

## **Spirituality, religious coping and paranormal beliefs and their relation to OCD and anxiety disorders' symptomatology and treatment outcome**

### **Results:**

The objective of this study was the investigation of the relationship between spirituality, magical/paranormal ideation and religious coping in an unselected population of patients with OCD or another anxiety disorder. The sample for this study was recruited in the Department of Anxiety Disorders in the University Clinic for Psychiatry and Psychotherapy in Hamburg, Germany. Psychometric data have been collected by the Revised Paranormal Belief Scale, Magical Ideation Scale and Brief Multidimensional Measure of Religiousness/Spirituality in patients with OCD (n=49), other AD (n=36) and healthy samples (n=35).

The preliminary results showed no significant differences among the three groups with respect to the most factors, as well as no significant differences between the OCD and the anxiety groups in all factors. The only statistical significant difference was found between Healthy and non-Healthy individuals with respect to the factor of negative coping, whereby the healthy samples reached lower scores in negative religious coping than the anxiety and OCD groups.

Our study does not support prior studies, suggesting an important role of these traits in the etiopathogenesis of anxiety and OCD. On the other hand, our study validated prior study results showing a significant correlation between negative religious coping and both anxiety and obsessive-compulsive disorders. Our results underline a possible major role of negative religious coping in anxiety disorders and support a potential incorporation of R/S aspects in the psychotherapeutic treatment, targeting mainly better cognitive coping strategies for patients.

### **Published work:**

#### **► Full papers:**

Agorastos A, Metscher T, Huber, CG, Jelinek L, Vitzthum F, Muhtz C, Kellner M, Moritz S. Religiosity, magical ideation, and paranormal beliefs in anxiety disorders and obsessive-compulsive disorder: a cross-sectional study. *Journal of Nervous and Mental Disease*, 2012 Oct; 200(10):876-84. doi: 10.1097/NMD.0b013e31826b6e92.

### **Area(s) of interest:**

Anxiety disorders, Obsessive-compulsive disorder, spirituality, religiosity, paranormal beliefs, neuropsychology.

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