

Clinical Assessment of Spiritual Psychology: A Case Study of Cancer Co- Patients

*Dr. Naseem Ahmad

Abstract

Spirituality is quite essential for patients who are suffering from cancer-like life-threatening illnesses. The significance of spiritual requirements is pretty essential for terminally ill cancer patients. The most examined category to frame a specific structure with the relation of the assessment and cure of the chronic illness therapy-Spiritual (FACIT-Sp) results in the cancer patients clusters through a demonstrative literature review, methodology, and the analysis of collected data. The literature review shows that the patients suffering from the assessment of the effect show the lowest scores on the Meaning and Faith subscales. It has been also found that the highest scores of Faith have been achieved by the cancer patients who have survived. This study has given several data on FACIT-Sp score for the diagnosis of cancer survivors, patients, and severely ill cancer patients to mention necessary highlights of the meaning of the assessment in detail.

Keywords:

Chronic illness therapy through Spirituality, Clinical Psychology, Internal Serenity

I. Introduction

Spirituality is one of the integral dimensions of human beings to be recognized as a significant factor in the well-being of cancer patients. One of the leading causes of death all over the world is Cancer. Cancer mainly causes 1 in 6 deaths. Great physical and distress related to emotion can be addressed by the proper diagnosis and medical treatment. Past Researches produce supportive examples of the positive influence of the healthcare well-being of cancer patients. The trait of consistent promotion of psychological adjustment to the growth of cancer and the related growth has indicated such a threat to public health quality. Hence, this is quite necessary for the need for the spiritual enhancement of the patients to provide better care and mental support for them. Spirituality resembles the individual striving and experience and a deep connection to enhance the essence of life to find out the real meaning and knowledge of self-actualization and the connection with the central elements. Spirituality helps in seeking the proper solution to stress, and physical illness.

II. Theoretical Framework

In cancer treatment, the patients are introduced to spirituality. From both of the research on the effect of spirituality and analyzing the data on clinical literature of the religious relationships, spirituality, and health, this is highly relevant to consider the definition of the concepts narrated by researchers and clinical psychologists (Zumstein-Shaha et al. 2020), while analyzing the underlying parameters of engagement with religious behavior and spirituality. Most of the religious texts indulge the spiritual relationship with several fatal diseases like cancer. Here some examples of relation is provided with the diseases along with the definition of inclusive religious activities like as:

- Religious group membership
- Frequency of attendance to the services related to religion

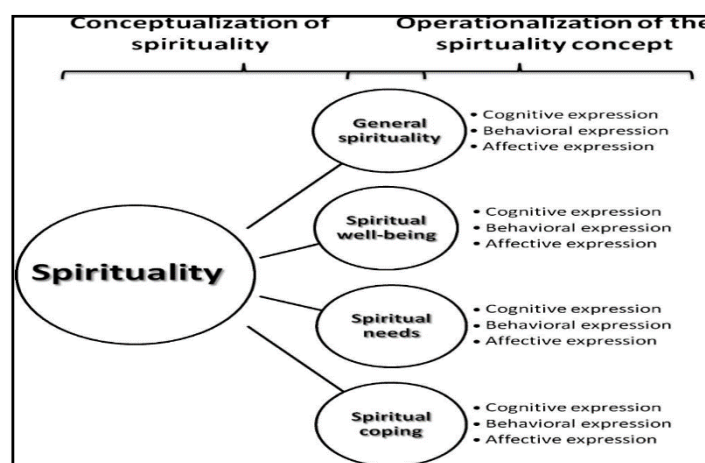


Figure 2: Spirituality and its components (Source: Kelly et al. 2019, P-20)

Corresponding Author: Dr. Naseem Ahmad*
Rehabilitation Psychologist, Amroha (Uttar Pradesh)

The most challenging part of defining the existence of spirituality or spiritual well-being and its effect on diseases like cancer. Some religions define the relevancy of religion to provide the proper limitation to supernatural experiences (Merath et al. 2020). Although, psychological well-being and physical health are co-related to the effect of spirituality, which can not be ignored. The feelings associated with the feelings of definition and relation to spirituality are given below:

- A sense of internal serenity.
- Existential meaning.
- Experience while roaming in nature.

A. Overview of spiritual psychology and its relevance in healthcare

The advancement of technology in the past 100 years enhances the focus on medicine to build a caring, and service-related model related to technology and the models related to the solution of several health ailments (Kelly et al. 2022). The substantial advancement in the medical field has provided the modern-day solution to the long-lasting enhanced life-span model. In modern days spirituality has become part and parcel of the health sector, due to its all-round benefits in curing several diseases. In some aspects, spirituality is quite effective in comparison to the effect of medicine.

A challenge faced by physicians in assisting people by finding meaning even in the period of chronic illness. Some of the medicines suggest religion and spirituality by forming the basis of the reason and purposes of several persons (Kamijo and Miyamura 2020). Several questions arise in the mind of people when the patient fails to struggle with his physical fatigues. Besides, the mental and psychological delusion makes him inefficient in taking proper decisions and support, spirituality enables them to reorganize the psyche of the patients in order to find out the different physical aspects of the disease, some of the questions often arise, such as:

Who am I?
Will I be forgotten?
Is there any God?
Will I have sufficient time to fulfill the pending work of my life?
Why am I suffering now?

In many cases, like cancer diseases, which are very fatal in most of the cases, where proper cure is not possible, due to not having proper innovation of medicine. The aim is to achieve healing which can be experienced by assigning illness and peace to a person's life. The ability to trust me, which is 'I Believe, I Can' is generally core spiritual (Phenwan et al 2019).

In one case, one of the patients possesses ovarian cancer 7.5 years ago. A few days ago, the cancer metastasized, so that, no part of the metastasized part has become inactive, after understanding her condition of herself, she finds the goal to create a significant impact as they have none of the proper treatment team that cannot be found the therapeutic protocols by constant thinking of her life goals and the dreams to be fulfilled (Benites et al. 2021). This was the only way for her as none of the Antidepressants were sufficient to cure her depression. Gradually these types of activities helped in resolving all the depression.

B. Key concepts and models in spiritual psychology

By looking at the various conjectures on spirituality like models, we define as follows: "Models can be matched in reality to describe in some of the significant ways", Spiritual models in personal and psychological development are examined in several vantages of sulture, like breaking them down in wider categories like indigenous, northern or southern. It can be compared while truth can be achieved. Faith-based or logic-based approaches have to be enquired according to the empirical approaches (scientific) empiricism (philosophical),

III. Literature review

The Role of Spirituality in Coping with Cancer

Cancer brings modern as well as deeper meaning to spiritual beliefs and works in day-to-day life. By prayer or meditation is highly comfortable when studying several books related to spirituality, which adds others to the spiritual community (Rabitti et al. 2020). Cancer enhances the beliefs that can be performed over a period of time. One might struggle in understanding the reason to have cancer while questioning the relationship with the inner self. If the belief system strengthens in the previous days, this could be very disappointing. The study informed that the people with a specific faith or spiritual belief, that generally bank upon, to provide a sense of peace and a enhanced quality of life.

Diagnoses(primary)	Key features from history
Existential concerns	Scarcity of meaning
	Questions of the meaning to the existence of an individual

	Concern about the future life
	Questions on suffering and its underlying cause
	Findings on spiritual help
Abandonment by God or others	Need of love, and loneliness
	Need to be forgettable
	Lack of sense of relatedness
Anguishment on God or others	Shifts anger towards the religious representatives or others
	Inefficiency of the ability to forgiveness

Table1: Spiritual Diagnosis (Source: Kelly et al. 2019, P-12)

A. Impact of spirituality on psychological well-being in cancer patients

In every year, no more than 71000 new cases of cancer and 30000 deaths have been recorded in Asian countries. This fatal disease assures negative mental and physical conditions (Riklikienė et al. 2020). The goal of the study is actually in investigating the pertaining the relationship between the well-being related to spiritual and psychological aspects of cancer patients who have received chemotherapy.

B. Spiritual beliefs and practices as coping mechanisms

(Bovero et al. 2019) defines coping as related to spiritual advancement to respond to illness or stressful conditions to allow the persons in finding the proper meaning and the life purposes, which results in the enhanced response to adapt. This is quite an important fact to argue that can be helped to cope with the situation effectively, those strategies can be highly religious and non-religious. While treating cancer, this adoption of spiritual psychology can be engaged,

IV. Assessment of Spiritual Beliefs and Practices in Cancer Patients

While talking about the meaning of a specific outcome, it can be analyzed with the connection and Connection between spirituality and resilience in the face of cancer in making something bigger than the experience of normal life (Cheng et al. 2019). As an example, the definition of a severe illness like cancer can be found and its relation with the life of the specific person is highly considered, in experiencing spiritual understanding.

A. Importance of assessing spirituality in clinical practice

In understanding the impact of religion and spirituality to describe the meaning for us, one has to ask about the broader perspective of people's lives. It is quite arguable as it can be highly successful while contributing to the success of the human experience. Real success is defined by mental, physical, and moral matters, as humankind has to survive the gradual demise of the solar system. In evaluating, a series of questions have to be asked oneself to assess spirituality, as it positively contributes to one's life (Bar-Sela et al. 2019). At the core of religion, spirituality, and faith some of the questions are underlying while acknowledging a specific source of transcendent in order to realize the meaning and value beyond mankind.

B. Classification of assessment tools for measuring spiritual beliefs and practices

The enhancement and innovation of the instruments in measuring spirituality can consist a two-step process. The elementary step will define the conceptual aspect of spirituality which is the instrument aimed to measure. The next step will be the defining aspect of the items that can be operated in the concept of spirituality.

1. Conceptual Classification: the classification is categorized by the spiritual concept which can be delivered with the tools made to capture the perspectives of the spiritual leaders and authors, to define the spiritual concept to apply to cancer patients.
2. Functional Classification: The underlying concept of spirituality to the intention of analysis of the proposed categories, according to the spiritual expression to capture the intention (Turke et al. 2020).

V. Benefits of Integrating Spiritual Psychology in Cancer Care

Although studies trying to find out the relation between spirituality and medical treatment, yet significant positive effects have been noticed in the religious practices to create a feel-good actor and enhanced self-confidence for cancer patients have been noticed (Miranda et al. 2020). The benefits of spirituality in combating cancer are given below:

- This Decreases depression, anxiety, and uneasiness.

- This Decreases the sense of loneliness.
- This reduces blood pressure and the chance of heart attack.
- Helping in the adjustment to the effects of cancer treatment.
- Enhances the ability to feel the joy of life during cancer treatment.
- Enhances positive feelings, such as hope, optimism, life satisfaction, and inner calmness.

VI. Methodology

All the studies and research have to be screened and chosen by different reviewers. The type of participants is cancer patients (age 18 years above) and a spiritually intervened control group. Types of interventions related to spirituality are contained by control groups with proper care, where the necessity of the treatment is highly required, to find out the measurable outcome, by publishing the relevant assessment.

Participants' age (years old)	Frequency	Frequency percentage (%)
30-21	6	4/2
40-31	20	1/9
50-41	50	5/23
60-51	65	7/30
70-61	72	1/34
Total	213	8/99

Table2: Descriptive statistics of the participants' age (Source: Kelly et al. 2019, P-15)

Tool selection to assess spirituality and religion (Moosavi et al. 2019). Various factors have to be considered in prior to choose the tool of assessment:

- Evaluating the focus (practice of religion or spiritual well-being/distress).
- Assessment of the purposes (e.g., distress screening vs. evaluation of all the patients as part and parcel of care).
- Assessment modality (interview or questionnaire).
- Assessment Feasibility (staff and patient liability).

Search method: A specific and comprehensive method of published and unpublished RCTs have been used with a broader range of medical and psychological datasets, related to the analysis in a scientific way (Ahmadi et al. 2019). This is one of the most effective methods to analyze the effect of spirituality on cancer patients.

Spiritual care method: According to the above-mentioned data, it is clear that the fundamental role has been played in the care of the patients to offer a beneficial impact on achieving good health. At an International Consensus Conference held in 2009, the professionals in the healthcare sector had made an agreement in caring the patients through spirituality, on the basis of palliative care. The basic principle associated with the model is to identify the contribution of the medians in attending to the patients- on a bodily level (Farahani et al. 2019), as well as mental and spiritual levels.

Two significant components of this method are:

Relationship between doctor and patient: Spirituality enhances the bonding between medians and cancer patients to identify the untold problems of the patients. Spiritual behavior insists the patient to have patience and enhances the rays of hope.

Clinical analysis and the treatment of distress spiritually: The spiritual care for cancer patients has generally two domains, such as analysis and the treatment of the distress with the help of spirituality (Feng et al. 2021), this service of spirituality is the spiritual behaviors served by the religious leaders with their in-built experience on spiritual counseling.

VII. Case Study Findings

Data were collected from 228 residents (93%) in internal medicine, chemotherapy, and internal medicine/pediatrics medicine. One hundred five (47%) respondents felt that they should play a significant role in the spiritual or religious lives of the patient. In the multivariable analysis, this sentiment was connected with a greater frequency of participating in organized religious activity (odds ratio [OR] 1.56, 96% confidence interval [CI] 1.21-1.98) (Ratshikana-Moloko et al. 2020), a higher level of personal spirituality (OR 1.06, 96% CI 1.03-1.09), and older resident age (OR 1.12, 96% CI 1.03-1.22; C-statistic 0.77). In general, advocating spiritual and religious involvement was most often associated with high personal levels of the cancer patients of spiritual and religious coping and with the family medicine training

program. Residents were more likely to accept incorporating spirituality and religion into patient encounters as the gravity of the condition of the patient has increased ($p < .0002$).

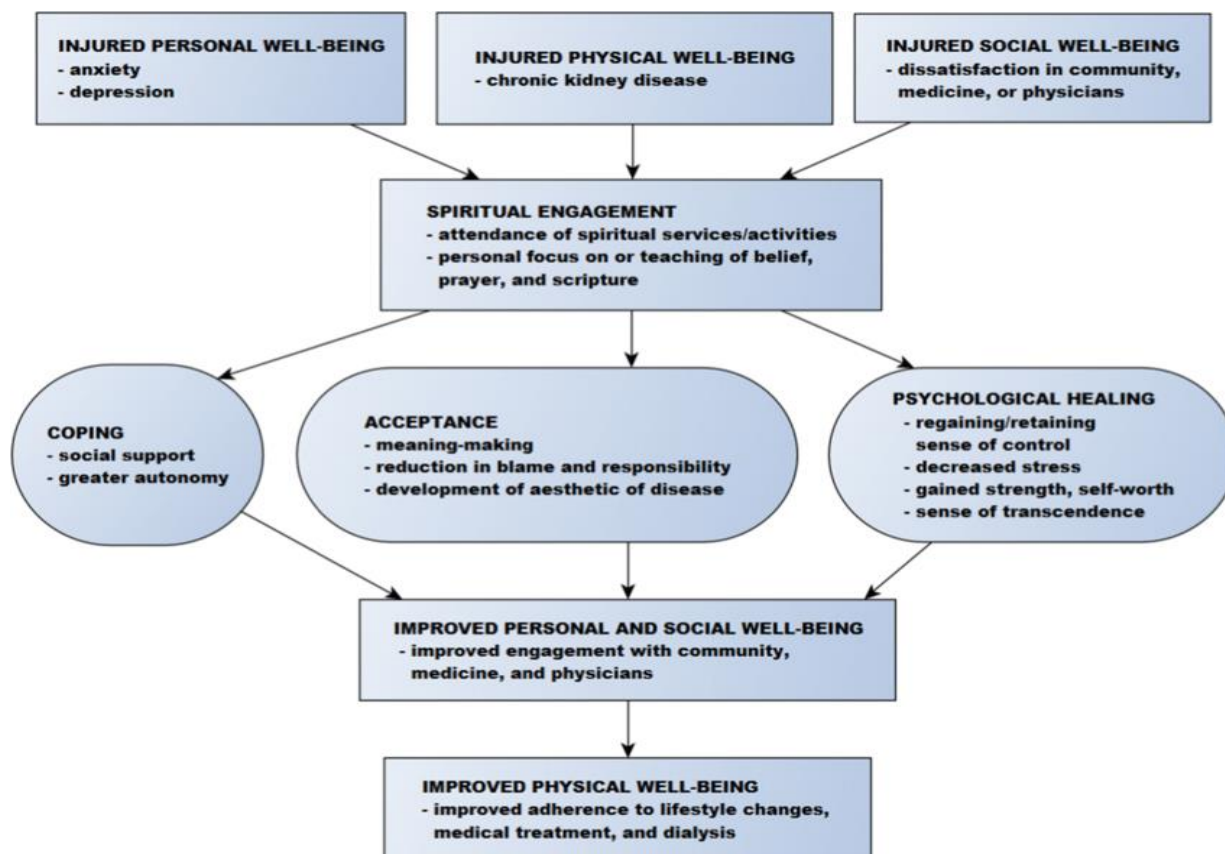


Figure: Conceptual framework demonstrating the role of spiritual engagement in improving CKD well-being through coping (Source: Kelly et al. 2019, P-18)

The connection between spirituality and mental health has enhanced the interest of many psychologists. Several studies have indicated that spiritual health has an outstanding effect on psychological and mental health. A study arranged on cancer patients achieved that the depression rate was lower in cancer patients who have better spiritual health. Another study showed that spiritual health predicts recovering the depression in much faster way, especially in most of the cancer patients who have not enhanced their physical and mental function. Spirituality is quite relevant for cancer patients who are quite helpless and struggling with the need to know about the purpose of their life and to satisfy their existential needs. Several studies mention a necessary relationship between life quality and spirituality (Ahmadi et al. 2019). Spirituality speaks to the greater realization of cancer patients about the uncertainty and fragileness of human life and also enhances the fact to find out actual knowledge of self and the real purpose of human beings.

VIII. Discussion

Cancer patients spend a lot of their energy on their treatment and diagnosis in the enhanced feeling of lack of stability with the assumption of death, complexity and continuous medication, and huge uncertainty. Family members of this patient have a very vital role to fulfill the spiritual needs and ensure hope and peace to the cancer patients. Civil studies have so better specific dimensions to co-op up with the disease can be controlled through the people's attitude and their emotional strength to watch the disease. It is also seen that most of the patients lack excessive attention and the kindness of others and ones the behavior like normal people from the others (Kelly et al. 2019).

1. It is noticed that in a Muslim country like Iran, religious background enhances patient care by that the nurses to deal with cancer patients with great respect.

2. Most of the nurses who treat cancer patients have agreed that the inclination towards spirituality grants internal peace to patients,

3. It has been seen that the 94% of patients suffering from Cancer believe that spirituality helped them straighten the race of hope full time the significance of the patient with the Almighty creates a strong bond and emboldens the rays of hope. The emphasis on emphasis enhances optimism, hope, and internal strength to them.

IX. Conclusion

To conclude, tentatively half of cancer care residents understood that they have to play a vital role in the spiritual or religious lives of the patients'. The patient's contracts with specific activities related to spiritual and religious inclination

depended on both the patient's condition and the president's personal characteristics. The elementary step will define the conceptual aspect of spirituality which is the instrument aimed to measure the improvement of cancer patients. The importance of addressing spiritual psychology in cancer care and the next step will be the defining aspect of the items that can be operated in the concept of spirituality, which will gradually enhance psychological and physical growth.

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