined as people's evaluation of the quality of their own lives. The pandemic has been linked to poor well-being and an increase in psychological risk factors. One way to battle that is through spirituality. Therefore, this review aims to summarize how different dimensions of spirituality - love, altruism, unifying interconnectedness, religiosity and contemplative practices - affect well-being during the pandemic. A keyword search was performed and through purposive sampling, 24 studies were shortlisted for this review. It was found that all aspects of spirituality, in varying degrees, helped alleviate symptoms of pandemic induced stress, anxiety and depression. While a more exhaustive and robust research is warranted, this review suffices in concluding that spirituality and its dimensions can be used as low-cost intervention methods in case of adversities like pandemic.

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INTRODUCTION

Spirituality is a framework through which people search for meaning, find an intent to live, and gain a deep sense of belonging.¹ There is no absolute definition of spirituality because it is believed and practiced differently across people and cultures. In the eastern hemisphere, it predominantly focuses on religious practices based on "ideas, sacred texts and theology". Whereas, the western majority takes a scientific approach, using neuroscience and ethology to associate spirituality with social connections and emotions.²

Though spirituality is a broad concept, McClintock et al.³ collected data from 5512 participants from across India, China and US, and analysed 40 measures of spirituality using exploratory factor analysis, cross-validated by exploratory structural equation modeling. analysis of different spirituality measures identified five factors, across cultures, which constitute spirituality. These dimensions of universal spiritual experience are: love, unifying interconnectedness, altruism, contemplative practices and religiosity.³

Love

Vaillant argues that positive emotions like love/attachment, trust/faith, joy, hope are what actually constitute spirituality.² Principal component analysis by Greenwald and Harder on what people understand by spirituality also revealed

that 'love' is an important factor. It is defined as feelings of affection towards others and oneself, and includes measures of psychological, ontological, and social love.³

Unifying Interconnectedness

Unifying interconnectedness is defined as being one with the universe and includes a form of connection to people and other beings, including the natural environment. The biophilia hypothesis states that these connections with nature are essential for experiencing spirituality.³

Altruism

Altruism is the tendency to help and serve other people. Research measures for altruism, include gratitude, awe and compassion for others. The definition of gratitude has changed over time from a religious component to "a fundamental spiritual quality transcending religious traditions".²

Contemplative Practices

Spirituality consists of contemplative spiritual practices like meditation, mindfulness, prayer, yoga, or qigong.³ These practices promote introspection and raise self-awareness, helping people connect with their 'true self'.

Religion

Religion refers to one's relationship with the sacred and cultivates within itself a natural capacity for spirituality. Culture defines religion and expresses it via association with holy texts, traditions, religious institutions and their integration into one's life.³

Effect on Well-being During the Pandemic

Subjective well-being can be defined as "people's evaluation of the quality of their own lives".⁴ Associating one's life with positive feelings and having a low level of negative affect can lead to higher levels of subjective well-being.⁵ According to a lifespan developmental perspective, well being can be assessed by one's level of satisfaction, happiness, and self-esteem in life.⁶

The pandemic has been linked to poor well-being and an increase in psychological risk factors, including loss of control, feeling trapped, loneliness, insecurity and fear. Covid stress can lead to social and mental health problems including depression,

somatization, and anxiety.⁷ It has also been linked to posttraumatic stress disorders, psychological inflexibility, and behavioral problems.⁷ Research has been ongoing to find methods to deal with the detrimental impact of covid on well-being, with one possible solution being *via* spirituality.

Spirituality has been positively correlated with well-being. It affects how individuals react to stress, cope with trauma, deal with personal relationships and day-to-day challenges of life.⁸ It also plays an important role in alleviating mental health problems, acting as a protective factor against many psychiatric conditions.⁸ These include depressive disorders,⁹ anxiety disorders,¹⁰ suicide¹¹ and substance-related disorders.¹²

While there are multiple studies on spirituality and its positive effects on mental health pre-covid, through this review we aim to holistically examine evidence to see if similar results can be found during the pandemic. Taking into account the multitude of studies conducted during this period, the review aims to see spirituality as a whole: by taking a dimensional approach to understanding its effects.

METHODOLOGY

This narrative review is intended to extrapolate on spirituality as a multi-faceted construct and discuss the relevant literature about its various dimensions and their effect on mental health during the pandemic. For the review, mostly quantitative and a few qualitative studies were synthesized. Keyword searches were conducted using PubMed and Google Scholar to identify relevant articles. The search terms were: 'spirituality', 'love', 'altruism', 'religiosity', 'contemplative practices', 'nature', 'well-being' and 'pandemic'. Purposive sampling was performed keeping in mind the different dimensions, types of populations, (including elderly and adolescents) and different geographies. Peer reviewed research articles relevant to the research question were included, 24 studies were selected and data was extracted and summarized from them (Tables 1-5).

RESULTS

Love

Positive emotions, including feelings of love, had been associated with better psychological well-being during the pandemic. They had also been

Table 1: Studies related to dimension of love

Study title author name	Population	Method	Tools	Findings
<p>Title: family support as a protective factor for attitudes toward social distancing and in preserving positive mental health during the COVID-19 pandemic</p> <p>Author: Li & xu, 2020</p>	1547 Chinese people (age: 12 to 60 years)	Online survey	<p>Family support subscale of the multidimensional scale of Perceived social support (MSPSS)</p> <p>Three-item short-form UCLA loneliness scale</p> <p>Mental health continuum short-form (MHC-SF)</p>	Strong familial support helps individuals in having positive mental health during the epidemic
<p>Title: relationship quality and mental health during COVID-19 lockdown</p> <p>Author: Pieh et al., 2021</p>	1,005 Austrian adults (age: 18+)	Cross-sectional online survey	<p>Quality of marriage index (QMI)</p> <p>Whoqol-bref</p> <p>Who-5 well being index</p> <p>Perceived stress scale (pss-10)</p> <p>Patient health questionnaire (PHQ-9)</p> <p>Generalized anxiety disorder 7 scale (GAD-7)</p> <p>Insomnia severity index (ISI)</p>	Individuals with good quality relationships scored better across all mental health scales (well-being, stress, depression & anxiety).
<p>Title: More positive emotions during the COVID-19 pandemic are associated with better resilience, especially for those experiencing more negative emotions</p> <p>Author: Israelashvili, 2021</p>	<p>1000 Uk participants (age: 18 to 83 years)</p> <p>1000 Us participants (age: 17 to 83 years)</p>	Online survey	<p>Ten positive (love, hope etc) and 10 negative (fear, anger etc) emotions were presented</p> <p>4 Resilience questions (2 from brief resilience scale and 2 from antonovsky's sense of coherence scale)</p>	Positive emotions are strongly linked with resilience, an important factor in mitigating COVID-19 induced negative effects on mental health.
<p>Title: Insomnia, perceived stress, and family support among nursing staff during the pandemic crisis</p> <p>Author: Tselebis et al., 2020</p>	150 Nurses in greece (mean age: 42 years)	Questionnaire	<p>Athens insomnia scale (AIS)</p> <p>Perceived stress scale (PSS)</p> <p>Family support scale (FSS)</p>	Nurses working in COVID-19 wards have impacted sleep, probably due to high anxiety levels. In such scenarios, family support has been found to act as a protective factor.
<p>Title: The impact of coping strategies and perceived family support on depressive and anxious symptomatology during the coronavirus pandemic (COVID-19) lockdown</p> <p>Author: Mariani et al., 2020</p>	98 Italian subjects (mean age: 39.3 years)	Online survey	<p>Socio-demographic questionnaire</p> <p>Coping inventory for stressful situations (CISS)</p> <p>Multi-dimensional scale of perceived social support (MSPSS)</p> <p>Symptom checklist-90-revised (SCL-90-R)</p>	An increase in psychiatric disorders was observed due to COVID. Family support helped mitigate depressive symptoms by reducing a sense of loneliness.

<p>Title: Intimate relationships in times of COVID-19: A descriptive study of Belgian partners and their perceived well-being</p> <p>Author: Sels et al., 2022</p>	<p>502 Dutch speaking and 177 french speaking participants from belgium (mean age: 38 years)</p>	<p>Online survey</p>	<p>Gender, sexual orientation, relationship duration Warwick-edinburgh mental well-being scale (WEMWBS) Depression, anxiety, and stress scale-21 (DASS-21) Perceived relationship quality component inventory (PRQC-inventory) Dyadic coping inventory (DCI)</p>	<p>Parental status differed between relational and individual well-being. Relational well-being, in particular, prevented increase in individual distress that occurred between the time covid regulations came into effect.</p>
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Table 2: Studies related to dimension of unifying interconnectedness

<i>Study title author name</i>	<i>Population</i>	<i>Method</i>	<i>Tools</i>	<i>Findings</i>
<p>Title: Spiritual well-being and mental health during the COVID-19 pandemic in italy</p> <p>Author: Coppola et al., 2021</p>	<p>1250 Italian adults (age m = 42)</p>	<p>Online questionnaire</p>	<p>Italian version of Jarel spiritual well-being scale (JSWB), General health questionnaire-12 items (ghq-12)</p>	<p>Spirituality acts as a protective factor for mental as well as physical health.</p>
<p>Title: attitudes and behaviors toward the use of public and private green space during the COVID-19 pandemic in Iran</p> <p>Author: Khalilnezhad et al., 2021</p>	<p>394 Iranian citizens (age: 20-49 years)</p>	<p>Online survey</p>	<p>Sections asking information about the characteristics of the place where they live, pre-pandemic usage of public green spaces, feelings associated with green spaces, level to which respondents missed having access to urban green spaces, personal details.</p>	<p>Improving the quality of green spaces may help people better connect to nature during the pandemic, resulting in positive effects on mental health.</p>
<p>Title: Associations between change in outside time pre- and post-COVID-19 public health restrictions and mental health: brief research report</p> <p>Author: Cindrlich et al., 2021</p>	<p>3,291 White people (age: 18+)</p>	<p>Online survey</p>	<p>Demographics, health behaviors, amount of time people spent outside pre/post COVID-19 public health restrictions (categorized as increased, maintained, or decreased) PSS 4 Short warwick-edinburgh mental well-being scale</p>	<p>Implementations need to be put in place for safe-time outside during the pandemic, which may otherwise negatively impact mental health.</p>
<p>Title: Contact with blue-green spaces during the COVID-19 pandemic lockdown beneficial for mental health</p> <p>Author: Pouso et al., 2021</p>	<p>5218 responses from 9 countries: Spain, United Kingdom, Germany, France, United States, Portugal, Italy, New Zealand and Mexico (age: above 25 years)</p>	<p>Online survey</p>	<p>Exposure assessment: contact with outdoor nature PHQ-4 Plutchik's wheel of emotions 4-item brief resilience coping scale (BRCS)</p>	<p>Positive emotions were noticed amongst people with access to green outdoor spaces, leading to the conclusion that contact with nature can help in coping with the negative impacts of the pandemic.</p>

<p>Title: Staying' in sync' with others during COVID-19 Positivity resonance mediates cross-sectional and longitudinal links between trait resilience and mental health Author: Prinzing et al., 2020</p>	<p>Study 1: 575 us adults (Age: 18-74 years) Study 2: 484 us undergraduate students (Age: 18+)</p>	<p>Online survey</p>	<p>Day reconstruction method Perceived positivity resonance scale Ego resiliency scale short form MHC-SF Multi-dimensional Existential meaning scale Patient-reported outcomes Measurement information system</p>	<p>The link between resilience and mental health was found to be mediated by positivity resonance, with quality social connection playing an important role in maintaining mental health during COVID.</p>
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Table 3: Studies related to dimension of altruism

Study title author name	Population	Method	Tools	Findings
<p>Title: Stress, spirituality, and altruism of brazilian medical students during the COVID-19 pandemic: a cross-sectional analysis Author: de lima et al., 2022</p>	<p>1105 Brazilian medical students (Age: 18+)</p>	<p>Online questionnaire</p>	<p>PSS 4 Self-spirituality rating scale Altruistic attitudes scale</p>	<p>People who acted altruistically showed lower stress levels, also depicting positive correlation of altruistic thoughts and emotions with spirituality.</p>
<p>Title: Prosocial behavior promotes positive emotion during the COVID-19 pandemic Author: varma et al., 2020</p>	<p>1,623 US residents (Age: 18+)</p>	<p>Experiment</p>	<p>Covid-19 impact questionnaire Online version of goody bag paradigm from hanniball and colleagues (2019) Post-task positive and negative affect COVID-19 thought intrusion monitoring task DASS-21</p>	<p>Prosocial behavior was connected with high levels of positive affect, empathy and social connectedness - factors that can bolster well-being during the pandemic.</p>
<p>Title: When altruists cannot help: the influence of altruism on the mental health of university students during the COVID-19 pandemic Author: feng et al., 2020</p>	<p>1346 Students from Beijing University, China (age m = 19.76 years)</p>	<p>Cross-sectional online survey</p>	<p>Self-report altruism scale (SRA scale) Positive and negative affect schedule (PANAS) 7-Item generalized anxiety disorder scale (GAD-7) PHQ-9</p>	<p>Negative affect was prominently observed in people with high altruistic tendencies, leading to increase in symptoms of depression and anxiety.</p>

associated with resilience, a trait which helps mitigate the effect of covid anxiety, depression and loneliness.¹³ Alongside, high quality romantic relationships, which provided satisfaction and support, had been associated with better well-being, in terms of lower depression, anxiety and stress levels, during the pandemic.^{14,15} However, low quality romantic relations had been identified as a risk factor, causing a marked increase in depressive symptoms.¹⁴

Familial bonds and a supportive home environment also helped propagate positive mental health.¹⁶ A study on nurses showed that

perceived family support acted as a protective factor by reducing stress, thereby bettering sleep levels amidst the pandemic.¹⁷ On the other hand, lack of familial support in these tough times had also been linked to loneliness and marked as a predictor of depressive symptoms.¹⁸ However, Mariani et al. did not find familial support as a protective factor against anxiety, likely due to the intense and chaotic nature of the emotion.¹⁸

Unifying Interconnectedness

In terms of a sense of unifying interconnectedness, spiritual beliefs had also been associated with

Table 4: Studies related to dimension of contemplative practices

Study title author name	Population	Method	Tools	Findings
<p>Title: Yoga practice is beneficial for maintaining healthy lifestyle and endurance under restrictions and stress imposed by lockdown during COVID-19 pandemic Author: Nagarathna et al., 2021</p>	<p>Indian: 9,840 practitioners and 3,377 non-practitioners (Age: 18+)</p>	<p>Pan-india cross-sectional survey</p>	<p>COVID Health Assessment Scale (CHAS)</p>	<p>The yoga group, having better coping strategies, depicted less COVID associated stress and anxiety, as compared to non-yoga group.</p>
<p>Title: Stay mindful and carry on: mindfulness neutralizes COVID-19 stressors on work engagement via sleep duration. Author: Xue zheng et al., 2020</p>	<p>Study 1: 97 Chinese participants (Age m: 34.49 years) Study 2: 140 UK participants (Age m: 34.1 years)</p>	<p>Study 1: field experiment Study 2: daily diary study</p>	<p>Study 1: Survey measured sleep quantity, sleep quality and caffeine intake mindfulness manipulation check COVID stressors - no. Of cases Study 2: COVID stressors - adapted version of family-to-work conflict scale Maas Utrecht work Engagement scale sleep quantity and quality</p>	<p>Study 1: People who practiced mindfulness had better sleep. Study 2: Sleep duration mediated the buffering effect mindfulness has on covid induced work stressors.</p>
<p>Title: Fear of COVID-19, mindfulness, humor, and hopelessness: a multiple mediation analysis Author: Saricali et al., 2020</p>	<p>786 Turkish individuals (age: between 18 to 67 years)</p>	<p>Online survey</p>	<p>Fear of COVID-19 scale Beck hopelessness scale Mindful attention awareness scale coping humor scale</p>	<p>A lower degree of mindfulness and humour were found to be associated with high fear of covid and hopelessness.</p>
<p>Title: Psychological impact of COVID-19 confinement and its relationship with meditation Author: Jiménez et al., 2020</p>	<p>412 Spanish participants (age m: 40.48 years)</p>	<p>Online survey</p>	<p>DASS-2 Impact of events scale Self-compassion scale-short form</p>	<p>Meditation was found associated with self-compassion, which acts as a protective factor and was related to better cohabitation during confinement.</p>
<p>Title: Positive impact of mindfulness meditation on mental health of female teachers during the COVID-19 outbreak in Italy Author: Matiz et al., 2020</p>	<p>67 Caucasian school teachers (age m: 51.5 years)</p>	<p>Experimental design</p>	<p>Mindfulness oriented meditation (MOM) course Italian five-facet mindfulness Questionnaire (FFMQ) Italian Questionnaire of affective and Cognitive empathy (QCAE) Italian 125-item temperament And character inventory (TCI) Italian multi-dimensional assessment of interoceptive awareness scale (maia) Italian 18-item psychological Well-being scales (PWB) Italian hospital anxiety and Depression scale (HADS) Italian maslach burnout Inventory educators survey (MBI-ES)</p>	<p>Both low resilience (LR) and high resilience (HR) individuals showed improvement in psychological well-being, in terms of decreased anxiety, depression and emotional exhaustion, and increased mindfulness.</p>

higher levels of hopefulness and had helped people come to terms with covid related changes.¹⁹ Connectedness to other people, in terms of the quality and quantity of social relationships, which included shared feelings of positivity and caring for another, had been associated with better well-being during the pandemic.²⁰

A connectedness to nature, particularly through private or indoor green spaces, had been found to buffer the negative mental (depression, anxiety, stress, loneliness) and behavioral (physical inactivity, sleep disturbances) impacts of the lockdowns.^{21,22} It also conferred benefits to general well-being, life satisfaction, happiness and increased positive emotions.²³ Frequency and duration of exposure were also associated with emotional and mental well-being.²⁴ Type of nature exposure was also an important mediator, with the natural outdoor environment contrarily being associated with a minor increase in anxiety, fear, irritability etc., probably due to risk of contagion.²⁵

Altruism

Spirituality is also correlated positively with altruistic thoughts and emotions, with people who acted altruistically reporting lower levels of covid induced stress.²⁶ Studies on prosocial behavior confirmed the same, with other-centric behavior like volunteering being found to confer benefits to well-being during the pandemic.²⁷ Prosocial behavior had also been found to result in positive affect, empathy, and social connectedness - factors that may buffer the negative impact of covid stressors.²⁷

Subsequently, Lima et al. believed that altruistic behavior may act as a critical coping mechanism to reduce emotional pain.²⁷ However, Feng et al. cautioned that altruism could also be connected to negative mental health.²⁸ They stated that an inability to act despite having high altruistic tendencies, due to strict restrictions, can make people feel helpless, with the increased negative affect causing increased anxiety and depression.²⁸

Contemplative Practice

Contemplative practice, like mindfulness meditation based on spiritual care, helped improve emotional regulation and increased stress resilience. It also

minimized the impact of covid stressors on sleep duration.²⁹ It had also been found to improve affective empathy, psychological well-being and interoceptive awareness, thereby helping alleviate pandemic induced negative psychological responses, even in low resilience individuals.³⁰

However, Zhu et al. found no differences in symptoms of anxiety and depression in practitioners vs non-practitioners during peak of covid in China, probably due to the less amenable nature of these clinical characteristics.³¹ Though Zhu et al. do claim that there was a great reduction in symptoms of anxiety and depression, depending on practice frequency, between peak and follow-up three weeks later.³¹

A direct association of mindfulness had also been found with hopefulness, which in turn corresponded to lower covid fear.³² It was also associated with self-compassion, which can act as a protective factor during these turbulent times.³³ Other practices, like yoga, had also been found beneficial in maintaining a healthy lifestyle during the pandemic and increasing endurance and stress tolerance.³⁴ It had also been associated with better quality sleep and increased well-being in the elderly population.

Religiosity

Religious coping mechanisms are used by people to manage levels of worry, stress and anger, and to ask for forgiveness.³⁵ Studies have shown with the advent of the pandemic, people's use of religious coping has increased drastically, with there being a great demand for religious hotlines and community conference calls.³⁶ These virtual religious activities have helped buffer the negative impact of isolation, especially for older adults, by providing people with a supportive community. Even in adolescents, signs of using religious coping strategies and finding support through religious communities had been noticed.³⁷

Besides acting as a support system, engagement in religious activities, reliance and trust in God, and finding joy and courage through scriptures has also been found to help manage pandemic induced psychological distress and emotional stressors.³⁸ Faith has also been found to help people feel positive emotions like hopefulness and

Table 5: Studies related to dimension of religiosity

Study title author name	Population	Method	Tools	Findings
Title: Spirituality, religiosity and the mental health consequences of social isolation during COVID-19 pandemic Author: Lucchetti et al., 2020	485 Brazilian adults (age m: 31.89 years)	Cross-sectional online survey	Sociodemographic data religious and spiritual beliefs Social isolation characteristics Social isolation consequences	Spiritual and religious beliefs were connected to better health outcomes, in regards to high levels of hopefulness and lower levels of worry, fear and sadness.
Title: Religious coping in the time of COVID-19 pandemic in india and nigeria: finding of a cross-national community survey Author: Fatima et al., 2020	360 Nigerian and 287 indian individuals (age: 18 to 60 years)	Online survey	Semi-structured proforma Brief RCOPE	Positive religious coping mechanisms significantly helped people deal with pandemic problems.
Title: Association of death anxiety with spiritual well-being and religious coping in older adults during the COVID-19 pandemic Author: Rababa et al., 2021	248 Community-dwelling older arabic adults (age: 60 to 75 years)	Phone interview to fill survey	Brief arab religious coping scale The arabic version of the spiritual well-being scale The arabic scale of death anxiety	Poor religious and spiritual coping was found to be associated with death anxiety in the elderly.
Title: Using spirituality to cope with COVID-19: the experiences of african american breast cancer survivors Author: Hamilton et al., 2021	18 African american breast cancer survivors (age m: 58 years)	Qualitative research - content analysis	Interview questions included queries about strategies used to manage stressors encountered during covid-19 pandemic.	Despite restrictions imposed on faith-based institutions, spirituality continues to thrive as a support system and in helping people with emotional regulation.
Title: Black adolescents' perceptions of COVID-19: challenges, coping, and connection to family, religious, and school support Author: Parker et al., 2021	12 Black youth (age: 12-18 years)	Qualitative research	Interview	People used problem and emotion focussed religious/spiritual coping strategies to deal with the pandemic's challenges.

reduce negative emotions like worry, sadness and fear.³⁶ Positive feelings about the situation can help people experience a strong 'inner healing force'.³⁹ Consequently, religiosity has been associated with decreased levels of stress, anxiety and depressive symptoms.

DISCUSSION

Through this review, we have explored spirituality as a multi-dimensional construct, with results showing that all aspects of spirituality, in varying degrees, helped alleviate symptoms of pandemic induced stress, anxiety and depression. They also helped increase positive affect, life satisfaction and helped maintain good overall psychological well-

being. In particular, dimensions of love, unifying interconnectedness and altruism have been associated with greater resilience, hopefulness and social-connectedness. While contemplative practices and religion have been associated with better emotional regulation.

These findings are in line with pre-covid literature. Past research has shown that participants with high experience of love had decreased probability of having suicidal ideation, alcohol-related disorder, cannabis-related disorder and generalized anxiety disorder in India, US and China.³ This was because positive emotions caused neurological changes, like increased oxytocin receptors and activation of the reward system,⁴⁰ with lasting dispositional effects.

Past research has also shown that unifying interconnectedness, in terms of connectedness to nature, had beneficial effects on well-being. This ties in with the concept of restorative attention where nature can heal mental fatigue and improve concentration, leading to lesser stress.⁴¹

Altruism, measured in terms of gratitude, compassion and resulting prosocial behavior, was also found to be positively associated with self-rated health, emotional functioning, stress and anger management levels.⁴²

In accord with our results, it had also been found that contemplative practices had been effective in decreasing depressive symptoms along with risks for internalizing psychiatric conditions⁴³. Spiritual meditation, in particular, had been found to reduce emotional reactivity, distress and multiple clinical symptoms⁴⁴ and was positively associated with improved mental health and well-being.

Furthermore, it had also been observed consistently across India and US, that those with strong religious affiliations showed reduced risks of having generalized anxiety disorder, major depressive disorder and suicidal ideation³. One possible reason could be the generation of positive emotions and better emotion regulation reported in religious individuals⁴⁵ as a result of their religious commitments.

However, these results must be read taking into account some limitations. Since purposive sampling was used, this review can not be considered exhaustive in nature. While care has been taken to critically analyze and include relevant studies, the nature of narrative reviews may also be prone to selection bias. Due to the pandemic, most studies included conducted research using online surveys, meaning only a certain section of the population was sampled, making the results less generalizable.

CONCLUSION

Majority of the studies, with a few exceptions, showed that all aspects of spirituality - love, unifying interconnectedness, altruism, religiosity and contemplative practices - helped alleviate symptoms of pandemic induced stress, anxiety and depression. They also helped increase positive affect, life satisfaction and helped maintain good overall

psychological well-being, by buffering the negative impact of covid stressors, lockdowns and isolation.

Future research can focus on using these as low-cost intervention methods by extrapolating these effects on different scenarios, like other disease outbreaks, natural disasters and war situations.

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