



Teheran University of Medical Sciences

School of Medicine

Title:

**Definition, Components and Indicators of
Spiritual Health and Relationship of Spiritual
Health with Life Style on the basis of View of
Experts**

**A dissertation submitted as partial fulfillment of the requirements for Doctor
of Philosophy (PhD) Degree in Medical Ethics**

By

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Abstract:

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Introduction: The dimensions of health include physical, mental, social, and spiritual ones, and optimum health will not be achieved without meeting all of these dimensions. Researchers presented many definitions, components and indicators of spiritual health and life style. Researchers proposed many definitions, components and indicators of life style. Spiritual health and life style affect each other. The current study aims to present definition, components and indicators of spiritual health and relationship of spiritual health with life style on the basis of view of experts.

Materials and Methods: The current study used both theoretical study and qualitative study. In theoretical study books, articles and electronic resources were assessed by using keywords. In qualitative study, ٢٢ experts of spiritual health and life style from different fields were interviewed. Conventional content analysis was used to analyse qualitative data.

Results: Results of theoretical study show different subjects such as distinctive definitions of health; definition, components and indicators of spiritual health on the basis of Islamic and non-religious view; effect of spiritual health on other three dimensions of health; definition of spirituality; definition, components and indicators of life style; and relationship of spiritual health with life style. Results of qualitative study show that one can define spiritual health by considering religious dimension, individualistic dimension and material world-oriented dimension; components of spiritual health include human connection with God, oneself, others and nature; indicators of spiritual health can be considered in these four kinds of connection; spiritual health and spirituality are different but they have relative compatibility too; in defining life style, we can define it on the basis of general view and religious view; spiritual health and life style have relationship; components of life style include human connection with God, oneself, others and nature; indicators of life style can be considered in religious dimension, individualistic dimension and material world-oriented dimension; and spiritual health has different characteristics.

Conclusion: In Islamic view and with attention to one's ethical comprehensiveness, subject of spiritual health finds a suitable place. Adopting a comprehensive attitude to human being, attention to people's health in its comprehensive sense, and considering definition of health from Islamic-ethical viewpoint affect seriously human and ethical relationships of medical professionals with patients and colleagues. The current study shows that there are four kinds of connection in definition and components of spiritual

health: human connection with God, oneself, others and nature. Most of experts participated in the current study maintain that human connection with God is the most important part of definition of spiritual health and it is also the most important component and indicator of spiritual health. Some studies show that there are four kinds of connection in spiritual health none of which has priority over the others. The current study shows that indicators of spiritual health can be characterized in components of spiritual health (human connection with God, oneself, others and nature). Spiritual health has relationship with ethics. Spiritual health and life style have relationship.

Keywords: Spiritual Health; Spirituality; Life Style.