

P-315 - ANXIETY LEVELS AND AWARENESS OF GOD IN ADOLESCENTS

R.P.Pascanu, O.A.Rus, R.Cozman, L.Coman, B.Andreica

Child and Adolescent Psychiatry Clinic, Cluj-Napoca, Romania

Introduction and objectives: Spirituality and mental health have always been in a very dynamic relationship. One can wonder if spirituality should be taken out of psychiatry or if psychiatry lost its faith.

Aims: The goal of this research is to analyze how anxiety levels are influenced by religious beliefs and practices in children and adolescents.

Methods: 72 respondents participated in our study. They were pupils in the eighth grade at Scoala Generala Horea, Cluj-Napoca, Romania. The exclusion criteria was any psychiatric disorder diagnosed prior to the research.

We used the questionnaire for anxiety, S.T.A.I. - State Trait Anxiety Inventory (Charles D. Spielberger Ph.D., 1970). The questionnaires about religious beliefs, behaviors and personal motivation: SAI -Spiritual Assessment Inventory (Todd W. Hall, Ph.D&Keith J. Edwards, Ph.D, 1996) and two questions from DUREL - Duke University Religion Index (Koenig HG, Meador K, Parkerson G., 1997). These questionnaires are adapted for a monotheist religion.

To analyze the results, we used SPSS, a Business Intelligence software which includes statistical analysis modules, version 17.

Results: The results identified a valid statistical correlation between anxiety levels and the degree of awareness of God in religious practices and beliefs. (Pearson correlation -0.227, $p=0.05$). Depending on the results from SAI questionnaire concerning the level of awareness, we formed 2 groups and we studied the anxiety levels. The analysis of these 2 groups sustained the prior association.

Conclusions: The anxiety levels are lower in children with high degree of spiritual awareness and religious practices and beliefs.