

Spiritual Health in health workers (Behvarz) in Health Center Chenaran

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Abstract

Background & Aim: Spiritual health is one of the most critical aspects of health, and much research has not been done on this subject, given that the last one is currently added to the concept of health. Therefore, the aim of this study was to determine the Spiritual Health of health workers (Behvarz) in health centers in Chenaran in 2017.

Methods: In this cross-sectional (descriptive -correlative) study, the spiritual health of 71 Behvarz were measured by questionnaire Paloutzian and Ellison Spiritual Health Questionnaire. Data were collected by census. Data were analyzed using ANOVA and Mann-Whitney in the SPSS-18.

Results: The mean age was 36.6 ± 7.7 years. The Mean score of spiritual health was 99.6 ± 11.2 ; existential health was 46.8 ± 5.8 and religious health 52.7 ± 7.2 . 54.9% of the samples had high spiritual health, and 45.1% had moderate spiritual health. In this study, there wasn't any significant relationship between health literacy with age, sex, educational level, and income.

Conclusion: Spiritual health is desirable in health care workers in the Chenaran health care network, especially in the area of religious health. Therefore, consideration and planning of other health aspects such as physical, mental, social, and occupational health should be considered.

Keywords: Spiritual Health, Health worker, Health Center

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