

Mind and Spirit: Harnessing the Healing Power of Islamic-Based Interventions for Mental Health

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Background: Islam plays a crucial role in helping Muslims cope with negative life events, with daily practices and opportunities for reflection and guidance. Islamic-based interventions, such as Traditional Islamically Integrated Psychotherapy (TIIP), have shown promise in addressing anxiety and depression. Some studies have even employed this concept of spiritually modified therapy and found that the inclusion of this model resulted in improvement of anxiety and depression. Based on this, TIIP and other spiritually modified therapies have the potential to improve management plans for mental health issues among Muslims as it is further employed and explored.

Objectives: This literature review focuses on the efficacy of employing spiritually modified cognitive therapy and integrating Islamic practices including prayer and Quranic recitation.

Methods: A systematic review of the literature was conducted using PubMed, Google Scholar, and PsycINFO to assess the efficacy of Islamic-based interventions for anxiety and depression among Muslim patients. Keywords included "Islamic psychotherapy," "anxiety," "depression," and "psychiatry." Relevant studies were analyzed for treatment strategies and outcomes.

Results: Based on several studies, including spirituality when creating treatment plans for mental illnesses has helped improve the efficacy of management strategies (3). Azhar et al, found that spiritually modified cognitive behavioral therapy demonstrated faster results compared to non-Islamically modified therapies in Muslim patients. A study also revealed significant reductions in anxiety levels in women and depression levels in men among participants receiving Islamic-based interventions (4). Another study demonstrated a reduction in clinical distress and a reduction in functional distress through clinical outcomes in routine evaluation over time, indicating preliminary evidence for the efficacy of TIIP (2).

Conclusion: Spiritually modified therapies offer the opportunity to address both psychological symptoms and spiritual concerns, providing a comprehensive treatment experience with the potential to reduce stigma and improve accessibility to mental health care for Muslim patients.

Keywords: Islamic Psychotherapy, Anxiety, Depression

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